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**THE IMPORTANCE OF PSYCHOLOGICAL SUPPORT IN THE
PROGRAMME "ČIGOTICA"**

SUMMARY

"ČIGOTICA" supports a multidisciplinary approach to treating obesity in children and adolescents. Thus, psychological support is an indispensable segment. A psychologist, through an initial interview with the child and his parents gains insight into the child's habits, motivation, social relations etc. At the beginning of the program, each child is interviewed separately. Testing children is necessary, and usually with three psychological instruments. Group work, in the form of workshops on obesity is held twice a week during the program. Children, if it is necessary, come to the psychologist for counseling to resolve current problems. Psychological support is essential for the children to feel safe and secure on the program, as well as to permanently change unhealthy lifestyle habits. In doing so, after the program, they can get a lot of help from family and friends. In the treatment of obese children, education of parents is of great importance. Obese adolescents are, according to research, more than others, sensitive to perceptions of the environment, have lower self-esteem, are more depressive in expressing themselves, more anxious and prone to risky behavior. Social problems in this group are also expressed. Obesity and psychological problems are inevitably linked, no matter whether obesity is their cause or consequence. Therefore the role of the psychologist in working with obese children is extremely important.