



Oct 22, 2019

A Randomized Trial of a Pilot Behavioral Support Intervention After Bariatric Surgery [↗](#)

PLOS One

Michelle Lent¹¹Geisinger Health System, Philadelphia College of Osteopathic Medicine**1** Works for me [dx.doi.org/10.17504/protocols.io.2bagaie](https://doi.org/10.17504/protocols.io.2bagaie)

Michelle Lent

ABSTRACT

Bariatric surgery patients may experience significant psychosocial changes after surgery, but little psychological support is available beyond support groups postoperatively. We evaluated the feasibility of a postoperative support program targeting quality of life, psychosocial functioning and adherence to behavior change in bariatric surgery patients. This prospective, randomized pilot trial evaluated a comprehensive postoperative behavioral support intervention using a 4-month bi-weekly program in 24 bariatric surgery patients compared to 26 usual care patients that completed bariatric surgery within one year. Outcomes included feasibility and the difference in quality of life (as measured by the Short Form-36) between groups, as well as differences in psychosocial functioning (mood, eating behaviors) and adherence (diet, physical activity, appointments). Outcomes were assessed at baseline and treatment completion (4 months). The intervention focused on addressing psychosocial changes after surgery, strategies for postoperative diet and adherence, and preventing weight regain. Patients collaboratively set goals for diet, physical activity, adherence and other behavioral changes tailored to the needs of each participant. Intervention patients were asked to attend 8, one-hour bi-weekly treatment sessions in a 4-month time period.

EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0223885>

THIS PROTOCOL ACCOMPANIES THE FOLLOWING PUBLICATION

Lent MR, Campbell LK, Kelly MC, Lawson JL, Murakami JM, Gorrell S, Wood GC, Yohn MM, Ranck S, Petrick AT, Cunningham K, LaMotte ME, Still CD (2019) The feasibility of a behavioral group intervention after weight-loss surgery: A randomized pilot trial. PLoS ONE 14(10): e0223885. doi: [10.1371/journal.pone.0223885](https://doi.org/10.1371/journal.pone.0223885)



IRB Approved Protocol.pdf



This is an open access protocol distributed under the terms of the [Creative Commons Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited