

Psychosocial Assessments of Japanese Severe Obese Patients before Intra-gastric Balloon Placement Therapy.

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Bariatric surgery was not so popular in Japan as in other countries. Instead, intra-gastric balloon placement therapy has been performed in our hospital since 2007. The results of bariatric surgery and intra-gastric balloon placement therapy could be influenced by patient's psychosocial factors, and vice versa. Therefore it is important to assess psychosocial factors before procedures. The purpose of the present preliminary study is to explore characteristics of psychosocial factors of Japanese obese candidates for intra-gastric balloon placement therapy. Eligible patients for this study were adult obese ones classified to class II or higher (body mass index [BMI] was over 35kg/m²) who applied to receive intra-gastric balloon placement therapy. Thirteen male (44.8±8.7 years) and 14 female patients (51.4±9.6 years) were candidates for the therapy and received an initial psychosocial assessment between 2007 and 2010. Mean BMI was 42.6kg/m² in the male patients and 43.2kg/m² in the females. Five patients had psychiatric comorbidity. The psychosocial assessment included an interview about weight history, lifestyle, and psychiatric history, and questionnaires about mood states, coping skills, self-esteem, and social support. We evaluated correlations between initial BMI and the psychosocial factors. There was a significant negative correlation between initial BMI and problem-focused coping ($r = -0.485$, $p = 0.012$). In the subscales of the problem-focused coping, planful problem solving ($r = -0.393$, $p = 0.047$) and confrontive coping ($r = -0.473$, $p = 0.015$) had negative correlations with BMI. In conclusion, heavier patients might have poorer ability to solve their own problems including their weight and diet. Because this study was cross-sectional, it is necessary to assess prospectively the influence of preoperative psychosocial factors on outcomes of intra-gastric balloon placement therapy and vice versa.

