

# THE ROLE OF POSITIVE MINDSET IN THE LONG-TERM SUCCESS OF BARIATRIC SURGERY

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**Abstract:** *Overweight surgery (Bariatric surgery) is a widely used treatment for obesity, which has proven to be effective both in the short term and in the long-term weight loss. However, despite its proven success, many patients have difficulty sustaining long-term weight loss after the surgery.*

*Psychology positive mindset stage has been found to have a significant impact on psychological condition and wellness. This is because individuals who hold a positive mindset tend to focus on their strengths, opportunities, dreams, and hope for a better future. They are more likely to bounce back from setbacks and challenges, leading to greater resilience and better mental health outcomes .*

*Research has shown that a positive mindset can lead to improved self-esteem and increased motivation. These benefits can translate into improved emotional well-being, reduced anxiety and depression, and even better physical health outcomes.*

*In addition, studies have found that positive thinking and optimism are associated with lower levels of stress hormones like cortisol, which is linked to various health problems such as heart disease, diabetes, and obesity. Individuals who have a positive mindset are more likely to practice healthy behaviors such as exercising regularly, eating a balanced nutrition, and getting enough sleep.*

*This article explores the role and the effectiveness of a positive mindset in the long-term success of bariatric surgery. It presents the evidence that supports the beneficial effects of a positive mindset on weight loss maintenance and provides practical tips.*

*Overall, developing a positive mindset can have a profound impact on the Bariatric community. Psychological positive mindset can be an effective tool to maximize the overweight surgery and ensure that the results will last for a long time.*

**Keywords:** *Bariatric surgery, psychological counselling, Mental wellbeing, Physical wellbeing*

## **Introduction**

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), However, maintaining weight loss over the long-term is very challenging and often requires lifestyle changes(State Comptroller's Office, 2019).

There are many reasons for gaining weight, but researchers have identified a possible link between the state of mind and the long-term success of bariatric surgery.

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).

Maintenance of healthy life after Bariatric surgery is psychologically complex, (Sandra Jumbe, 2017). In Israel, Psychological screening is one of the three evaluations potential patients should pass before getting the bariatric surgery approval in order to optimize the weight loss outcomes, however no post-surgery treatment is a part of the healthcare system procedure.

When it comes to bariatric surgery, results in weight loss and physical appearance receive more attention than psychological aspects. In Israel the bariatric patients are more motivated on the weight loss figure and how quickly they are losing weight than in the procedure of learning how to adopt a new healthy lifestyle and maintaining the new weight for many years to come through positive effect, self-worth, and modeling of new behavior. This behavior becomes an obsession that grows during the healing process after surgery.

Following the State Comptroller's report, the Ministry of Health is poorly managing the entire field. The State Comptroller links the high rate of repeat surgeries is related to the poor way in which health care providers treat people who have done these surgeries, pre and post surgeries. Israel is one of the tops in the OECD countries in the number of gastric bypass surgeries relative to the number of the population, but at the same time the rate of repeat surgeries is among the highest as well. The State Comptroller links the high rate of repeat surgeries is related to the poor way in which health-care providers treat people who have done these surgeries, pre and post surgeries (State Comptroller's Office, 2019).

As a result, in Israel more than 60% of the post-surgery bariatric patients gained weight back after 4 years and 1 in 6 post-surgery bariatric patients performs another surgery according to the State Comptroller's report for 2019 (State Comptroller's Office, 2019).

Post-bariatric surgery patients do not pay proper attention to their psychological conditions which will become a key factor during the early stage of the recovery period. The patient does not change and adopt a new lifestyle and behavior that will ensure the weight loss process they went through after surgery.

A new multidisciplinary wellbeing behavior and a new healthy lifestyle should be adopted by the patients to secure and maintain the new weight and health for many years to come.

Evidence supporting the role of positive mindset in bariatric surgery success.

Health and Social support may be associated with a successful increase in weight loss after Bariatric surgery (Nielsen, M. S., 2020).

A large scale of study which was led by Prof. by Suzanne Phelan Revels for the first time that helped weight loss maintainers maintain their weight loss and succeed. 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 (Suzanne Phelan, 2022).

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.

In addition, cognitive-behavioral therapy (CBT) has been identified as an effective tool in fostering a positive mindset in bariatric surgery patients. CBT is a form of speech therapy that helps people identify and challenge negative thinking and replace it with positive beliefs. A study conducted on patients who received CBT before and after bariatric surgery found that they had better weight loss outcomes and higher levels of overall happiness and satisfaction, (Joran Hjelmesæth, 2018).

The connection between physical and mental is essential for optimal recovery after a Bariatric surgery.

### **Tips for a positive mindset**

A positive mindset is essential to bariatric surgery success. Here are some tips on how to build a positive mindset:

1. Focus on those areas of your life that you are thankful for. Recognize your achievements and celebrate your progress.
2. Avoid setting unrealistic expectations to lose weight or body look. Take it day by day. Set small goals that will lead you to the great goal. Celebrate small victories along the way, you are worthwhile!
3. Engage in physical activity that you enjoy. Exercise has numerous mental and physical health benefits, including reducing stress, anxiety and improve your metabolism.
4. Build a supportive environment by connecting with others who share similar conditions and goals. Join online support groups or meet with a Bariatric weight loss coach or Fitness coach regularly.

### **Study Methods and Approach**

As a part of the PhD study, I would like to reveal how psychological attention and treatment from a cognitive and emotional standpoint affects a person in a holistic way and not just in the medical process, I intend to conduct a resource to determine what is the impact and implications factors of the Social/Society on the success of the surgeon in Israel.

The study will be carried out in Israel among pre- and post-surgical patients following a Quantitative research and Qualitative research.

The quantitative survey will be carried out following an online survey and the qualitative research will be carry out via personal interviews.

### **The research will be conducted through 3 pairs:**

**Pair 1:** To reach adult bariatric surgery patients directly via the health centers and that they are not part of one of the bariatric social groups.

**Pair 2:** To reach adult bariatric surgical patients who belong to one of the bariatric social groups.

**Pair 3:** 1x1 interviews.

The online survey will provide me a convenience platform to approach to a specific domain and the participants will be able to respond quickly and at their convenient time. In addition, the online survey the participants will be able to complete the survey in multiple sessions, similar to the paper-based survey, but more efficient and more green environment approach.

As for the interview's sessions, the interview's will be to get more info about the participant which is a bit different to get in an On-line survey.

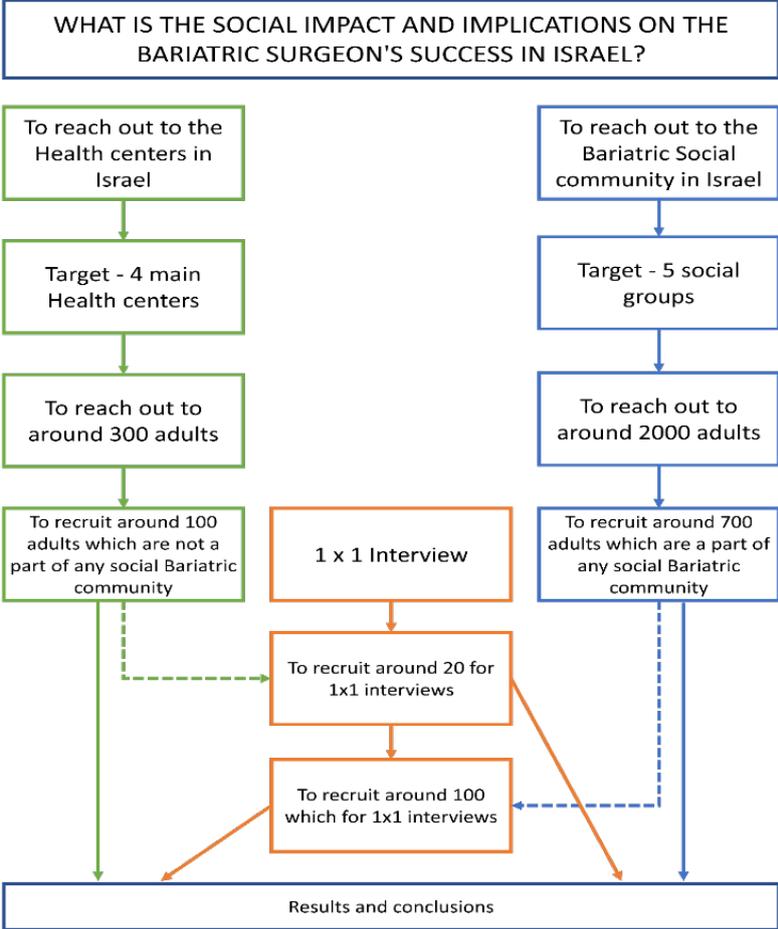
### **Conclusion:**

Bariatric surgery may be an effective treatment option to lose weight, but it is a life-changing journey. Long-term success depends on a variety of factors, including psychological factors. A positive state of mind turned out to be crucial for the success of weight loss following bariatric surgery. Practicing gratitude, setting realistic goals, staying active, and seeking support can all help to set a positive mindset and maximize the beneficial outcomes of bariatric surgery.

Therefore, the integration of positive mindset programs, like CBT, can improve weight loss outcomes and emotional well-being of patients in bariatric surgery.

Psychological attention and treatment should be created and incorporated into follow-up programs and not only on the nutritional side as is currently the case in Israel. Patients who are considering overweight surgery should understand that surgery is a good first step, but not the primary solution.

# Representation



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