Understanding and treating obesity in daily life
A cognitive behavioral perspective

1) When about to eat a snack, both overweight and healthy-weight people mainly think about the taste of the snack and their desire to eat it. (This thesis)

2) Emotional eaters are more emotionally negative than non-emotional eaters, not only right before snacking, but also when about to eat something else, or even at non-eating moments. (This thesis)

3) Throughout the day, overweight people desire high-caloric foods more often than healthy-weight people. (This thesis)

4) Cognitive behaviour therapy for obesity provided in daily life via smartphone and the internet, but not a regular diet, reduces belief in eating-related dysfunctional cognitions, emotional eating, and external eating. (This thesis)

5) There should be a stronger emphasis on investigating eating behaviour in daily life.

6) Interventions for weight loss should focus in particular on keeping overweight people compliant with the treatment.

7) Effective long-term weight loss can only be achieved by dealing effectively with food temptations even after the diet is completed.

8) Succesvol afvallen, met name op langere termijn, is topsport. (Anita Jansen)

9) If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them (Bruce Lee).

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