



Recruitment and Retention of Healthy Women with Obesity for a Psychophysiological Study before and After Weight Loss: Insights, Challenges, and Suggestions

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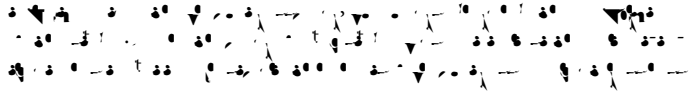
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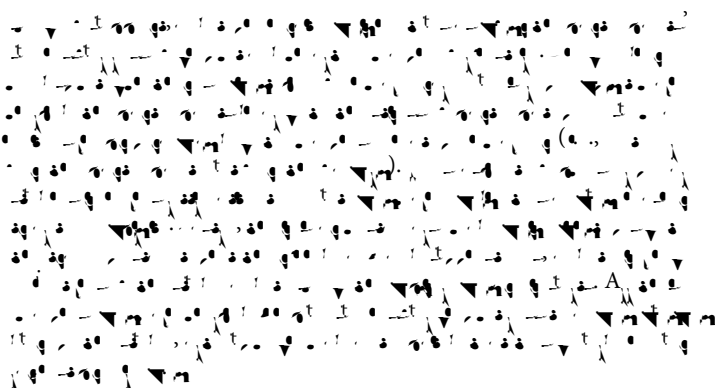


Discussion

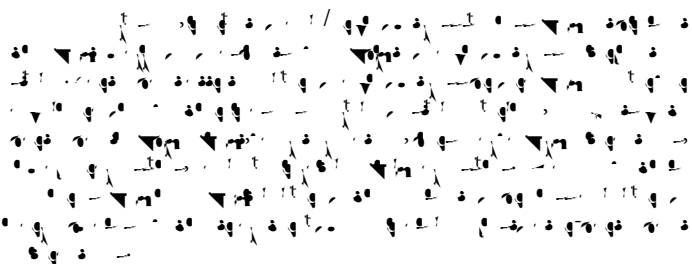
Weight loss is a complex process involving multiple factors, including diet, exercise, and behavioral changes. The current study highlights the challenges of recruiting and retaining healthy women with obesity for a psychophysiological study. The findings suggest that the process of weight loss is not linear and can be influenced by various factors, such as stress, mood, and social support. The study also emphasizes the importance of providing ongoing support and encouragement to participants throughout the weight loss journey. The results of this study have implications for the development of more effective weight loss interventions that address the psychological and behavioral aspects of the process. The study also highlights the need for further research on the recruitment and retention of healthy women with obesity for psychophysiological studies. The findings suggest that the process of weight loss is not linear and can be influenced by various factors, such as stress, mood, and social support. The study also emphasizes the importance of providing ongoing support and encouragement to participants throughout the weight loss journey. The results of this study have implications for the development of more effective weight loss interventions that address the psychological and behavioral aspects of the process. The study also highlights the need for further research on the recruitment and retention of healthy women with obesity for psychophysiological studies.

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Conclusion



Conflict of interest

All authors have no conflicts of interest to disclose.

Author Contributions

Conceptualization, TGB; methodology, TGB, VB, DMB, CM; validation, VB, DMB; formal analysis, CM, VB, TGB; investigation, TGB, VB; data curation, VB, DMB; writing-original draft preparation, TGB; writing-review and editing, DMB, VB, CM; visualization, VB, DMB; project administration, TGB; supervision, TGB; funding acquisition, TGB. All authors have read and agreed to the published version of the manuscript.

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