

# Positive Psychology, Happiness, Mindfulness, and Wellness

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## Losing weight and gaining well-being: online intervention for women based on Positive Psychology

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Given the problem of the prevalence of obesity, with all the consequences on mental and physical health, and the lack of effective long-term treatment strategies, with my clinical experience and my studies, I took the challenge to design an online intervention based on Positive Psychology for women. With the positive results, I decided to test it in a Ph.D. program so I could contribute on building a solution to promote health and well-being with efficiency, effectiveness, and accessibility.

### Aims

The aims of the intervention is to go on a success journey: from overweight and malaise - to weight balanced with well-being, following the PERMA dimension of well-being / happiness.

The aim of the participation in the congress is to show and share with colleagues the positive results of the intervention designed to help women lose weight while regaining health, self-esteem, happiness and self-efficacy regarding their body and weight throughout a new and healthy relationship with food.

### Method

12-week online group program based on positive psychology to enhance well-being, mindfulness, and self-development to stop emotional eating so women can lose weight in a natural and healthy way, without diet or hunger. The program has online classes for psychoeducation (healthy diet, self-care, mindfulness, mindset, emotions management etc), group support through WhatsApp and weekly online group session with me.

### Results

The participants lose weight gradually without focusing on blaming, shaming, or criticizing, but instead, feeling empowered and self-confident. The results are sustainable in the long-term due to the real psychological changes.

### Conclusion

Positive psychology has a methodology and strategies to enhance well-being, with health outcomes, that are effective in the long-term with online interventions, that can be an alternative to weight management treatment.

### Biography

I am a Brazilian clinical psychologist with 25 years of experience, doing a PhD in clinical and health psychology at Porto's University on well-being and health.

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