

CABPS 2023 Annual Meeting
General Call for Abstract Submissions

Title: Telephone-Based Cognitive Behavioural Therapy for Post-Operative Bariatric Surgery Patients to Manage COVID-19 Pandemic-Related Mental Health Issues and Distress (TELE-BARICARE): Protocol for a Randomized Controlled Trial

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Abstract:

Background: Bariatric surgery is currently the most effective treatment for obesity. However, as a result of the COVID-19 pandemic, there has been a marked increase in mental health distress, which has the potential to adversely impact obesity. Reviews of virtual mental health interventions during COVID-19 have not identified any interventions that specifically address psychological distress or disordered eating in patients with obesity, including those who have had bariatric surgery. Moreover, limited evidence exists for culturally adapted, virtual psychosocial interventions to support patients after surgery.

Methods and Analysis: A randomized controlled trial (RCT) is underway. 140 patients will be recruited across 4 Ontario Bariatric Centres of Excellence to examine the efficacy of a telephone-based cognitive behavioural therapy (Tele-CBT) intervention vs. a control intervention (online COVID-19 self-help resources) in post-operative bariatric patients experiencing disordered eating and/or psychological distress related to the COVID-19 pandemic. Changes in the Binge Eating Scale (BES) and the Patient Health Questionnaire 9-Item Scale (PHQ-9) will be examined between groups across time. Qualitative exit interviews will also be conducted and data used to inform future adaptations of the intervention to meet patients' diverse needs during and post-pandemic. Preliminary data will be shared including patient demographics and distress at baseline and engagement in the intervention and control arms.

Discussion: This study will determine Tele-CBT's efficacy in addressing patient distress secondary to the COVID-19 pandemic and to mitigate pandemic-related deteriorations in mental health, disordered eating, and weight management in post-bariatric surgery including in diverse patient populations.

Title – number of words: 25

Abstract – number of words: 245

Maximum number of words: 250

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