Comparison of Dispositional Mindfulness and Self-Compassion among Women with Normal and High Body-Mass-Index

Mohsen Kachooei1, Jafar Hasani2*, Alireza Moradi3, Ali Fathi-Ashtiani4

1. PhD Candidate of Health Psychology, Clinical Psychology Department, Faculty of Psychology and Education, Kharazmi University, Tehran, Iran.
2. Associated Professor of Psychology, Clinical Psychology Department, Faculty of Psychology and Education, Kharazmi University, Tehran, Iran.
3. Professor of Psychology, Clinical Psychology Department, Faculty of Psychology and Education, Kharazmi University, Tehran, Iran.
4. Professor of Psychology, Psychology Department, Behavioral Sciences Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran.

*Corresponding Author: Jafar Hasani, Clinical Psychology Department, Faculty of Psychology and Education, Kharazmi University, Tehran, Iran.
Email: hasanimehr57@khu.ac.ir

Received: 2 October 2017  Accepted: 31 October 2017  Published: 7 May 2018

How to cite this article:

Abstract

Background and Objective: Prevalence of obesity globally has increased in recent years, which is associated with an elevated risk of various diseases and increased healthcare expenses. Understanding the psychological determinants involved in obesity is important for the development of new interventions. Thus, the current study aimed to compare dispositional mindfulness and self-compassion among women with high and normal body mass index (BMI).

Materials and Methods: This causal-comparative study was conducted with participation of 200 adult women (100 women with high BMI and 100 women with normal BMI). Participants were selected through convenience sampling method from Tehran. Participants were asked to complete self-report inventories including the Mindful Attention Awareness Scale (MAAS), and Self-compassion Scale (SCS) which were used as measurement instruments. Data were analyzed by Independent t-test in SPSS-22 software.

Results: The mean (SD) of dispositional mindfulness score in high BMI group was significantly lower than normal BMI group: 59.3 (11.3) versus 64.5 (9.5), P<0.01. Furthermore, total score of self-compassion in high BMI group was significantly lower than normal BMI group: 77.4 (14.5) versus 83(12.8), (P<0.01). The mean (SD) of self-judgment score 14. 5 (3.8); 12.9 (3.8) (P<0.01), isolation 12.6 (3.4); 10.9 (2.8) (P<0.01), and over-identification 12 (3.6); 11.1 (2.7) (P<0.05) was significantly higher in high BMI group than normal BMI group; but in common humanity 11.5 (2.8), 12.4 (2.7) (P<0.05) and mindfulness 12 (2.9); 12.9 (2.5) (P<0.05) the scores of high BMI group was significantly lower than normal BMI group.

Conclusion: The study showed that women with high BMI had less dispositional mindfulness and self-compassion compared with those with normal BMI. It could be suggested that these psychological constructs be aimed in therapeutic interventions.

Keywords: Obesity, Mindfulness, Self-compassion, Body mass index

Conflict of Interest: None of the authors has any conflict of interest to disclose.

Ethical publication statement: We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.