



# Prediction of Happiness upon Neuroticism, Self-discrimination with Mediating Body Image, and Optimism in obese women and men

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Email: aghayousefi@pnu.ac.ir | Received: 16.06.2022 | Acceptance: 21.01.2022

*Journal of Applied Family Therapy*  
eISSN: 2717-2430  
<http://Aftj.ir>  
Vol. 3, No. 3, Pp: 51-55  
Fall 2022

Original research article

### How to Cite This Article:

Vahidi, SH., Aghausefi, A., & Namvar, H. (2022). Prediction of Happiness upon Neuroticism, Self-discrimination with Mediating Body Image, and Optimism in obese women and men, *aftj*, 3(3): 51-55



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### Abstract

**Aim:** The purpose of this study was to predict happiness, neuroticism and differentiation in obese individuals mediated by body image, and optimism. **Methods:** In terms of method, this research is a descriptive-correlational research of structural equation type and the statistical population has studied the present study, including people with obesity and referring to psychological counseling centers in region 1 of Tehran in 1400. This study included 210 people from the mentioned community who were selected using sampling method. Data were collected using the Oxford Happiness Questionnaire (Argyle and Lowe, 1990), the neuroticism component (McCurry and Costa, 1990), the Self-Differentiation Questionnaire (Skorron and Friedlander, 1998), and the Multidimensional Body-Self Relationships Questionnaire (Kash et al., 1983), and the life orientation test (Shiere et al., 1994) were obtained. The collected data were analyzed using structural equation modeling method and Amos software version 22. **Results:** Body image (B=0.02; P<0.001) and optimism (B=0.84, P<0.001) has a mediating role in the relationship between happiness, neuroticism and self-differentiation in obese individuals. The coefficients obtained from path analysis indicated the significance of the relationship (P<0.05). **Conclusions:** It can be concluded that the happiness model based on neuroticism and differentiation in obese people mediated by body image and Optimism had a fit. **Keywords:** Happiness, Neuroticism, Differentiation, Body Image, Optimism.

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