

The benefits of providing patients with  
psychological support following higher risk and  
complex MBS

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**I have no potential conflict of interest to report**

Metabolic and bariatric surgery is disruptive

Metabolic and bariatric surgery is ~~disruptive~~ demanding

Not all patients are created equally in their capacity to meet these demands

Higher risk and more complex MBS is more common amongst those with reduced capacity to meet these demands.

Psychological support functions to build and maintain the capacity to meet the long-term demands of MBS

## Examples of higher risk and more complex MBS:

- Highest BMI group
- Revisional surgery
- Previous abdominal surgery
- General poor health and co-morbidities
- Disability
- Unstable mental health
- Pre-existing eating disorders



## 3 basic long-term scenarios



Possible outcomes:

- Expected weight loss is followed by expected long-term weight maintenance.
- YAY!
- The patient becomes adaptive and can change attitudes, behaviours and routines over time as required.
- Long-term changes are made in the way the patient approaches life in general, navigates problems, and overcomes adversity.
- Long-term changes are made in their relationship with food and the overall management of their health.



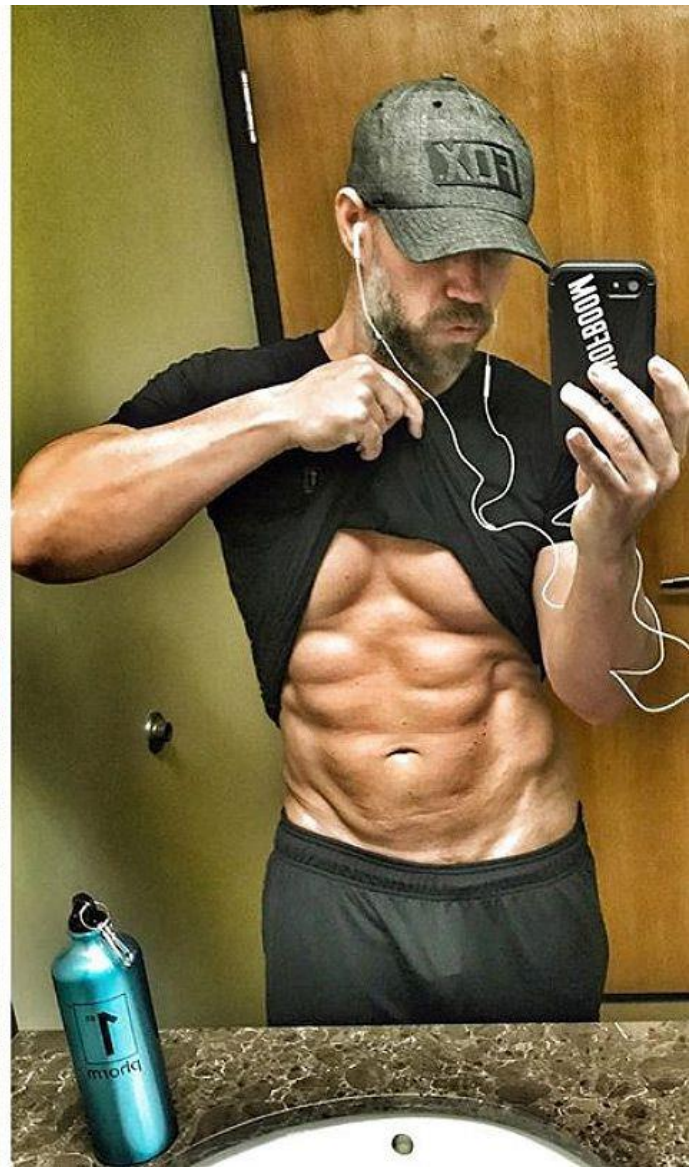
Possible outcomes:

- Expected weight loss followed by progressive weight regain.
- Sub-optimal weight loss followed by weight regain.
- Demands are initially met however there is a regression over time as this cannot be maintained due to their individual capacity.
- Capacity reduces over time, such as age, poor health, co-morbidities (related or unrelated to surgery).



Possible outcomes:

- Weight loss exceeds expectations and is maintained over time.
- Capacity is increased and the patient can take on greater and greater demands.
- SUPERSTARS!
- POSTER CHILD!
- Surgery unlocks potential to achieve far beyond their dreams of expectations, become leaders in the field, develop sporting prowess, reinvent themselves as a new person.



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Our biggest concern.....



Possible adverse outcomes:

- Weight regain
- Regression to longstanding maladaptive coping mechanisms
- Health deterioration
- Psychological deterioration
- Addiction transfer
- Sense of shame and failure or regret

If this simple equation makes any sense,  
it leaves us with two critical questions





What are the demands of metabolic and bariatric surgery?

Who might have diminished capacity to meet these demands?



What?

Who?

## WHAT?

### **Dietary Demands**

- Stick to 3 meals and 3 snacks
- Stick to recommended portion sizes
- Eliminate foods that trigger dumping
- Meet daily protein requirements
- Continue taking a dietary supplement for life

WHAT?	WHO?
<p style="text-align: center;"><b>Dietary Demands</b></p>	<p style="text-align: center;"><b>Diminished Capacity</b></p>
<ul style="list-style-type: none"> <li>- Stick to 3 meals and 3 snacks</li> <li>- Stick to recommended portion sizes</li> <li>- Eliminate foods that trigger dumping</li> <li>- Meet daily protein requirements</li> <li>- Continue taking a dietary supplement for life</li> </ul>	<ul style="list-style-type: none"> <li>- Highest BMI group</li> <li>- Poor routines and disorganisation in general</li> <li>- Not in control of their diet</li> <li>- Emotional eaters</li> <li>- Diagnosed or undiagnosed ADHD</li> </ul>

## WHAT?

### **Behavioural demands**

- Cessation of eating before being overly full
- Separation of eating and drinking
- Limiting alcohol intake
- Remaining abstinent of smoking or vaping for life

WHAT?	WHO?
<p align="center"><b>Behavioural demands</b></p>	<p align="center"><b>Diminished Capacity</b></p>
<ul style="list-style-type: none"> <li>- Cessation of eating before being overly full</li> <li>- Separation of eating and drinking</li> <li>- Limiting alcohol intake</li> <li>- Remaining abstinent of smoking or vaping for life</li> </ul>	<ul style="list-style-type: none"> <li>- People with poor mind-body connection</li> <li>- History of addiction</li> </ul>

## WHAT?

### **Psychological and relational demands**

- Adjust to life in a different and unfamiliar body
- Cope or deal with loose skin
- Be satisfied with less of desirable foods
- Continue eating in a routine way despite life's challenges
- Navigate changes in relationships
- Navigate social situations involving food

WHAT?	WHO?
<p><b>Psychological and relational demands</b></p>	<p><b>Diminished Capacity</b></p>
<ul style="list-style-type: none"> <li>- Adjust to life in a different and unfamiliar body</li> <li>- Cope or deal with loose skin</li> <li>- Be satisfied with less of desirable foods</li> <li>- Continue eating in a routine way despite life's challenges</li> <li>- Navigate changes in relationships</li> <li>- Navigate social situations involving food</li> </ul>	<ul style="list-style-type: none"> <li>- Food is an escape from misery in their life</li> <li>- People already struggling in their relationships</li> <li>- Pre-existing eating disorders and profound body image dissatisfaction</li> </ul>



## WHAT?

### **Self-care demands**

- Prioritise oneself and one's own needs.
- Taking better care of oneself

WHAT?	WHO?
<p align="center"><b>Self-care demands</b></p>	<p align="center"><b>Diminished Capacity</b></p>
<ul style="list-style-type: none"> <li>- Prioritise oneself and one's own needs.</li> <li>- Taking better care of oneself</li> </ul>	<ul style="list-style-type: none"> <li>- Profound history of low self-esteem, possibly background of abuse</li> <li>- High demands of caring roles for others</li> </ul>

## WHAT?

### **Exercise demands**

- Regular cardiovascular exercise
- Progressive resistance training

<b>WHAT?</b>	<b>WHO?</b>
<b>Exercise demands</b>	<b>Diminished Capacity</b>
<ul style="list-style-type: none"><li>- Regular cardiovascular exercise</li><li>- Progressive resistance training</li></ul>	<ul style="list-style-type: none"><li>- People with pre-existing injuries</li><li>- People with disabilities</li><li>- Non-exercisers</li></ul>

## WHAT?

### **Organisational demands**

- Ongoing planning and food preparation
- Follow up with healthcare team

WHAT?	WHO?
<p style="text-align: center;"><b>Organisational demands</b></p>	<p style="text-align: center;"><b>Diminished Capacity</b></p>
<ul style="list-style-type: none"> <li>- Ongoing planning and food preparation</li> <li>- Follow up with healthcare team</li> </ul>	<ul style="list-style-type: none"> <li>- Intellectual impairment or other cognitive challenges</li> <li>- People with disabilities with limited support</li> </ul>

Metabolic and bariatric surgery is ~~disruptive~~ demanding

# DEMANDS

Dietary	Behavioural	Psychological and relational demands	Organisational	Self-care demands	Exercise
<ul style="list-style-type: none"> <li>- Stick to 3 meals and 3 snacks</li> <li>- Stick to recommended portion sizes</li> <li>- Eliminate foods that trigger dumping</li> <li>- Meet daily protein requirements</li> <li>- Continue taking a dietary supplement for life</li> </ul>	<ul style="list-style-type: none"> <li>- Cessation of eating before being overly full</li> <li>- Separation of eating and drinking</li> <li>- Limiting alcohol intake</li> <li>- Remaining abstinent of smoking or vaping for life</li> </ul>	<ul style="list-style-type: none"> <li>- Adjust to life in a different and unfamiliar body</li> <li>- Cope or deal with loose skin</li> <li>- Be satisfied with less of desirable foods</li> <li>- Continue eating in a routine way despite life's challenges</li> <li>- Navigate changes in relationships</li> <li>- Navigate social situations involving food</li> </ul>	<ul style="list-style-type: none"> <li>- Ongoing planning and food preparation</li> <li>- Follow up with healthcare team</li> </ul>	<ul style="list-style-type: none"> <li>- Prioritise oneself and one's own needs.</li> <li>- Taking better care of oneself</li> </ul>	<ul style="list-style-type: none"> <li>- Regular cardiovascular exercise</li> <li>- Progressive resistance training</li> </ul>





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Psychological support

Patients who cannot meet the ongoing demands are unlikely to have long-term success.

The most complex and higher risk cases are likely the same population with the greatest limitations to their long-term capacity.

Psychological support can help build and maintain this capacity over time.

Thank you

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