

Eating behaviours and weight outcomes after MBS

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In accordance with EACCME criteria for the Accreditation of Live Educational Events:

I have no potential conflict of interest to report

What eating behaviours?

Compulsive snacking

Emotional eating

Night eating

Sweet eating

Binge-eating

Picking / nibbling

Subjective binge episodes

Grazing

Passive over-eating

Objective binge episodes

What eating behaviours?



Loss of control over eating

Across a range of disordered eating behaviours, it is the experience of **loss of control over eating** that appears important for weight and psychosocial outcomes after surgery

A sense that one cannot resist eating, or stop eating once started

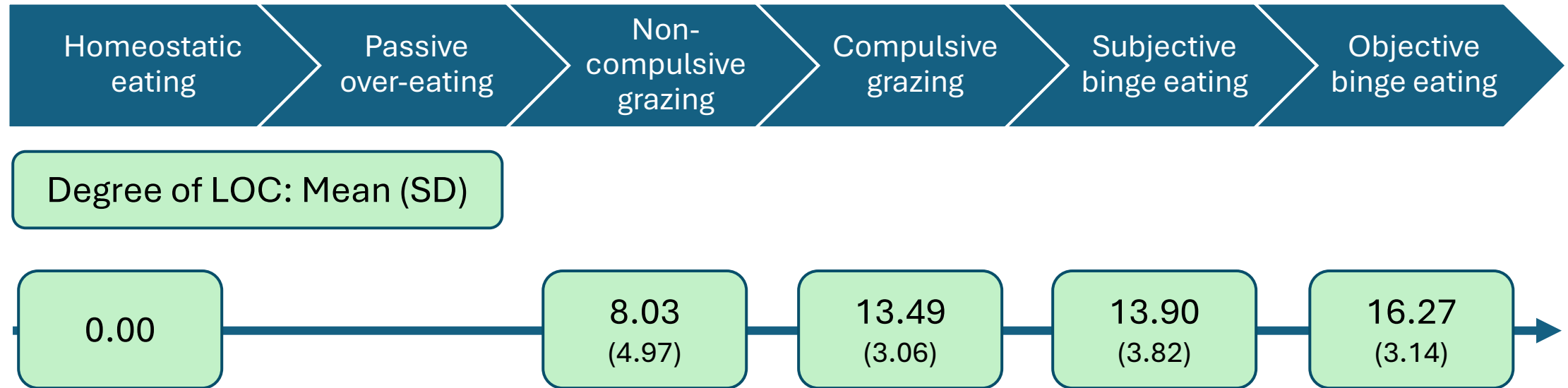
Loss of control: Over-eating as a dimensional behaviour



Gradual increase in experience of loss of control over one's eating, distress

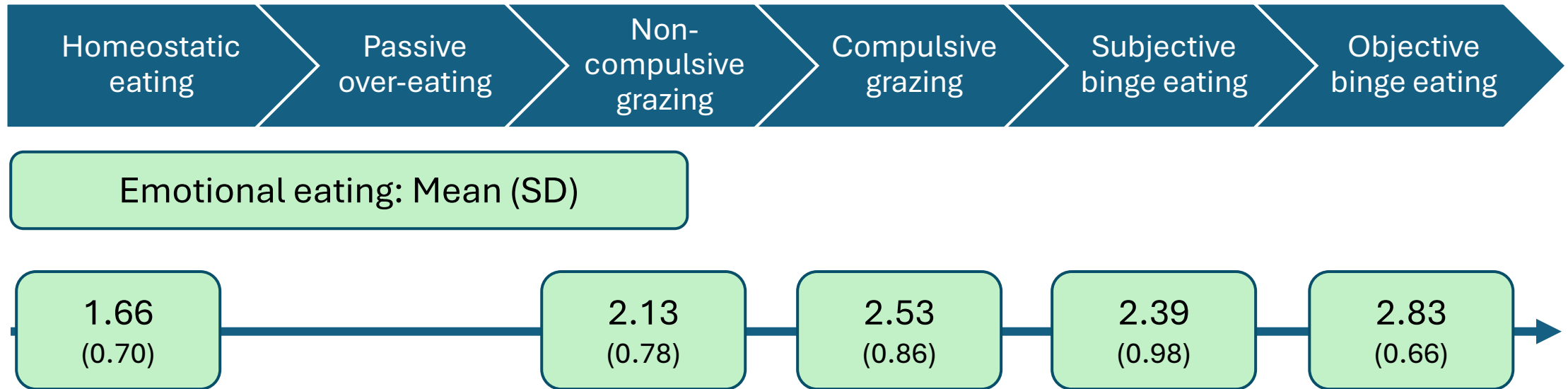
Conceição et al, 2018

Loss of control: Over-eating as a dimensional behaviour



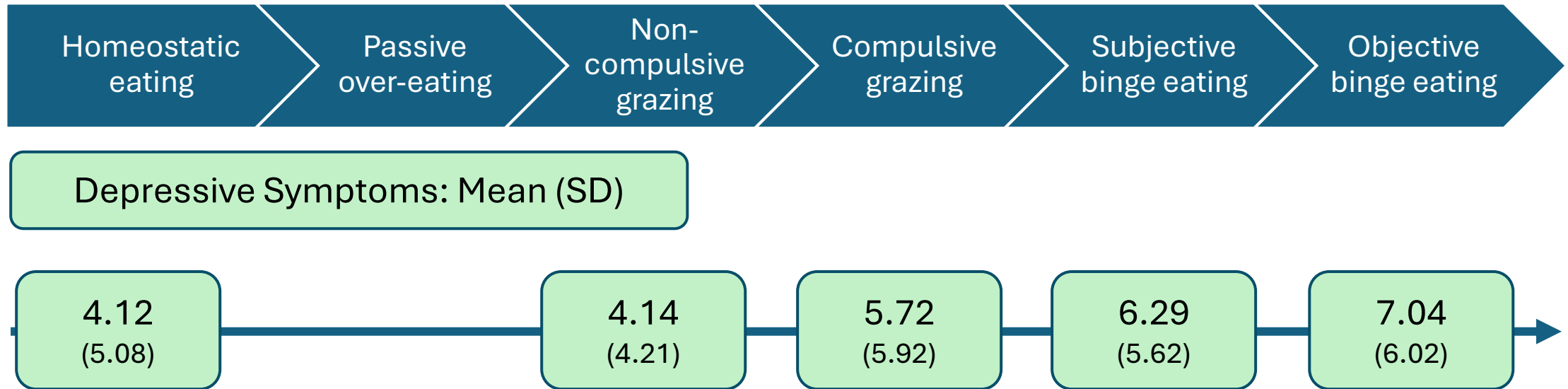
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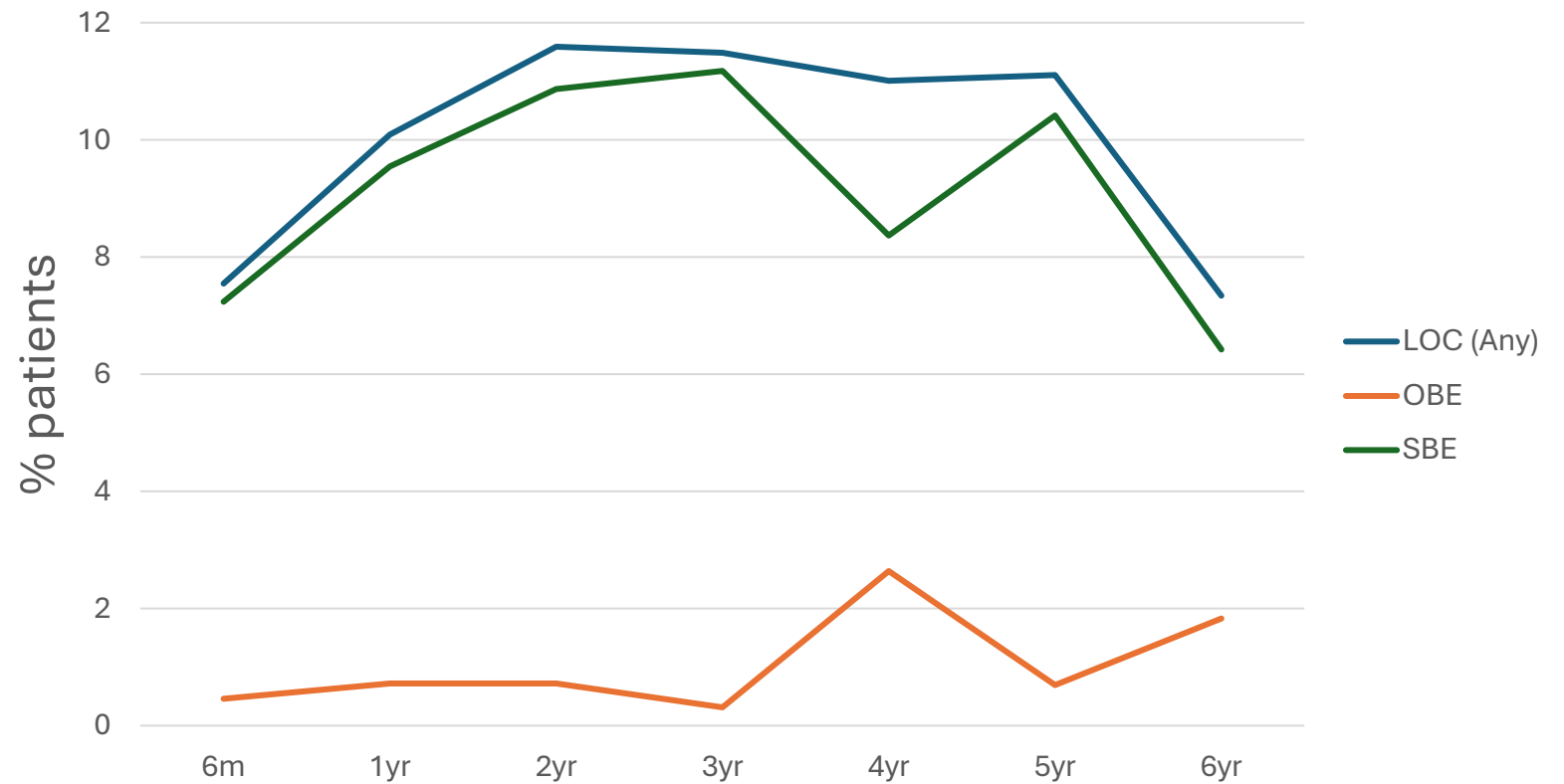
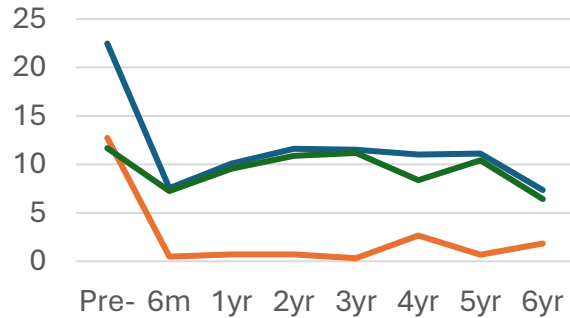
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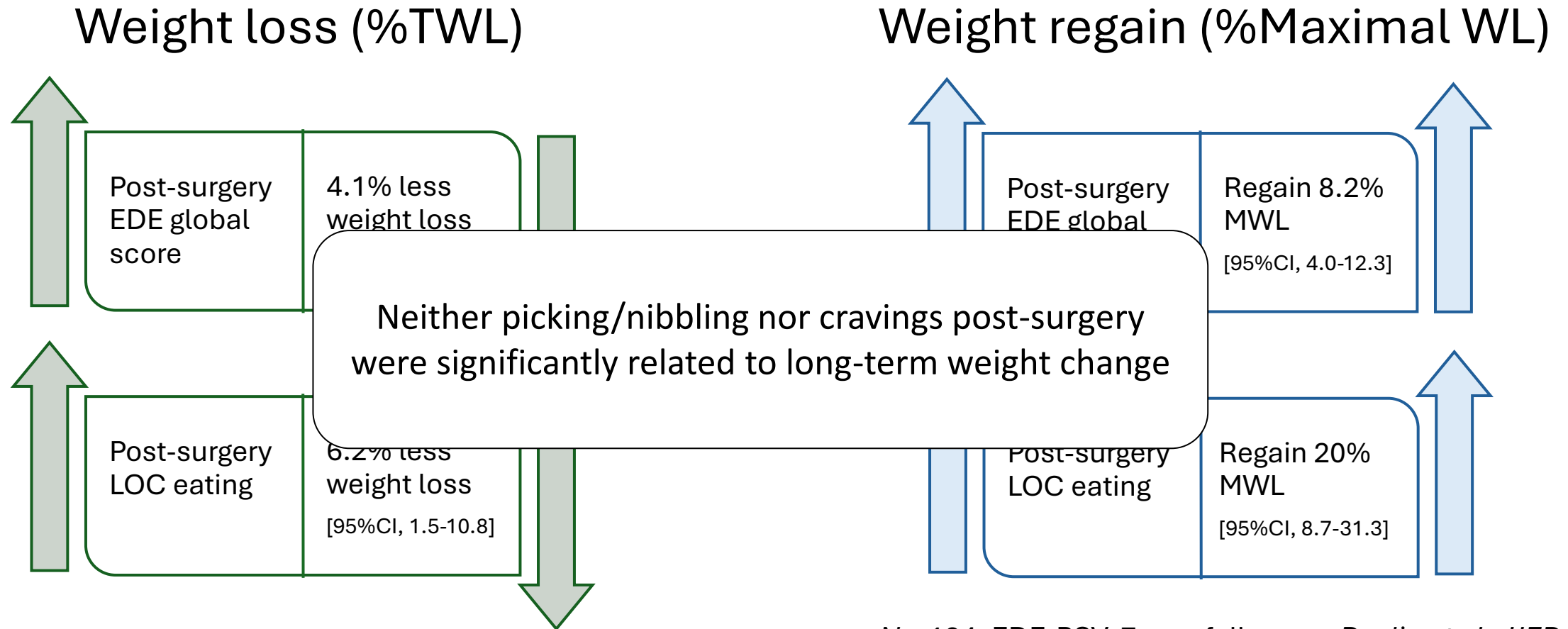
Conceição et al, 2018

Patterns of LOC after surgery



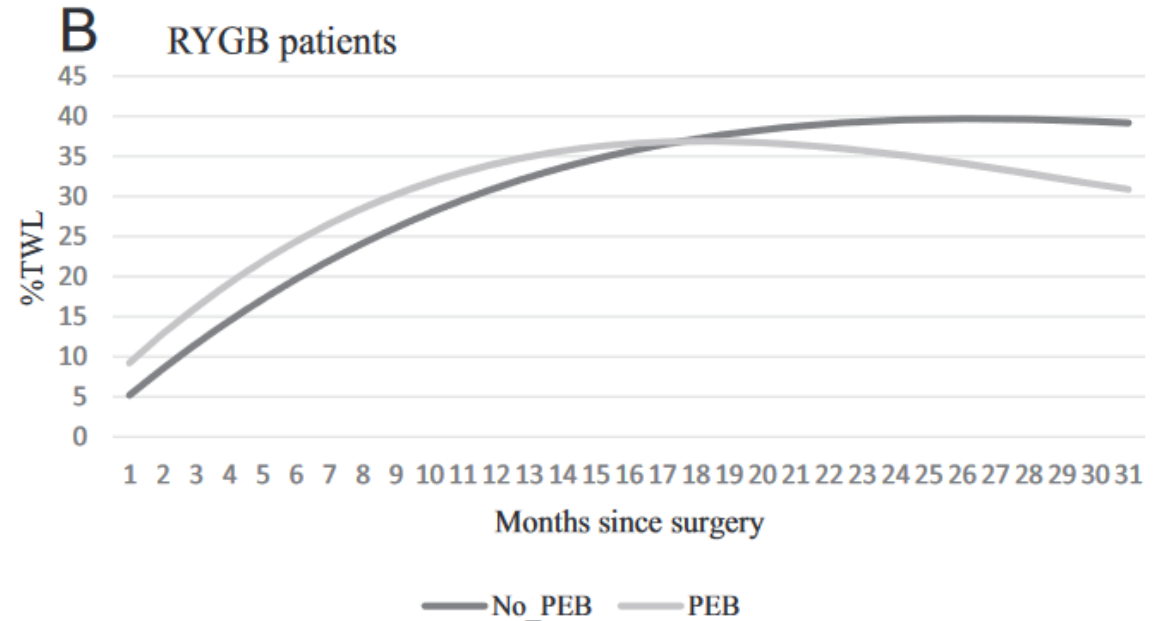
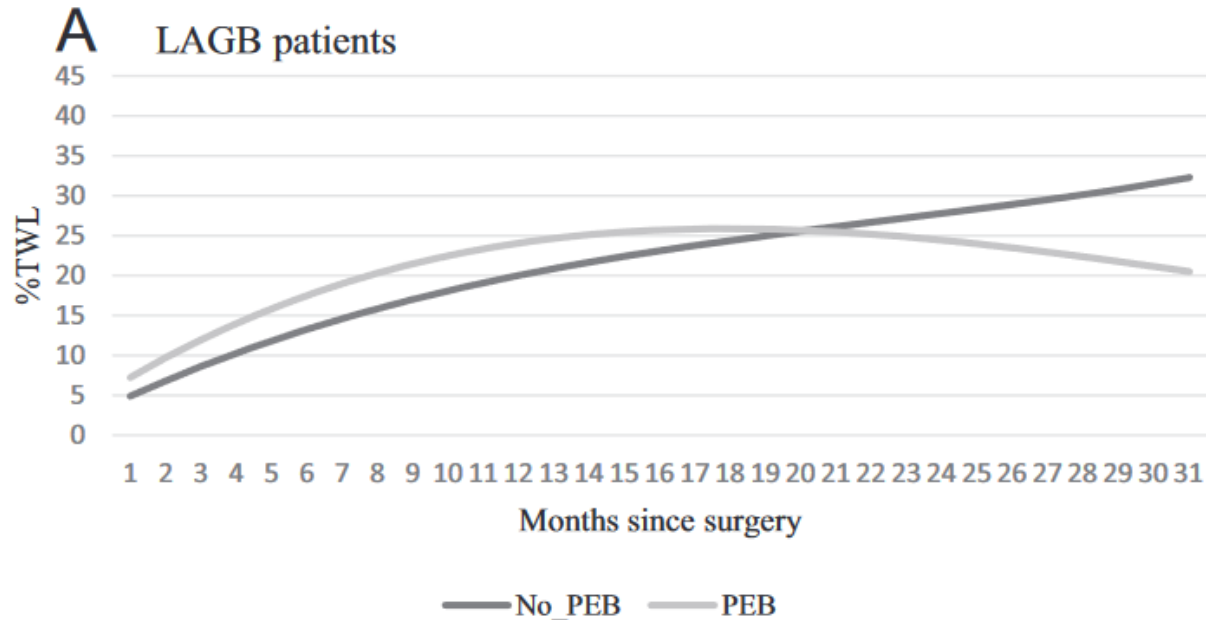
N = 748, EDE-BSV, Hilbert et al, 2022

Loss of control and weight outcomes



N = 184, EDE-BSV, 7 year follow up; *Devlin et al., IJED, 2018*

Loss of control and weight outcomes

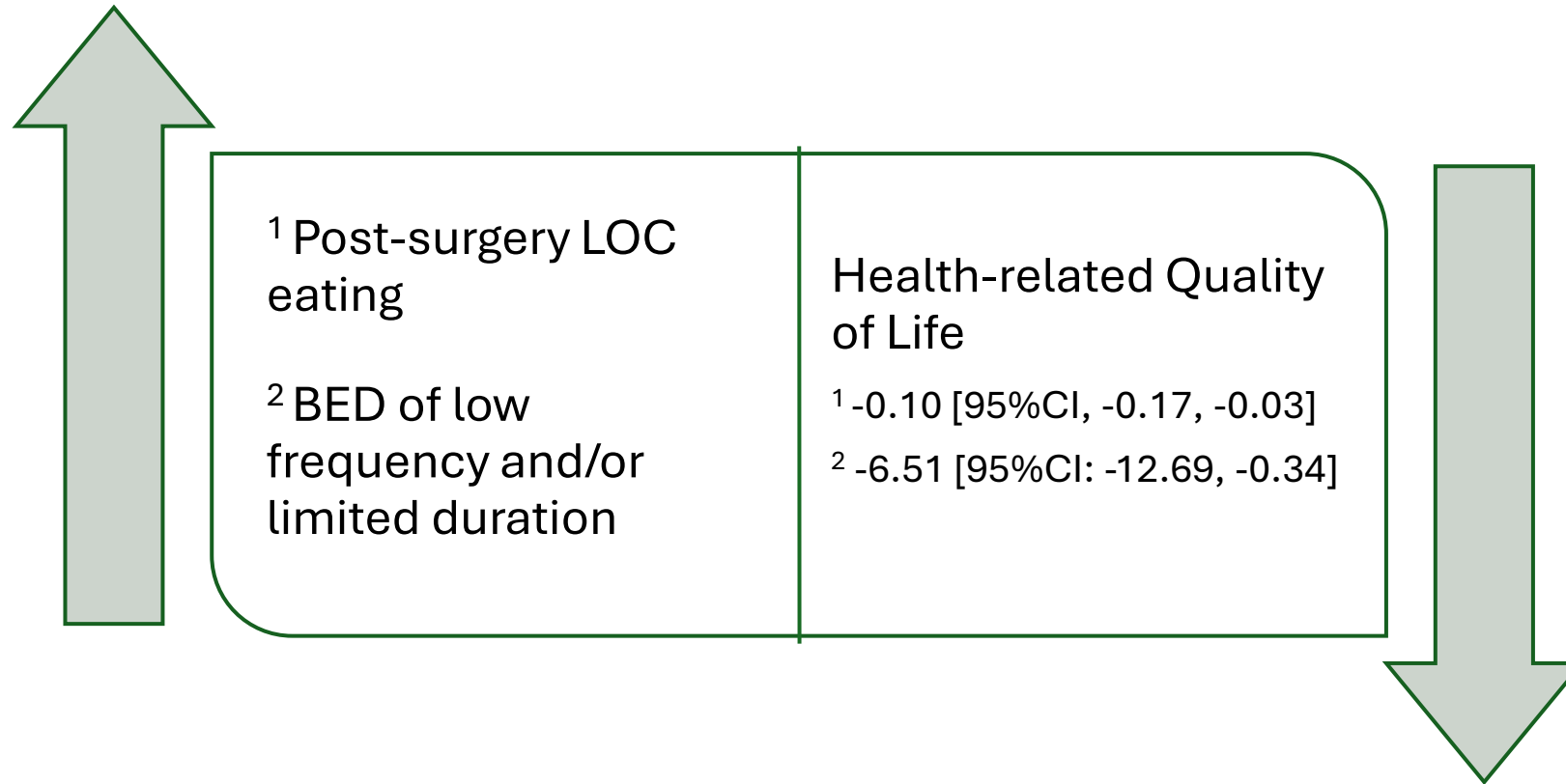


N = 61

- Any “problematic eating behaviour”, 45.9%
- Non-compulsive grazing, 31.1%
- LOC eating, 9.8%
- LOC eating + non-compulsive grazing, 4.9%

Conceição et al, 2018

Eating behaviours and psychosocial outcomes



N = 748, EDE-BSV; 6 year follow up; Hilbert et al, 2022

What can we do about it?

- DEBs can appear early after surgery – impacts appear later
- Pre-surgery ED intervention show little impact on post-surgery DEBs
- Pre-surgery intervention
 - Eating disorder treatment and increase in coping skills
 - Psychoeducation - active agents in treatment, changes to expect, importance of support systems, risk of re-emergence of DEBs

Conceição & Goldschmidt, 2019
Goodpaster, Diggins & Heinberg, 2020

What can we do about it?

Post-surgery

- Consistent, regular screening for DEBs to identify risk before significant impact
- Stepped care
 - Self-help materials
 - Guided self-help with 30 minute “coaching sessions”
 - Group therapy
 - Individual therapy
 - Out / In-patient hospital care



Thank you

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