

## **EMOTIONAL ASPECTS, APPROACH AND ATTITUDE THAT CAN HELP THE BARIATRIC PATIENTS TO MAKE SURE RESULTS WILL REMAIN FOREVER**

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***Abstract:** The Bariatric (Overweight) community involves individuals who have gone through a weight loss surgical procedure. The postoperative journey for these individuals involves not only physical changes, but significant psychological adjustments related to self-image, self-esteem, and social interactions (Sarah E. Stromberg, 2020).*

*Bariatric surgery is a procedure that treats obesity by reducing the size of the stomach and restricts the amount of food that can be consumed. Studies have shown that bariatric surgery is effective in producing significant weight loss in the short-term and long-term (The National Registry of Bariatric Surgery, 2020).*

*Postoperative life requires limiting food intake, increasing focus on rich nutrient consumption, and engaging in regular exercise activities (Margaret A. 2012), and maintaining constant follow-ups with professionals or joining groups support to maintain positive results that will last for a long time (Nina N. Beck 2012). Sometimes this shift can increase stress levels and sometimes lead to emotional distress or depression (Sarah E. Stromberg, 2020).*

*Bariatric surgery is a unique procedure that entails significant cognitive, behavioral, and physiological changes. It is not only a journey of weight loss and physical transformation, but also requires a substantial change in a patient's lifestyle, including nutrition, physical activity habits, and emotional well-being (Jeremy F. Kubik, 2013)*

*Research has demonstrated that psychological factors such as depression, anxiety and lack of motivation may affect the success of bariatric surgery. On the other hand, a positive mindset has been shown to have a significant impact on the success of weight loss maintenance, providing many health benefits (physical and psychological) and can lead to how to support and treat post-surgery patients (Suzanne Phelan, 2022).*

*This review assesses how a person's psychology, such as emotion, approach, and attitude, can become powerful tools in maintaining a healthy life and sustaining long-term weight loss.*

***Keywords:** Obesity surgery, Overweight surgery, Bariatric surgery, Psychosocial predictors, Psychological treatment, Mental wellbeing, Weight loss, Mental health*

## Introduction

Bariatric surgery has become a widely known solution for obesity over the past decade, which present results, particularly for cases unresponsive to traditional weight loss methods (Wendy A Brown, 2022). Maintaining postoperative care and lifestyle changes requires a lifetime commitment, which is proving to be very challenging for the Bariatric community in Israel. More than 60% of the post-surgery bariatric patients gained weight back after 4 years, also It was found that the number of repeat operations in Israel is the highest in the world, which is around 1 in 6. It is around 17% compared to the global average of only about 7% (State Comptroller's Office, 2019).

The success of bariatric surgery can be influenced by several emotional factors. During the recovery period after surgery, all body systems are affected by radical changes in the body. Patients often experience depression, anxiety, and other emotional distress types due to drastic lifestyle changes, including new dietary restrictions, and adjusting to rapid physical and habitual transformations (Sarah E. Stromberg, 2020).

In Israel, the number of overweight population is increasing consistently (The National Bariatric Surgery Registry Report 2022). There are many factors that support the increase in obesity, however, geographic, geopolitics environment and traditional hospitality play a major key role (Lital Keinan-Boker, 2005). In Israel, hospitality always involves eating a lot of food. There is no situation where a guest arrives, and a full and very varied meal is not served.

Clinical practice guidelines of the European Association for Endoscopic Surgery (EAES) on bariatric surgery endorses the importance of a collaborative approach that focuses both on medical and psychological aspects. Postoperative mental support is recommended as a best practice to ensure the overall well-being and success of the treatment (Nicola Di Lorenzo, 2020).

There are several things that can help bariatric patients deal with emotional challenges. These include:

1. Positive emotions and attitudes directly influence the wellbeing of bariatric patients. The optimism and resilience embedded in a positive attitude play a crucial role in promoting recovery and long-term health maintenance, facilitating treatment adherence, and fostering mental strength to adapt to the new lifestyle. People with a positive attitude are more likely to succeed in changing their lifestyle and maintaining their weight loss for many years to come (Mette S. Nielsen., 2020).

A large scale of study which was led by Prof. Suzanne Phelan Revels for the first-time insights that helped weight loss maintainers maintain their weight loss and succeed (Suzanne Phelan, 2022). More than 6,000 WW participants were in research that lost more than 50 pounds on average and kept it for more than three years. One of the key findings was the strong correlation between positive psychological factors and success in sustaining weight loss after bariatric surgery.

Patients who have maintained positive mental attitudes and more optimistic attitudes toward weight loss and the journey itself tend to achieve greater long-term outcomes after bariatric surgery. One of the most impressive findings was how participants described setbacks in a weight loss program. Failures are part of the program and are seen as a temporary break in their journey to achieve greater impact in their lives. The connection between physical and mental is essential for optimal recovery after a Bariatric surgery (Suzanne Phelan, 2022).

2. A supportive family can significantly ease the emotional levels on bariatric patients by fostering a positive environment, encouraging healthier habits, and providing emotional support. The recovery and emotional balance of these patients are often greatly influenced by the families' and surrounding understanding and acceptance (Denise C. Vidot, M.A. 2014).

In this context, family plays a crucial role. A supportive family can aid in the mitigation of emotional turbulence often associated with drastic lifestyle changes post-surgery by providing emotional support, advocating healthier habits, and endorsing the new life the individual is adapting to.

3. Society supports plays a dual role; on one hand, societal understanding and support can smoothness the psychological transition for patients' post-surgery, but on the other hand, stigmas and lack of understanding about obesity and Bariatric surgery can cause distress a patient's recovery process (Eva M. Conceição, 2019).

There are a number of practical steps that can help Bariatric patients deal with emotional challenges, these include:

1. Positive Mindset Practice in Life: The practice of positive mindset refers to maintaining a positive mental attitude. This includes choosing to focus on constructive thoughts, beliefs,

and perspectives to promote optimism, resilience and personal growth. By engaging in these practices on a regular basis, individuals aim to reframe negative thinking patterns, reduce self-limiting beliefs, and approach challenges with a proactive and responsible mindset. The aim is to eliminate stress, manage anxiety, improve emotional well-being, motivation, self-esteem and overall life satisfaction.

2. **Get sleep:** Sleep helps our body and mind regenerate and repair itself. It is important to rest enough and expect at least 6 to 8 hours of sleep each night.
3. **Exercise regularly:** Exercise is not only good for our body, but it is also good for our brain. It is useful for reducing stress and anxiety. Including daily routine exercise can improve our mood and help us to relax. Be active, any type of activity that share happiness. Any capacity and is 100% over nothing!
4. **Nutrition:** The quality of the food and the time intervals taking an important role. 5-6 small meals are important for controlling sugar levels in your body and controlling the mechanism of hunger. Increase your water consumption, drink one cup of water each hour. It is critical to consume less quantity of food, but in the other hand to increase the quality of the food, making sure the food is rich in Macro / Micro nutrients.
5. **Communicating with a therapist or counselor.** This can be helpful in processing the changes that are happening in their life after Bariatric surgery, physically and psychologically. Conducting a short personality questionnaire in order to define what are the person types based on the Big Five factors may help in understanding the person attitudes, behaviors, and feelings towards making significant lifestyle changes.
6. **Becoming a member of a support group.** This can be an effective way to connect with others who are going through similar experiences. This can help improve physical and mental health, and it can also give a sense of control over the process they are going through. Of great importance is group work, which allows each of the group members to sort out their mental world and facilitates adaptation for the purpose of personal change.
7. **Maintaining a balance between mental and physical health is vital to a fulfilling and healthy life.** It is important to take breaks from work and technology to allow your brain to rest and recharge. Go for a walk or participate in a hobby that can distract your mind. In addition connect with others, maintain and improve your social activities. Make time to connect with friends, family, or a support group. A strong social support system is a great way to strengthen mental health.

## **Conclusion:**

The emotional aspects after bariatric surgery can be complex, the emotional wellbeing of bariatric patients plays a significant role in their physical health, long-term weight management, and overall quality of life. It is important to be aware of the potential challenges and to have a support system in place. Support from family, society, coupled with professional healthcare intervention, can significantly smoothen their post-operative journey and enhance their quality of life.

By understanding what a Bariatric patient is going following the physical and psychology changes, setting a supportive environment can help bariatric patients to achieve their goals and to live healthier, happier lives, and maintain results for many years to come.

There should be increased efforts towards psychological support and societal education to recognize the complexity and uniqueness of bariatric surgery. A more holistic intervention, considering not just physical, but also emotional aspects, can improve the outcomes for these patients.

From a personal perspective, I would like to share my story and experiences. I also belong to the bariatric community. After trying different ways to lose weight for more than 25 years, I went through bariatric surgery in 2017. My top weight was around 130 kg after suffering from medical and physical illnesses and disabilities, however, no one really prepared me for the day after the surgery.

After the surgery, I realized that the public is not well-informed about surgery, the recovery process, and ways to get back on track and lead a healthy lifestyle. I came to realize that the journey begins on the first day after surgery.

Since then, my focus has been on research, studying, and teaching others how to be successful.

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