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## THE INFLUENCE OF PSYCHOSOMATIC THERAPY ON NUTRITIONAL TREATMENT IN OBESITY

### AUTHOR

**Soneli Mendes Garcia** ([solgarcia@hotmail.com](mailto:solgarcia@hotmail.com)): Master in Public Health from Universidad Columbia Del Paraguay; Specialist in Public Health with an emphasis on family health from the International College of Curitiba-PR FATEC/FACINTER; Bachelor's degree in Nutrition from Faculdade São Lucas/RO; Nutritionist.

### ABSTRACT

The objective of this study was to investigate the influence and relationship of psychosomatic therapy in nutritional treatment in obesity as one of the determining factors for therapeutic intervention. The research had three phases, being based on a study carried out by collecting data through interviews with the application of an open questionnaire, being a qualitative research, with a Nutritional Assessment Form (Anamnesis) being filled out by the researcher, applying the psychosomatic therapy that was used a Field Diary as a record of emotional occurrences and a Weight Assessment Form being filled out, with only personal data and anthropometric notes, thus, an experimental research. Through the interpretative and subjective analysis of the results in adult women affected by obesity, it was found that emotional factors influence the onset and/or maintenance of obesity, bringing the symptom and the causes that must be looked for in terms of motivations. unconscious of the subject. Thus, obesity has been a challenge not only in the area of mental therapy but also in other areas of human knowledge. Thus, it is recommended that the importance of understanding the psychodynamics of obesity has been of paramount importance for psychological treatment and the participation of psychologists in multidisciplinary teams that provide services and care to obese people in the most diverse contexts.

**Keywords:** Nutrition. Obesity. Psychosomatic Therapy. Treatment.