

Psychological Intervention PSYCHO-BIO BR for Management of Body Image in patients that undergo Bariatric Surgery

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Introduction

Obesity is a health world problem that has been increasing in children and adults.

There is a variety of treatments for obesity control, being the most effective: bariatric surgery (BS) such as Gastric Sleeve, Gastric Bypass and the most recent, Gastric clip or Bariclip.

These diversity of surgeries has proven to be one of the most effective techniques when it comes to weight loss and the maintenance of the results.

The significant outcome of weight loss after the BS, which generally comes in a short period of time, can contribute to the distortion of the body image, the self-esteem and the self-perception.



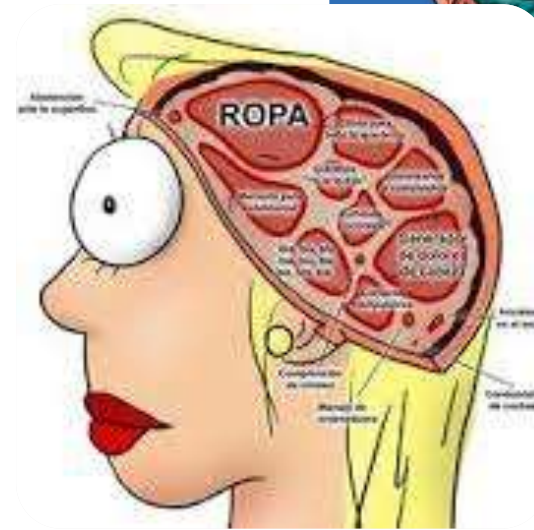
What would happen if tomorrow you wake up looking like this?



How would you feel? Happy?



Would you be truly ready for the change?



It is important to know the perception of the patient about their own body since, generally, their “ideal” does not match what they thought the outcome would be.





PRE BS



POST BS



Plastic Surgery Post BS



THEORETICAL FRAMEWORK

TITLE AND AUTOR	TECHNIQUE	COUNTRY
<p>A 5-year Follow-up Study Of Laparoscopic Sleeve Gastrectomy Among Morbidly Obese Adolescents: Does It Improve Body Image And Prevent And Treat Diabetes? (Ahmed et al., 2018).</p>	<p>Body image Questionnaire (BIQ- 14 items).</p>	<p>Saudi Arabia</p>
<p>Body Image As A Potential Motivator For Bariatric Surgery. (Makarawing et al., 2020).</p>	<p>Multidimensional Body-self Appearance Orientation Relations Questionnaire Appearance Scale.</p>	<p>Holland</p>
<p>Body Image Disturbances And Weight Bias After Bariatric Surgery. (Meneguzzo et al., 2021).</p>	<p>Body Dissatisfaction Self-esteem Body perception Semantic Evaluation of Body Images.</p>	<p>Italy</p>
<p>Contributing Of CCT In The Context Of Bariatric Surgery. (Cheroutre et al., 2020).</p>	<p>Review article with 98 citations Group sessions before and after the CB.</p>	<p>France</p>
<p>The Influence of Weight-Related Self-Esteem and Symptoms of Depression on Shape and Weight Concerns and Weight-Loss 12 Months After Bariatric Surgery. (Felske et al., 2021).</p>	<p>Symptoms of Depression and self-esteem in the pre- and 12-month period associated with changes in image and weight Improved weight and image Improved weight and self-esteem.</p>	<p>Canada</p>

THEORETICAL MODEL OF PSYCHO-BIO BR PROGRAM

*(Psychology of Body Image In
Obesity BR)*

PSYCHOTHERAPEUTIC APPROACHES	TECHNIQUES TO USE
CBT	Jacobson Relaxation techniques and/or diaphragmatic breathing, stimuli control, systematic desensitization and self-monitoring.
Mindfulness	Thoughts, images and fears of the own body.
Solution Focused Therapy	Emphasis on solutions, goal setting, use of scales and feedback.

Psychological Intervention PSYCHO-BIO BR for Management of Body

Image in patients that undergo Bariatric Surgery

It has 8 sessions

Each session lasts one hour or one hour and a half

It includes tasks for patients to perform during the session or in their houses

The therapist is given a set of suggested questions to find out information regarding the patient's background.

The technique depends on each task: CBT, SFT or Mindfulness.

Tasks

- *Photos*
- *Own videos taken by another person*
- *Images*
- *Informative videos*
- *Drawings*



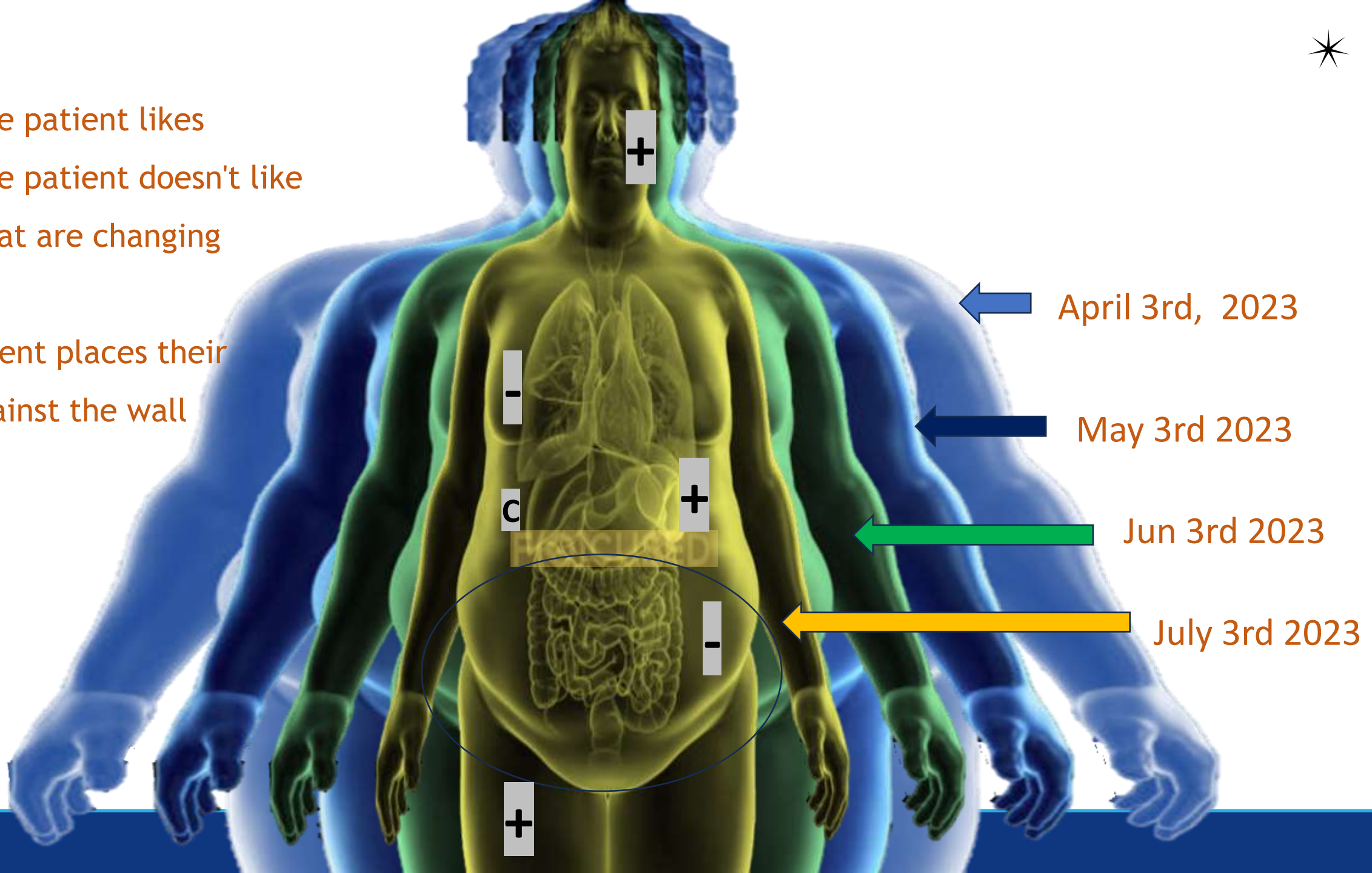


Areas the patient likes

Areas the patient doesn't like

Areas that are changing

The patient places their body against the wall



April 3rd, 2023

May 3rd 2023

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Recommendations



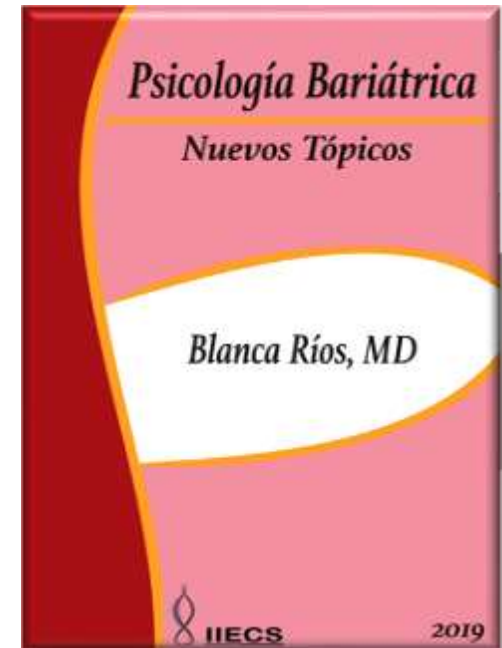
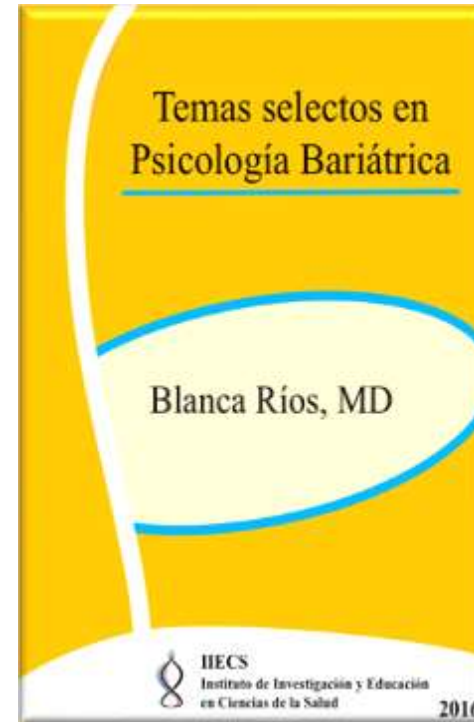
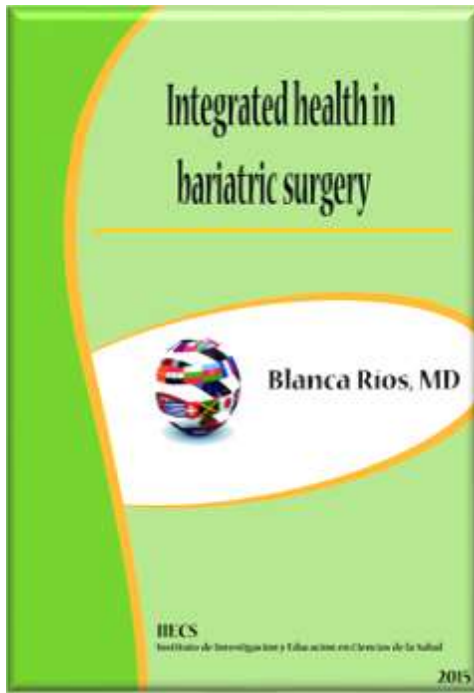
- Activities performed by the patients must be done with their families/couple. Sometimes they do not do the activities at home if they are on their own.
- This program includes several suggested questions that therapists can use in each session.
- There are some material suggested that therapists may use for each task.



CONCLUSIONS

- 1. It is essential the management of BI post BS.*
- 2. Support Family and couple are essential in this process.*
- 3. This program could continue for more than 2 or 3 years.*
- 4. These activities are easier for the patient and families.*





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Do you have any questions?
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