

Psychosocial issues –interactive research component

Use Appendix I – Research sheet for PBL: “I’m so unfit and fat” with this program.

For your first PBL, “I’m so unfit and fat”, Anna is a 26 year old woman who is seeing a physiotherapist and dietician in order to lose weight for her wedding. On your research sheet, list some of the key psychosocial issues which you think are relevant to this PBL. Think about the following: Do you think that Anna really needs to lose 12 kg? Why might Anna’s expectations about her ideal weight be unrealistic? What lifestyle factors might contribute to Anna’s weight problems?

Xxx

Here are some keywords you might have listed:

Key words	Synonyms
Body image	
Self esteem	
Social pressure	
Adherence	
Sedentary lifestyle	
Education	
Motivation	

Now think about some synonyms for your keywords – fill them in to the right hand column.

Key words	Synonyms
Body image	Self-image
Self esteem	Self-esteem, confidence, self perception
Social pressure	Pressure, social norm, social expectation
Adherence	Compliance, participation
Sedentary lifestyle	Lifestyle, inactivity, inactive lifestyle
Education	Health promotion
Motivation	Incentive, goal setting, goals

Databases

Articles published in academic journals are indexed in electronic databases which can be searched.

Databases and journals are accessed through the library homepage at www.lib.unimelb.edu.au, then click on “SuperSearch: journals articles and more”.