

Items to address in a Bariatric Psych evaluation

Behavioral status

Reason for seeking surgery-why/rationale of decision

Past weight-loss attempts-diets, behavioral modification, weight loss medications, exercise, length of time trying, and weight history.

Eating disorders-binge eating, compulsory behaviors

Eating patterns-size of portion, fast food, skipping meals, eating in the absence of hungry, night eating.

Physical activity levels-how would this change after surgery?

Substance Abuse-tobacco, recreational drugs, alcohol

Health-related risk-taking behavior-Impulsive/Compulsive behaviors, compliance issues

Criminal or legal history

Developmental History

Traumatic childhood events

History abuse or neglect

Stability of childhood

Role food has played

Psychiatric History

Psychiatric diagnosis-depression, anxiety, bipolar, schizophrenia

Psychiatric hospitalization

Suicide attempts

Psychotropic medications/management/ who prescribes?

Current/Past mental health treatment-Has the patient been stable for the past 6 months?

Triggers?

How could psychiatric diagnosis affect outcome after surgery?

What resources are available after surgery?

Current situation

Stressors/triggers

Who is dependent upon you?

Who is your support system?

Motivation/Expectations-Are they realistic?

Family dynamics

Quality of life

What role does food play now?

What is the patient's belief as to why they are overweight? Emotional eating, stress, cost/convenience, social etc.

Cognitive and Emotional Status

Cognitive functioning- Does the patient have the ability to follow the guidelines on their own?

Awareness of risk and benefits of bariatric surgery

Can the patient explain the surgery in layman's terms?

Does the patient understand associated lifestyle changes? Lifelong vitamins, small portions, tool not a cure, need to alter diet significantly, can fail if you continue to eat the same way, etc.

Coping Skills

Thinking pattern

Belief system

***Overall from a mental health standpoint and your assessment, does the patient have clearance for bariatric surgery?**

Reference

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Recommendations for the pre-surgical psychosocial evaluation of bariatric surgery patients June 2016

Stephanie Sogg PhD, Jenniferlauretti PhD, Lisa West-Smith PhD

<https://asrnbs.org/resources/recommendations-for-the-presurgical-psychosocial-evaluation-of-bariatric-surgery-patients>