Title of Abstract: Cutting Mindful Bodies: An Exploratory Psychosocial Study on Obese Patients who Undergo Bariatric Surgery

Name & Affiliation & Country

Tito Sartori, Clinical Psychologist, Psychotherapist, Clinical Supervisor, Teacher of Psychotherapy, Eidos Center (branch of the Milan Family Therapy Center), Italy

Abstract (300 word limit)

Statement of the Problem: Obesity (OB) has become a pandemic condition. Since it is strongly linked to medical comorbidities, psychological suffering and social impairment, governments are faced with a problem that represents one of the top three global social burdens. In the face of its complexity, bariatric surgery (BS), which produces a dramatic decrease of weight through the modification of bodies, has become the treatment of choice. Nonetheless, its results tend to vary among patients and are not guaranteed to last. Findings related to the role of psychosocial factors on BS outcomes are still controversial. Thus, the purpose of this study was to reconsider some psychosocial factors, highlighting how the choice for surgery emerges within patients' relationships and how it may alter them in turn. **Methodology & Theoretical Orientation:** Symbolic Interactionism and Systemic Perspecitve drove a research run at the Hospital of Montebelluna (Italy), a center of excellence for BS. The study was composed of a retrospective analysis of medical records in order to get anticipated data regarding the target population, a 1-year ethnography in which researchers operated as hidden observers to collect patients' spontaneous reports, and semi-structured interviews administered to health professionals (privileged witnesses of psychosocial processes) that were analyzed hermeneutically. **Findings**: Women sought BS much more than men (74% vs 26%), in spite of similar amounts of obese people among genders registered on a national and international scale. Secondly, family emerged as a social system highly influencing OB, patients' identities and the choice for surgery. Thus, family systems and differences between genders, which may impact on both OB and BS outcomes, need to be studied with further investigations, which have already started. Moreover, some significant redundant themes regarding patient self-presentation have shown new areas of research.

Image

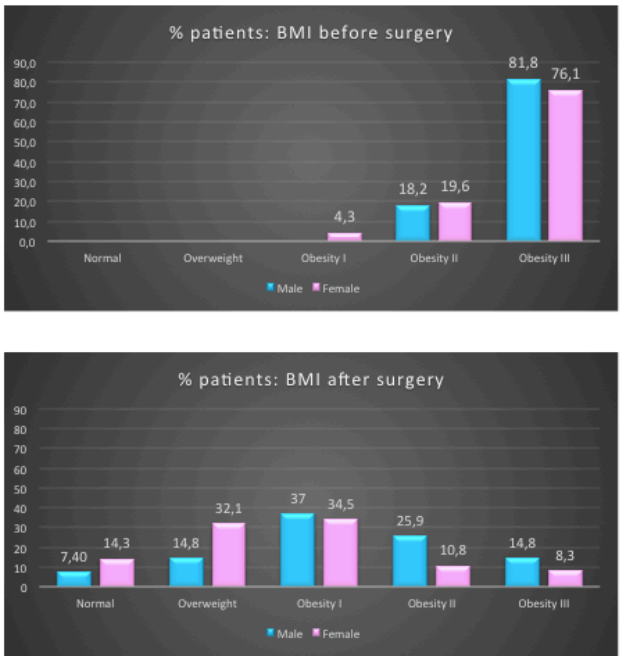


Figure 1. Body Mass Index before and after surgery in both genders



Biography (150 word limit)

Tito Sartori is a Clinical Psychologist, Psychotherapist, Clinical Supervisor and Teacher of Systemic Psychotherapy at the Milan Family Therapy Center (Italy). He is interested in comprehending how living systems learn and grow, while coping with changes. Operating in different contexts, such as hospitals, schools, companies, architecture & design studios and sport centers, has allowed him to glimpse repetitive and recursive communicational and interactional patterns, which show the elegant weave of life and therefore invite to assume a scientific and therapeutic respectful stance. Thus, he uses an ecological perspective that considers the human mind as an emergent property of complex systems rather than an individual characteristic. As a researcher and psychotherapist, given the connectedness of the world, he adopts a transdisciplinary approach to sensitively appreciate the many threads that cross and constitute both suffering and healing processes.

Email: info@titosartori.it

Presenting Author details:
Contact Number: 0039 377 29 78 959
Session/Track Name/ Number: Second day
Category: Type of Presentation: Oral presentation

Notes/Comments: