

Mirrors may help encourage healthy behaviors in people with obesity

November 15 2021



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Viewing oneself in the mirror may help positively alter behavior in individuals with obesity, according to an analysis of published studies.

The analysis, which is published in the *Journal of Clinical Nursing*, examined the results of five studies that included 16 to 941 participants each. Results indicated that the [mirror](#) can be used to decrease anxiety and body dissatisfaction. Investigators noted that when individuals spend a few minutes gazing at themselves in a therapeutic environment, they may attain self-awareness that will elicit a change in their behavior.

"Self-assessment and reflection are key to overall wellbeing. Our review hopes to introduce the mirror as a healthcare tool to combat obesity," said lead author Harriet Omondi, MSN, FNP-C, of Texas Woman's University.

More information: Harriet Omondi et al, The mirror and obesity: A systematic review on the effects of mirror exposure on behaviour and obese individuals, *Journal of Clinical Nursing* (2021). [DOI: 10.1111/jocn.16107](#)

Provided by Wiley

Citation: Mirrors may help encourage healthy behaviors in people with obesity (2021, November 15) retrieved 23 June 2024 from <https://medicalxpress.com/news/2021-11-mirrors-healthy-behaviors-people-obesity.html>

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