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Monday, 28 April 2014

### Neuro-Linguistic Programming Research Data Base [ Sorensen L, 2011. | Id:395 ]

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Sorensen L B, Greve T, Kreutzer M, Pedersen U, Nielsen C M, Toubro S, Astrup A:  
 Weight maintenance through behaviour modification with a cooking course or  
 neurolinguistic programming. Canadian Journal of Dietetic Practice & Research 72(4):  
 181-185, 2011.

Abstract: We compared the effect on weight regain of behaviour modification consisting of either a gourmet cooking course or neurolinguistic programming (NLP) therapy. Fifty-six overweight and obese subjects participated. The first step was a 12-week weight loss program. Participants achieving at least 8% weight loss were randomized to five months of either NLP therapy or a course in gourmet cooking. Follow-up occurred after two and three years. Forty-nine participants lost at least 8% of their initial body weight and were randomized to the next step. The NLP group lost an additional 1.8 kg and the cooking group lost 0.2 kg during the five months of weight maintenance (NS). The dropout rate in the cooking group was 4%, compared with 26% in the NLP group ( $p=0.04$ ). There was no difference in weight maintenance after two and three years of follow-up. In conclusion, weight loss in overweight and obese participants was maintained equally efficiently with a healthy cooking course or NLP therapy, but the dropout rate was lower during the active cooking treatment.

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