

TABLE 4

PATIENTS' REPORTS OF PAST EXPERIENCES WITH AND FUTURE PREFERENCES FOR INTERVENTIONS FROM THEIR PRIMARY CARE PHYSICIANS WITH REGARD TO THEIR WEIGHT (N=366)

	Past Experience	Future Preference	Difference
Help me set realistic weight goals, %	6	27	+21*
Dietary advice, %	15	28	+13*
Help me understand the cause of my weight problem, %	7	20	+13*
Encourage me to reach my optimal weight, %	7	20	+13*
Refer me to groups or resources that could help me lose weight, %	4	16	+12*
Help me understand the risks and benefits of using pills or other products for weight loss, %	5	16	+11*
Exercise recommendations, %	17	26	+9†
Give me confidence to meet my weight loss goals, %	7	15	+8*
Help me understand the risk of my weight to my health, %	14	20	+6*
Show compassion for my weight problems, %	8	13	+5†
Other, %	6	7	+1
Tell me to lose weight, %	19	16	-3
Tell me I don't have a weight problem, %	9	3	-6*
Not bring up my weight, %	61	12	-49*

NOTE: A positive difference indicates that patients want to see more of this behavior, and a negative difference indicates they want to see less of it.

* $P < .01$.

† $P < .05$.