

9. Streszczenie w języku angielskim:

This doctoral dissertation was prepared based on a series of four thematically related full-text publications (1 review paper and 3 original research articles) focusing on the analysis of motivational mechanisms as well as psychosocial, environmental, and behavioral determinants associated with overweight and obesity among children and adolescents.

The literature review covered studies on the effectiveness of interventions aimed at changing health behaviors in this age group, with particular emphasis on the use of digital technologies such as mobile applications, eHealth platforms, and physical activity monitoring devices. The study compiled data on the impact of these tools on weight reduction, physical activity levels, dietary habits, and psychosocial functioning of children and adolescents. The analysis also considered the importance of intervention personalization and family involvement. The findings indicate that digital technologies can serve as effective support tools in the process of lifestyle change; however, their effectiveness depends on long-term user engagement and integration with traditional forms of support.

The authors' own research demonstrated that overweight and obesity in children and adolescents are significantly associated with impaired psychosocial functioning, including lower self-esteem and a negative body image. It was observed that a substantial proportion of respondents were dissatisfied with their appearance, and body weight had a significant impact on self-perception. The presence of unhealthy eating behaviors and low levels of physical activity in the studied population were also identified, indicating the need for comprehensive preventive and educational interventions.

Another study focused on the sustainability of attempts to change health behaviors. The results show that although efforts to reduce body weight are undertaken, most of them are short-term. The significant role of emotional factors, such as anxiety, shame, and guilt, which accompany lifestyle changes and may limit their effectiveness, was identified. The importance of family support as a factor promoting motivation and long-term maintenance of healthy behaviors was also demonstrated.

The research also included an assessment of the relationship between disordered eating behaviors and body weight using the ChEDE-Q questionnaire. The obtained results confirmed its usefulness in identifying abnormal eating patterns and revealed a significant association between the severity of eating disorder symptoms and BMI. This highlights the need for early diagnosis and monitoring of eating-related problems in this group.

In conclusion, the obtained results indicate that overweight and obesity among children and adolescents are multifactorial in nature and require an interdisciplinary approach. It was demonstrated that not only dietary modification and increased physical activity are important, but also psychosocial factors, including motivation, self-esteem, and family support. The findings emphasize the need to develop comprehensive and personalized intervention strategies, as well as further research on the effectiveness of long-term preventive and therapeutic actions in this population.