



Weight Regain Post-Bariatric Surgery: Patient Insights

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Background

- ◆ A considerable subset of post-operative (30%) bariatric patients regain weight (1-4).
- ◆ Post-op weight regain results in reversed co-morbidities, decrease in quality of life and cost-effectiveness of surgery (5-6).
- ◆ Psychological and behavioral factors associated with post-op regain is poorly understood.

- ◆ To assess needed services and areas for future research, this study surveys post-operative patients regarding their experience and perceptions of post-operative weight regain.

Method

Participants

◆ This sample consisted of 94 participants (2% male), with M=5.79 (SD 3.29) years post surgery. 93% of patients had a pre-surgical BMI >40 (49.49 (SD=8.12)). Lowest post-surgical BMI (BMI low=) was significantly less than pre-surgery (p<.0001]. Weight regain was significant [BMIregain; M=36.19 kg/m² (SD=8.99); p<.0001].

Procedures

◆ Participants completed an online survey of perceptions and behaviors potentially related to post-surgical weight regain.

Data Analyses

◆ Frequency analyses were calculated for perceptions and behaviors associated with post-surgical weight regain

Results

Internal Factors

◆ Most participants attributed weight gain to internal factors: 66%(N=62) to lack of personal accountability; 55% (N=51) to lack of motivation; and 47% (N=44) to unresolved emotional issues. Only one patient believed weight regain was due to a surgical error.

Results cont.

Support Factors

◆ A majority (73%, N=69) believed that poor support (personal and within bariatric program) was a factor. 90%(N=85) of participants reported need for a “special” bariatric program to maintain weight loss and 82%(N=77) reported they would attend a “back on track” program if offered.

Table 1
Perceptions of Internal factors as a factor of weight regain

Lack of personal accountability	66% (N=62)
Lack of Motivation	55% (N=51)
Unresolved emotional issues	47% (N=44)

Table 2
Perceptions related to support as a factor of weight regain

Need for a “back-on-track” program	90% (N=85)
Need for a “special” post bariatric program	82% (N=77)
Poor support (bariatric program & personal)	73% (N=69)

Conclusions

Patients with post-surgical weight regain attribute weight regain post bariatric surgery to:

- ◆ Internal psychological factors (e.g., lack of accountability, motivation, emotional issues)
- ◆ Inadequate support (e.g., 90% report need for specially targeted bariatric programs to help maintain weight loss post surgery)

Limitations

◆ Based on survey results rather than qualitative analyses of patient-generated responses.

References

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