

## Factors that difficult the loss of weight in obese women of degrees I and II

### Abstract

The study aims to investigate factors that hinder weight loss in five obese, grades I and II, women. Data were collected and analyzed from interviews and the application of the scale of Stunkard figures and the three dietary factors questionnaire. It was found that the interviewees want to lose weight to have a closer relationship with their identities. There is an expectation that weight loss will improve other areas of life, such as personal relationships. They believe that women suffer more in relation to weight than men in our society because they are more influenced to have a lean body. We conclude that obesity causes suffering to the interviewees, while the act of eating is regarded as calming, a way to reduce anxiety and anguish.

*Key-words:* Obesity female; Family; Emotional factors; Psychosocial aspects.