

Addressing mental health challenges - what can healthcare professionals do better?

Body Image Dissatisfaction

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I have no potential conflict of interest to report

Quick Definition

The 4 aspects of Body Image:¹

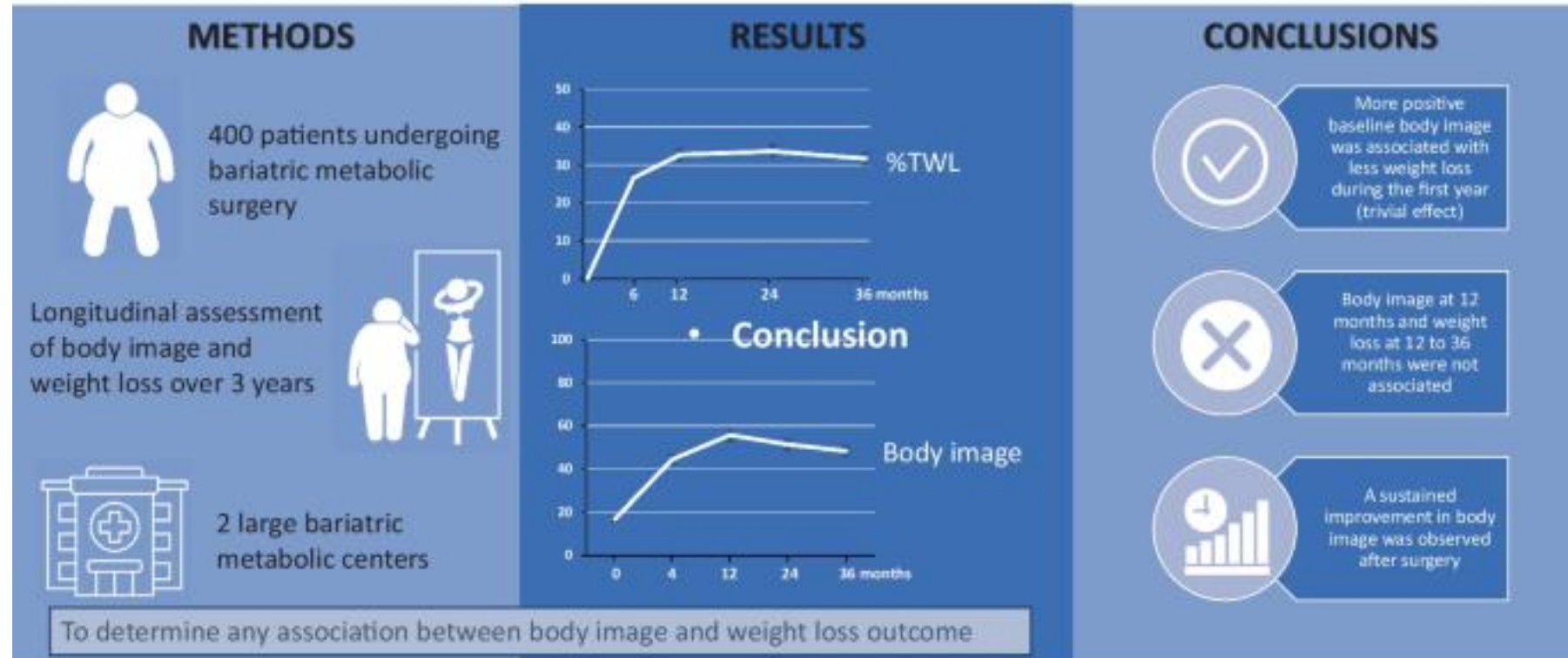
- The way you see your body is your **perceptual body image**. This is not always a correct representation of how you actually look.
- The way you feel about your body is your **affective body image**. Feelings may include happiness or disgust, but are often summarised as the amount of satisfaction or dissatisfaction you feel about your shape, weight and individual body parts.
- The way you think about your body is your **cognitive body image**. This can lead to preoccupation with body shape and weight.
- The behaviours you engage in as a result of your body image are your **behavioural body image**. When a person is dissatisfied with the way they look, they may isolate themselves or employ unhealthy behaviours as a means to change appearance.

Body Image Dissatisfaction and MBS?

Body Image Dissatisfaction

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Body image and weight loss outcome after bariatric metabolic surgery: a mixed model analysis²



D.J.S. Makarawung, MD; P.J. Dijkhorst, MD; C.E.E. de Vries, MD, PhD; V.M. Monpellier, MD, PhD; M.J. Wiezer, MD; R.N. van Veen, MD, PhD; R. Geenen, PhD; A.B. Mink van der Molen, MD, PhD



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During the past month ...	Endorsed % (n)	Distressed % (n)	Impaired % (n)
I lost hair or my hair thinned “... because of loose skin”	76.8 (43)	83.7 (36)	51.2 (22)
I was dissatisfied with my body.	92.9 (52)	94.2 (49)	71.2 (37)
I was embarrassed in public	83.9 (47)	95.7 (45)	74.5 (35)
I had skin rashes	78.6 (44)	100.0 (44)	75.0 (33)
I had difficulty fitting into clothes or finding clothes that fit	76.8 (43)	93.0 (40)	65.1 (28)
I was embarrassed in front of my partner (significant other or spouse)	75.0 (42)	95.2 (40)	73.8 (31)
I criticized or thought negatively about myself as a person	67.9 (38)	92.1 (35)	68.4 (26)
I had difficulty exercising	51.8 (29)	100.0 (29)	72.4 (21)
I avoided being in public or social situations	51.8 (29)	96.6 (28)	82.8 (24)
I had skin infections in addition to rashes	44.6 (25)	96.0 (24)	80.0 (20)
I had difficulty concentrating on tasks or getting things done	30.4 (17)	94.1 (16)	88.2 (15)

Bennett et al., 2022³

Links to self-identity?

Dialogical Self Theory

‘I am obese’ versus ‘I am ex-obese’⁴

“ It ‘s true that you lose weight in the body, you cannot loose weight in the same way in your head or, anyway, certainly not at the same speed. (MB, postoperative group) ”

What can we do about it?

3.2.6 Cognitive restructuring

In several stories, it was salient how participants used cognitive restructuring and negotiated their experiences, pointing out that the advantages of MBS outweighed the disadvantages. They talked about appreciating the positive changes rather than focusing on the distance from a 'normal' body size and shape. Offering alternative perspectives and more relativizing ways of thinking facilitated a sense of contentment over losing weight and an acceptance of the body, rather than a disappointment to still be classified in the obesity category according to BMI:

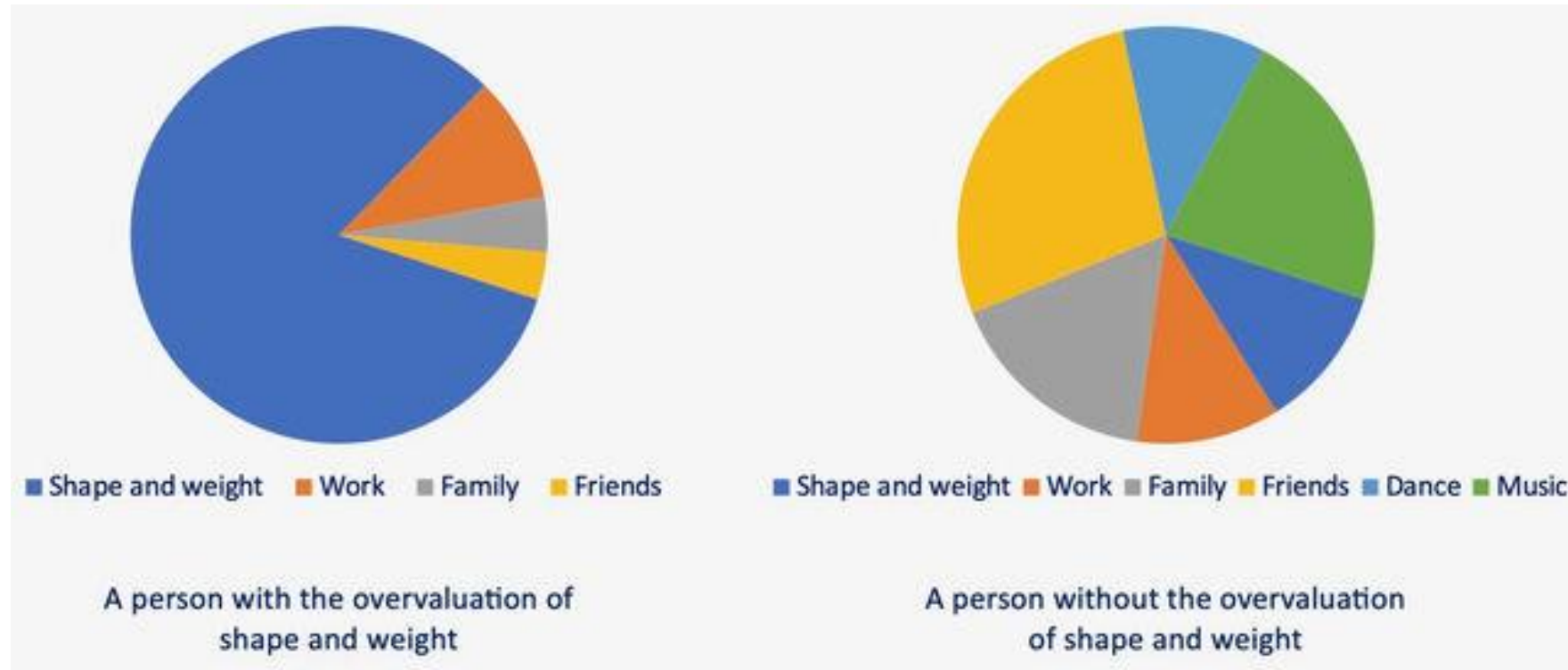
“ I mean this BMI cut-off, according to that I would need to weigh 55 kg to be 'normal weight' and I just... not a chance, I would not be healthy if I weighed 55 kg. (43) ”

“ But I still look good in my own flesh (laughs) (...) and I'm a chubby person and it suits me...I mean that's how I'm made, and it suits me better. (21) ”

Jiretorn et al., 2024⁵

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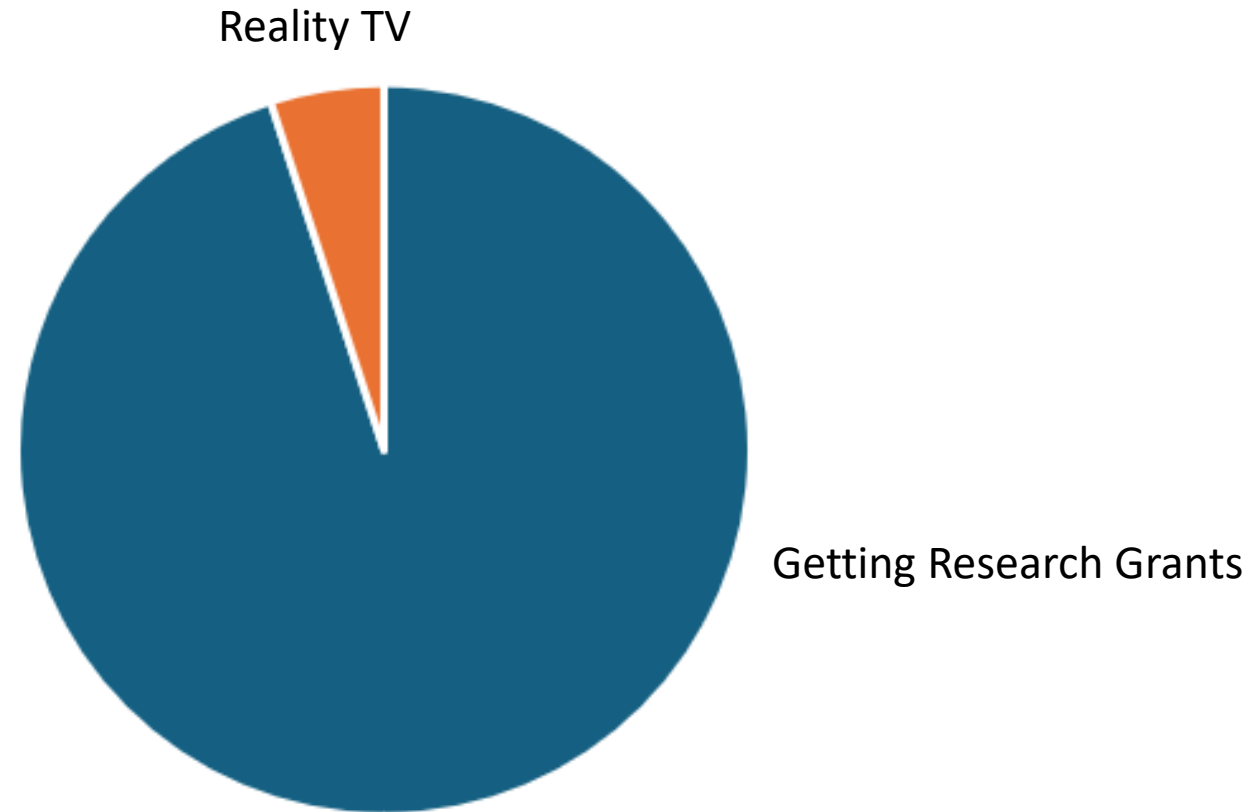
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Dalle Grave, 2020⁶

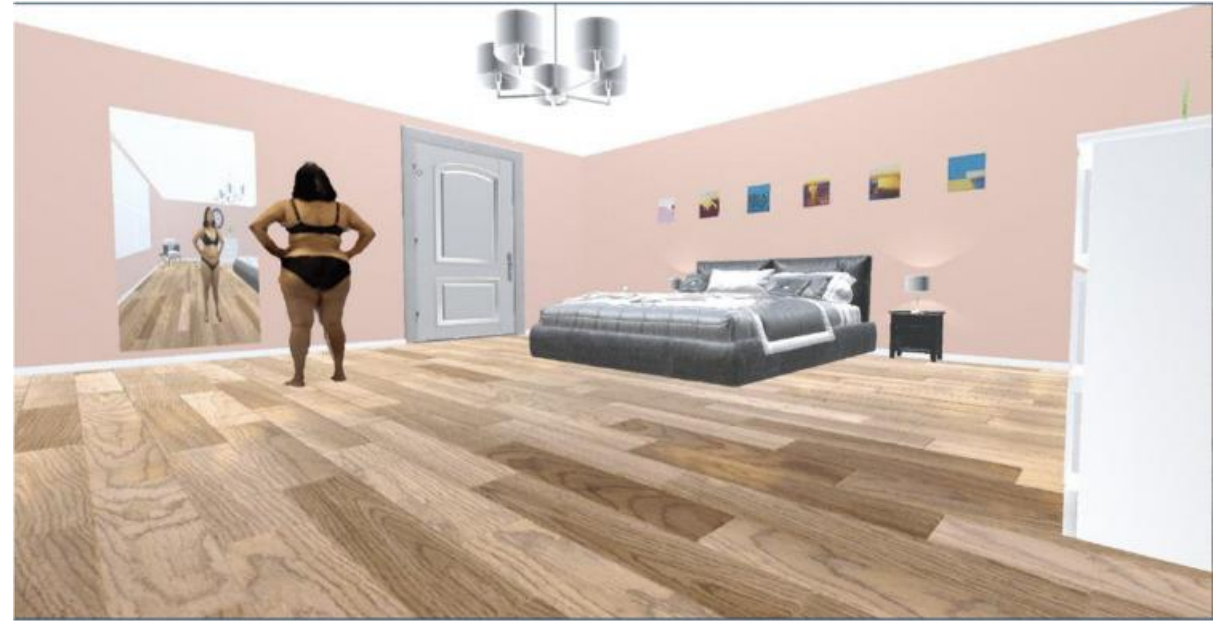
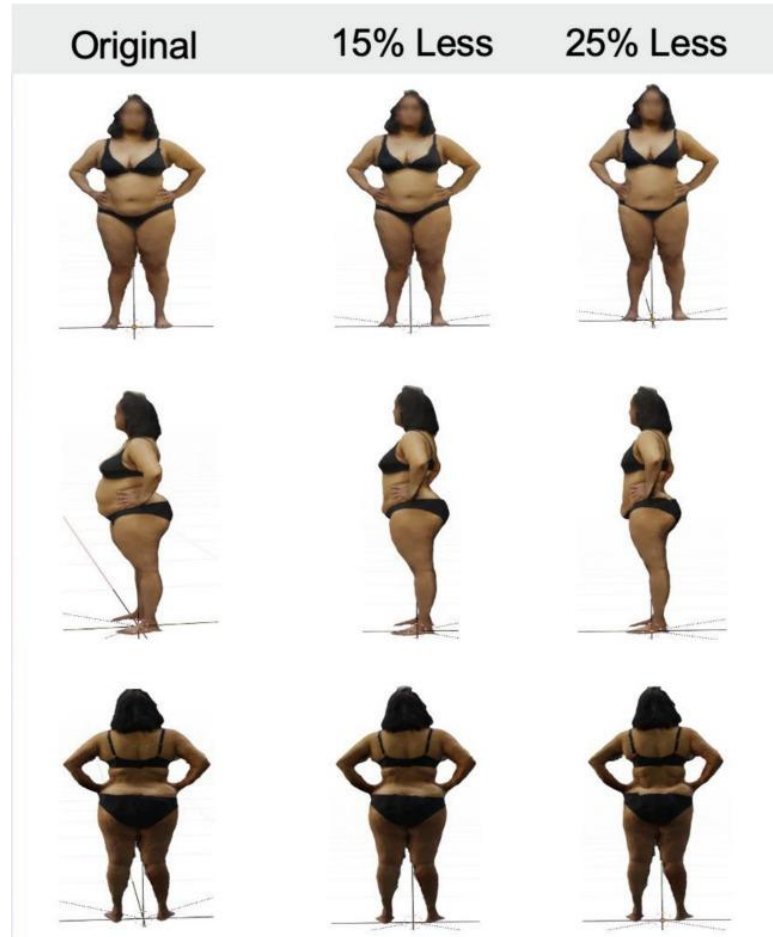
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Assaf et al., 2022⁷

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Body Image

Volume 15, September 2015, Pages 81-89



*Expand Your Horizon: A programme that improves body image and reduces self-objectification by training women to focus on body functionality*⁸

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



Behavior Therapy

Volume 54, Issue 1, January 2023, Pages 14-28



Beyond Body Size: Focusing on Body Functionality to Improve Body Image Among Women Who Have Undergone Bariatric Surgery ☆, ☆☆, ★⁹

[Jessica M. Alleva](#)  , [Melissa J. Atkinson](#), [Wynona Vermeulen](#), [Valerie M. Monpellier](#), [Carolien Martijn](#)

XXVII Ifso World Congress



Melbourne 2024

A Quick Final “Plug”!

Consortium for Research in Eating Disorders (CoRe-ED)

- A first-of-its-kind international initiative that brings together all people involved in eating disorders research - researchers, clinicians, people with lived experience, advocates, not-for-profit and industry representatives - globally.
- Launch is 25 Sept in Melbourne, Australia & Zoom
- Register for free membership



CONSORTIUM
FOR RESEARCH
IN EATING DISORDERS



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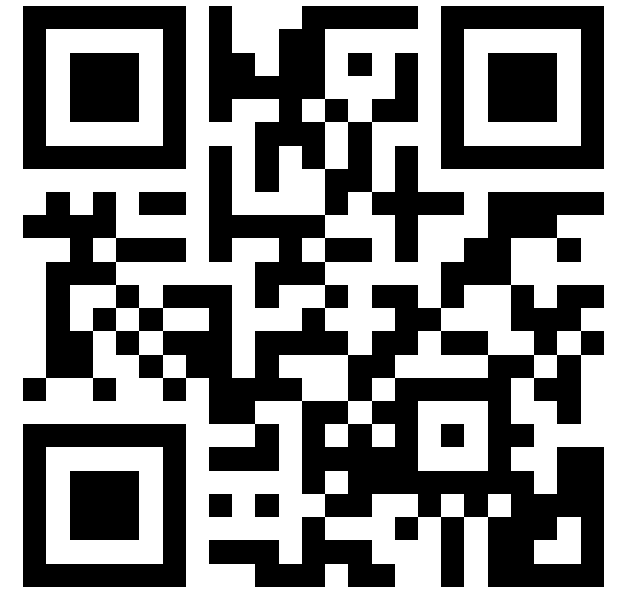
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