

Weight regain after bariatric surgery; What patients' needs to avoid it: a qualitative study.

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Introduction

Determinants of weight gain after bariatric surgery have not been sufficiently studied from the patients' perspective. The present qualitative study aims to identify these determinants and needs of patients to counteract them.

Methods

Well after their surgery, in 2018 we interviewed 13 patients in France, with two focus groups:

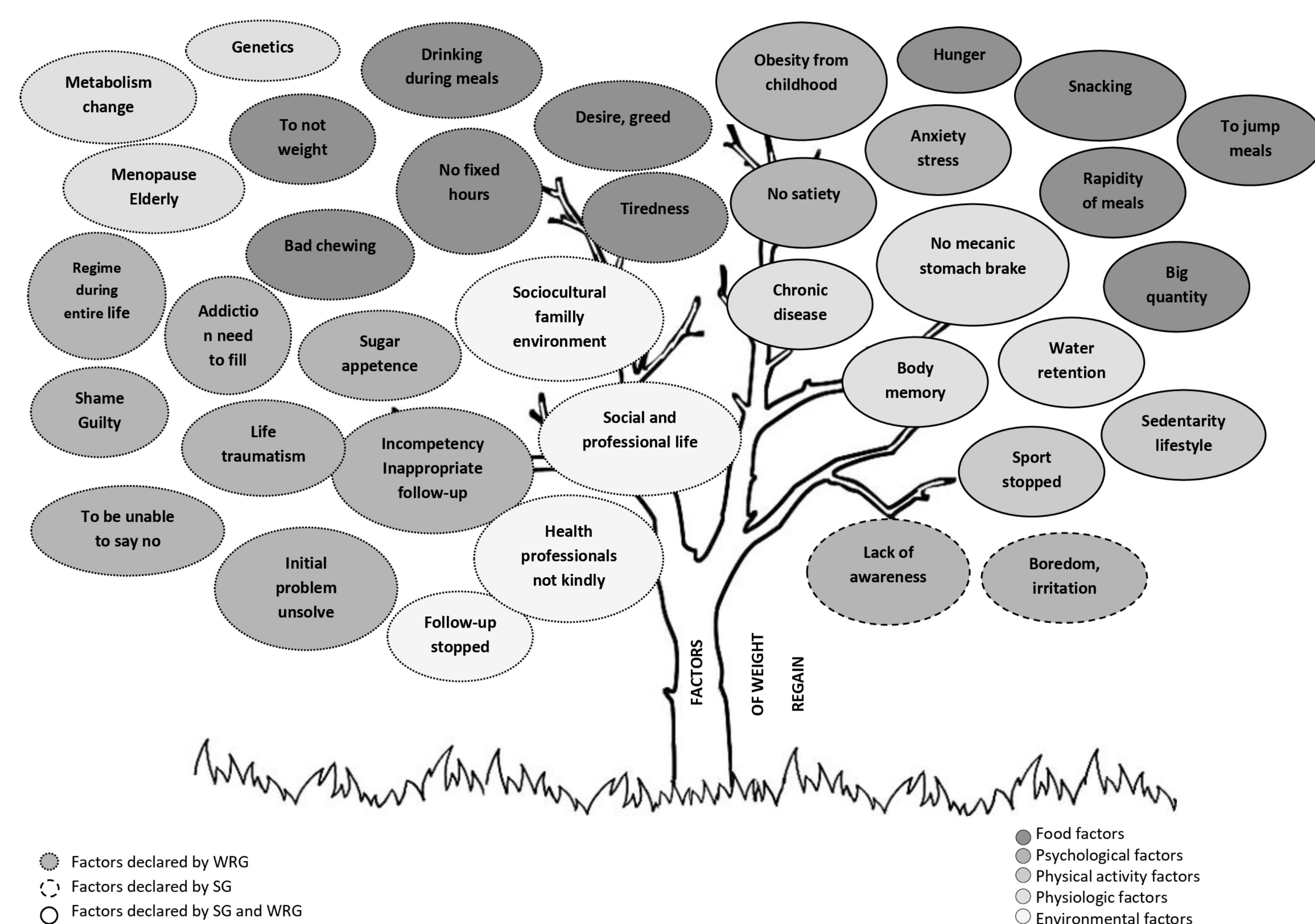
- the success group (SG) comprising patients who reached the desired weight
- the weight recidivism group (WRG) comprising patients who had regained weight 2 to 12 years after surgery (excess weight regain>50%).

Characteristics: sex (1/6 male in WRG and 3/7 in SG), age (40 to 69 years for WRG and 25 to 64 years for SG); pre-surgery maximum BMI (51.29 versus 48.36 kg/m²); post-surgery minimum BMI (32.75 versus 23.32 kg/m²); family situation (3/6 with children and 3/6 in couple in WRG and 3/7 with children and 5/7 in couple in SG); professional situation (3/6 inactive versus 1/7 inactive), localization (5/6 urban versus 4/7 urban); Precarity with 2 people in WRG; Number of previous bariatric surgeries (4/6 in WRG and 1/7 in SG).

Results

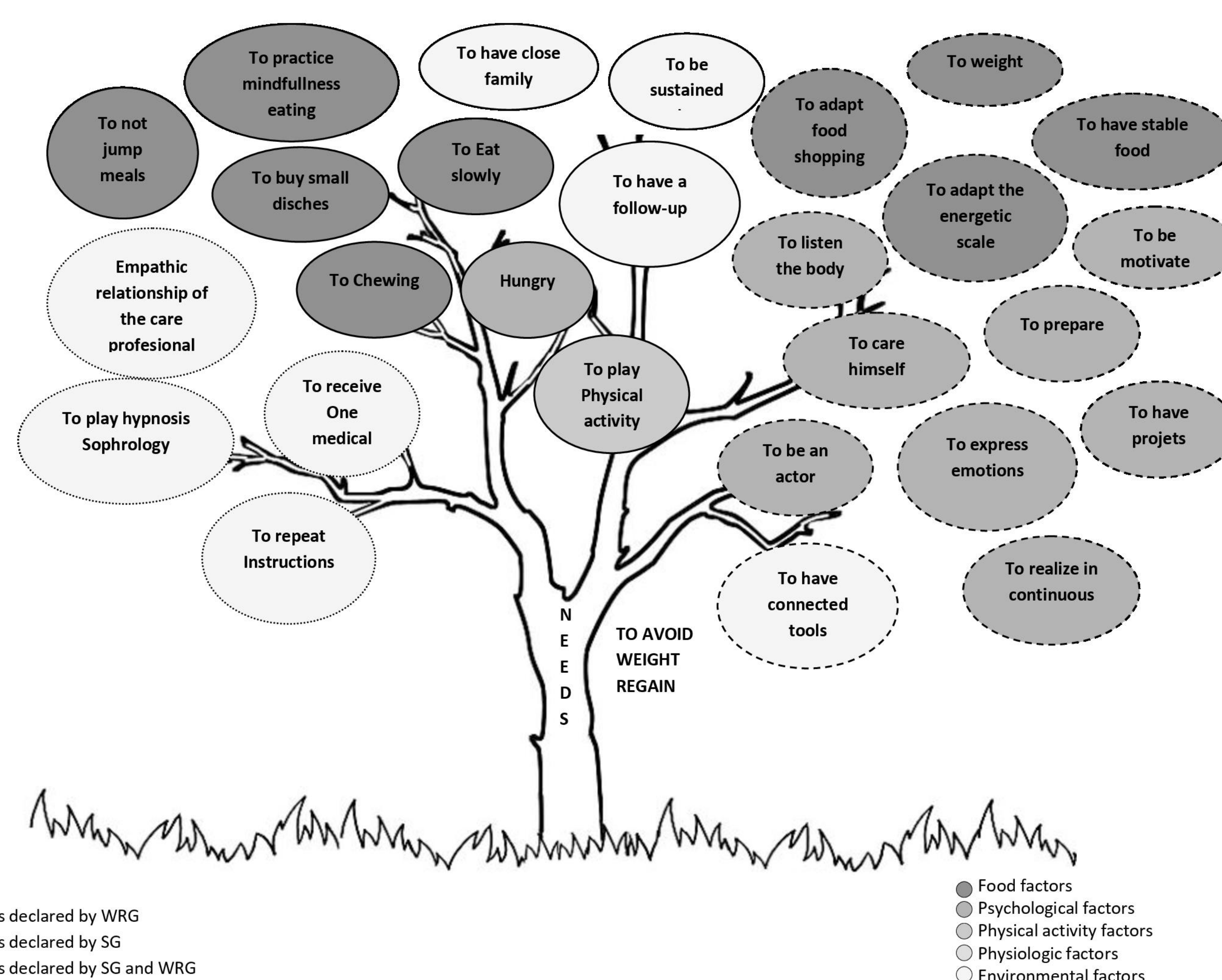
Tree of **determinants** of weight regain

(WRG: weight recidivism group and SG: success group)



Tree of **needs to avoid** weight regain

(WRG: weight recidivism group and SG: success group)



Conclusions

While SG patients were relatively satisfied but remained vigilant, WRG patients were lacking in confidence.

Determinants of weight gain declared by patients were environmental, physiological, psychosocial and lifestyle-related; they were also impacted by the patient-physician relationship.

We noted that WRG patients cited more external factors than did SG patients >>> “locus of control” emerges as a key predictive factor of bariatric surgery success.

Means to avoid weight gain were more psychological than physiological or environmental; when expressed, they were primarily associated with internal factors.

This study highlights weight gain factors as seen from the patients' perspective. Educational sessions are predicated on identification of their means of avoiding weight gain.

References

Raby A, Beauvallet E, Arnoux R, Kazma C, Piguel X, El Ouazzani H, Albouy-Llaty M. **Weight regain after bariatric surgery; What patients' needs to avoid it: a qualitative study.** *Bariatric Surgical Practice and Patient Care* <https://doi.org/10.1089/bari.2020.0076>