



w

w

Van Hecke ^{1,2} | Heijmans ^{1,2} | ... | : in man
e e a i e l a l n a a i e h a e a e b e i i h e n a l

heal h, he e eigh managemen i een a a famil mm ni
e a he han an in'ti f't al b 'ten[7]. i an hel e't e
feeling fi lain an'ti i'tea en e f l'ta i, he e eigh l
heal h im emen a ea a he'ta a ha e't g al.

w :S me n ie an't
egi n ha eb eg n im lemen ing bli heal h ini ia ie ha a't'e
bei in l all eni ie a .Ra he hanf ing lel n he
h i al ik f bei, he e gam aim m e heal h in a
manne ha e e l al al e an't in'ti f't al i m an e[8].
F e am le, in n ie i h n'tigen lain, heal h a e
i'te ae in ea ingl king in eg a e a'ti i nalkn le'tge
an't a ie i h m'te n ea men f bei. eea a he
an e't e feeling f aliena i n an't f e am e i e, h li i
a a h managim b't bei .

? bli heal h am aign ha i iie'e't ain, a e heal h
f 't, an't l all ele an ne gam ae al e e i e in
a't'e ing he i e i h haming in'ti f't al. e e ini ia ie
e gni e he ial, e n mi, an't en i nmen al fa ha
n b e bei an't e l in ha g be n't in'ti f't al
e n bili [9].

C

M b't bei i n j a me'ti al n'ti i n i i al 'tee l
in en e't b l al e e ie ha ha e h in'ti f't al
e e ien e an't manage hei eigh. A he f't, e le i h
m b't bei fa e a ing le el f igma an't, 'te en'ting
n he l al ne in h i h he li e't h ile man i e ie