

Mapping psychological well-being in morbid obesity: a network analysis approach.

G. Pietrabissa, A. Guerrini-Usubini, V. Villa, A. Sartorio, G. Castelnuovo, A. Brunani

Journal of Clinical Medicine 14: 2076, 2025.

Background/Objectives: Identifying key psychological well-being factors in morbid obesity is crucial for designing effective mental health and weight management interventions. This study explores the interconnections between the dimensions of psychological well-being in a large sample of adults with morbid obesity enrolled in an inpatient nutritional rehabilitation program.

Methods: A sample of 3212 participants (F = 58%; mean age = 57.18 years; mean Body Mass Index = 43.40 kg/m²) completed the Psychological General Well-Being Index (PGWBI) upon admission to the clinic. A network analysis approach examined the relationships among the PGWBI dimensions (anxiety, depression, positive well-being, self-control, vitality, and general health).

Results: Network analysis revealed that vitality and positive well-being exhibited the highest values across closeness (1.432; 0.353), strength (0.853; 0.917), and expected influence (0.853; 0.917), indicating their key role in psychological well-being. Depression also demonstrated moderate relevance, suggesting its connection to other well-being factors, though it was not the primary determinant. In contrast, self-control and general health had negative strength and expected influence values (-0.660; -1.641), indicating a less central role in the network. Additionally, anxiety and depression displayed negative betweenness (-0.645), reinforcing their more peripheral position. Conversely, positive well-being and vitality showed the highest betweenness (1.291), highlighting their role as key connecting nodes within the well-being network.

Conclusions: Findings suggest interventions targeting positive well-being and vitality may most effectively enhance psychological well-being in morbid obesity, emphasizing strength-based approaches that foster positive affect, motivation, and resilience rather than focusing solely on reducing distress or weight-related concerns.

Se desidera avere la fotocopia di questo lavoro, per esclusivo uso personale, può fare richiesta per mail a: info@cresceresani.it indicando il titolo, gli autori, la rivista e il proprio recapito lavorativo (nome, cognome, indirizzo, CAP, città).