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Impact of mind interventions on results of weight loss surgery

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Introduction: Although weight loss surgery is predominantly sufficient method of treatment of morbid obesity, there is always a risk of weight regain. Additional therapies such as behavioral and psychological interventions are considered to be effective in restricting of gaining weight after bariatric surgery.

Aim: The purpose of this study is to assess effectiveness of mind interventions in perioperative period on losing weight.

Material & Methods: This study is a Systematic Review (SR), conducted following current guidelines for SRs. Protocol of this study is registered in international prospective register of systematic reviews. In search of relevant papers three databases, register of clinical trials and references were screened. Titles, abstracts and full texts screening and data extraction were performed independently by two reviewers at any stage. We have included RCTs assessing influence of mind interventions on outcome of weight loss surgery with follow up of least 6 months. Risk of bias of each of included study was assessed with ROB Cochrane tool for RCTs. The results were summarized using meta-analysis.

Results: Our comprehensive search has indicated 10,339 papers of which 12 were included into qualitative analysis and 9 into quantitative analysis. Mean number of patients in included studies was 269 and average follow-up duration was 16.88 months. Mean difference in weight loss between intervention and control group was 3.95 kg (95% CI: 0.84-7.06, p=0.01, I²=0%) in favor of group with mind intervention.

Conclusion: Average change in body weight varies between the group with mind intervention and control group, however this effect is small and its clinical significance remains unclear.

Biography

Katarzyna Jasinska is pursuing her graduation at the Faculty of Medicine Jagiellonian University Medical College, Krakow, Poland. She is a Member of Student's Scientific Group of Systematic Reviews, Systematic Reviews Unit, Polish Cochrane Branch.

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