



The comparison between diet and physical activity on quality of life in obese nursing females

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Abstract: Maintaining quality of life are very important outcomes during postpartum period of women life. Aim of study was to compare between the effect of diet and physical activity on quality of life, body mass index and prolactin level in obese nursing females. Methods: 50 primiparous obese nursing subjects were divided randomly into two equal groups, group A Diet group with a caloric restricted diet for 12 weeks. Group B Exercise group with exercise training for 12 weeks. All subjects in both groups were evaluated by quality of life questionnaire, Body mass index (BMI) was calculated, and prolactin level was determined by lab investigations to measure the serum prolactin level in blood before and after treatment period. Results: there were significant improvement ($p < 0.05$) in psychological domains of quality of life questionnaire in the post treatment condition compared with the pre treatment in group A. In the same context regarding within subject effect, the multiple pairwise comparison tests revealed that there were significant increase ($p < 0.05$) in the 1st, 2nd, 3rd, and 4th domains in the post treatment condition compared with the pre treatment in group B. Between subject effects multiple pairwise comparisons revealed that there were significant increase of quality of life for all domains in favor to group B than group A ($p < 0.05$), also, there were significant differences of BMI between groups in favor for group A, and there were significant increase in prolactin level in group A, while group B and between both groups there were no significant difference. Conclusion: Diet and exercise are effective methods for improvement quality of life and weight reduction in postpartum period among overweight and obese nursing mothers.

Keywords: Diet, Physical activity, Quality of life, Obese nursing females.

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