



Bariatric Surgery's Psychological Effect on Patients

Lim Jordana*

Department of Bariatric Surgery, Luton and Dunstable University, Luton, United Kingdom

*Corresponding author: Lim Jordana, Department of Bariatric Surgery, Luton and Dunstable University, Luton, United Kingdom; E-mail: jordalim@gmail.com

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Description

Obesity is a complex and chronic disease that affects millions of people worldwide. Bariatric surgery is a treatment option that has been shown to lead to significant weight loss and improvement in obesity-related health conditions. However, bariatric surgery can also have psychological effects on patients, including changes in mood, body image, and social interactions. Bariatric surgery is a weight loss surgery that has gained popularity in recent years as an effective tool for patients struggling with obesity. The procedure has been found to improve overall health outcomes, including reducing the risk of chronic diseases such as diabetes, high blood pressure, and heart disease. However, the psychological impact of bariatric surgery on patients and their families is often overlooked.

Psychological impact on patients

Bariatric surgery is a life-changing procedure that alters a person's relationship with food and their body. The procedure can bring about significant weight loss, resulting in changes in body image and self-esteem. Patients may experience a newfound sense of confidence and self-worth after the procedure, but they may also struggle with the psychological challenges of rapid weight loss. Patients may experience a range of emotions, including anxiety, depression, and fear of weight gain. These emotions can be challenging to navigate,

and patients may require psychological support to help them cope with the psychological challenges of weight loss surgery. They also struggle with adjusting to their new lifestyle, including dietary restrictions and exercise routines.

The psychological impact of bariatric surgery is not limited to patients. Families of bariatric surgery patients may also experience psychological challenges. Family members may have concerns about the safety of the procedure and the potential for weight regain. They may also struggle with adjusting to the patient's new lifestyle and may feel left out or excluded from the patient's weight loss journey. Family members may also have concerns about the patient's mental health, particularly if they have a history of depression or anxiety. They may worry about the patient's ability to cope with the psychological challenges of weight loss surgery and may feel responsible for supporting the patient through their recovery.

It is essential to address the psychological challenges of bariatric surgery to ensure positive long-term outcomes for patients and their families. Psychological support should be a part of the comprehensive care plan for patients undergoing bariatric surgery. Patients should have access to counselling and support groups to help them navigate the emotional challenges of weight-loss surgery. Family members should also be included in the patient's care plan and should have access to counseling and support groups to help them navigate the psychological challenges of supporting a bariatric surgery patient. Health care providers should provide education to families on the potential psychological effects of bariatric surgery to help them understand and support the patient's recovery.

Conclusion

Bariatric surgery is an effective treatment option for obesity, but it can also have psychological effects on patients. Understanding and managing these effects is crucial for the long-term success of the treatment. Patients and families may experience a range of emotions and challenges, including anxiety, depression, and fear of weight gain. With appropriate psychological support, patients and families can successfully move across the challenges of bariatric surgery and achieve long-term weight loss success.