

OBESITY, MENTAL HEALTH, AND HORMONAL CHANGES IN WOMEN: AN INTEGRATIVE REVIEW

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RESUMO

Introduction: Obesity is characterized by excessive accumulation of body fat and is commonly defined as a body mass index (BMI) of $\geq 30 \text{ kg/m}^2$. It is a chronic, multifactorial disease involving metabolic, hormonal, behavioral, and psychosocial factors. In the context of women, this condition is particularly relevant, as women are exposed to hormonal fluctuations throughout their lives that influence energy metabolism, eating behavior, and mental health. Recent evidence also points to a bidirectional relationship between obesity and mental disorders, particularly depression and anxiety, in which both conditions act as risk factors for one another. Thus, understanding this interaction is fundamental for the development of more effective and targeted therapeutic approaches. Objective: To analyze the relationship between obesity, mental health, and hormonal changes in women. Methods: An integrative literature review was conducted by searching the PubMed, Lilacs, Scielo, and Oasis databases. Articles published in the last 10 years that addressed the association between obesity, mental health, and hormonal changes in women were selected. Studies that did not directly address the topic or were not conducted with women were excluded. An initial search yielded 155 articles; after applying filters, inclusion and exclusion criteria, and a full reading of the studies, 8 articles were selected for synthesis of the results. Results: In the studies analyzed, regarding mental health, it was observed that overweight women have a higher prevalence of depressive symptoms, anxiety, and dysfunctional eating patterns, such as binge eating and emotional eating. Conversely, psychiatric disorders can also contribute to weight gain, creating a feedback loop. Regarding hormonal and neuroendocrine factors, it was found that changes in estradiol levels are associated with increased adiposity, insulin resistance, and a higher risk of obesity. Furthermore, hormonal fluctuations throughout the menstrual cycle influence eating behavior, with increased caloric intake and a higher incidence of binge eating during the luteal phase, possibly mediated by the action of progesterone and the relative reduction in the effect of estradiol. These factors not only modulate energy metabolism but also interfere with emotional regulation, reinforcing the interaction between obesity and mental health in women. Conclusion: Obesity in women is a multifactorial condition resulting from the interaction between hormonal changes, metabolic dysfunctions, and psychological factors. Thus, the management of female obesity must integrate biological and psychosocial aspects, aiming not only at weight reduction but also at improving mental health and quality of life.

Palavras-chave: Keywords: Obesity Mental Health Hormonal Changes Women.