Abstract

The problems of being overweight and obese are relevant in the lives of Chilean women of a lower socio-economic status. This study evaluates the relationship between self-efficacy for losing weight and decisional conflict, both of which are important variables in behavioral change and healthy lifestyles. The sample consisted of 101 women of low socio-economic status, being seen at a primary health care clinic in Santiago, and who presented as being overweight or obese. Their level of self-efficacy was measured using a scale designed for this purpose and decisional conflict related to weight loss was also measured. The results indicate that the majority of these women presented low self-efficacy (63.4%) and high decisional conflict (77.2%). Upon considering socio-demographic variables, the only difference observed was related to education, showing increased self-efficacy among those women who had completed eighth grade or higher. An inverse relationship between decisional conflict and self-efficacy was observed overall and when taking into consideration the sub-scales of self-efficacy.

Keywords

Self-efficacy, obesity, decisional conflict, women.