

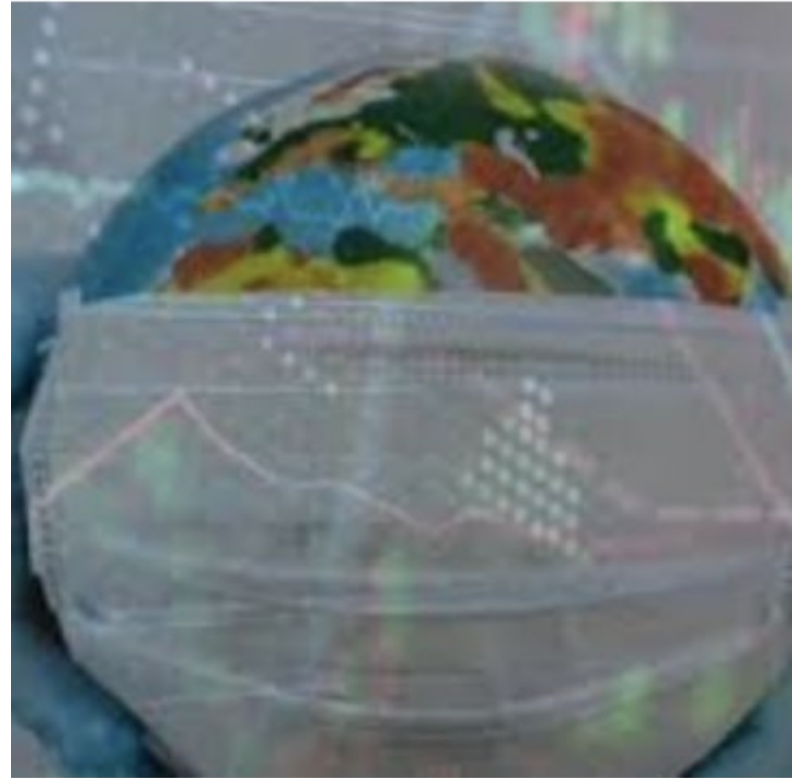
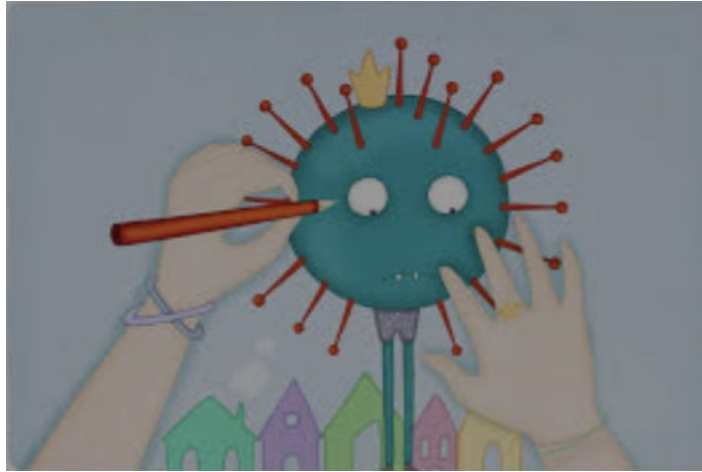


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**SICOB ONLINE**

**Effetti dell'epidemia Covid-19  
e del lockdown sulla salute  
mentale del paziente obeso**

**Maria Rosaria Cerbone**



# The Impact of Coronavirus Disease 2019 on Bariatric Surgery: Redefining Psychosocial Care

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Affiliations + expand

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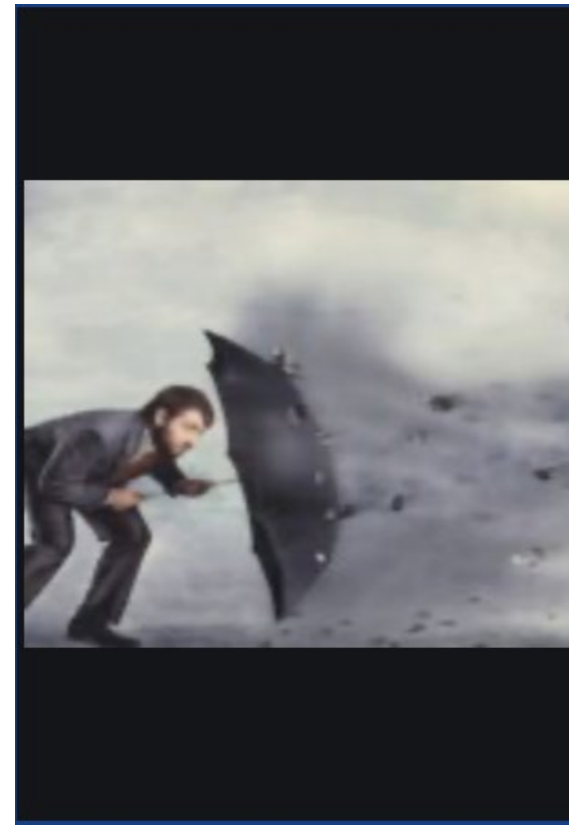
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## Abstract

The global outbreak of the 2019 novel coronavirus disease has had a tremendous psychological impact on individuals around the world. Individuals with obesity are susceptible to distress and psychological sequelae secondary to this pandemic, which can have detrimental effects on obesity management. In particular, individuals undergoing bariatric surgery could experience increased emotional distress, resulting in increased eating psychopathology, mental health exacerbation, and difficulties with self-management. Addressing these challenges requires novel approaches to redefining psychosocial care before and after bariatric surgery. Emerging evidence suggests that the remote delivery of care using virtual care models, including mobile and online modalities, could extend the reach of psychosocial services to individuals after bariatric surgery and mitigate weight regain or impairment in quality of life. Because of this pandemic, the rapid integration of virtual psychosocial care in bariatric surgery programs to address patients' needs will create new opportunities for clinical and implementational scientific research.



*Gli obesi sono a rischio  
per la presenza di  
comorbidità psicologiche*

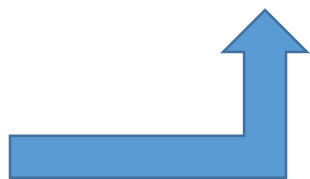


# Gli effetti del Covid-19 sulla salute mentale del pz obeso:

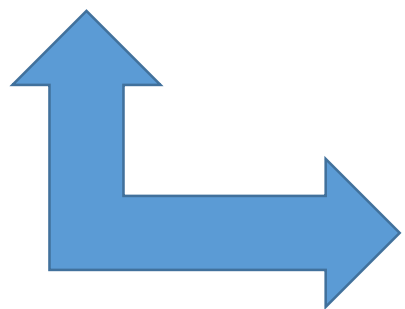
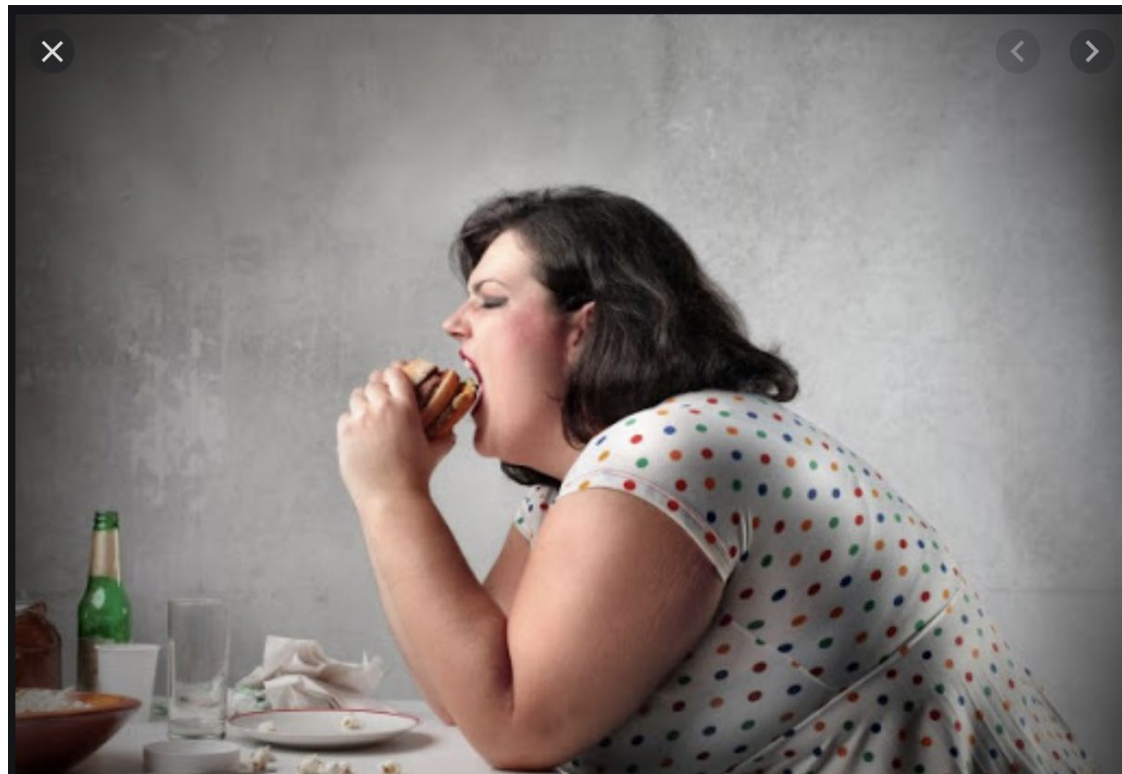
- Disregolazione emotiva → abbuffate pre e post chirurgia
- Abbuffata post op → recupero peso



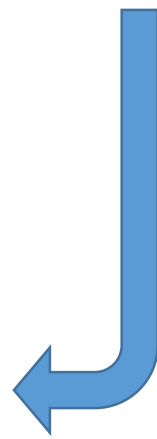
disagio psicosociale



Disagio correlato  
al covid



comportamenti alimentari disadattivi





# The psychological impact of COVID-19 pandemic on patients included in a bariatric surgery program

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## Abstract

**Purpose** The COVID-19 pandemic has radically impacted the world lifestyle. Epidemics are well-known to cause mental distress, and patients with a current or past history of obesity are at increased risk for the common presence of psychological comorbidities. This study investigates the psychological impact of the current pandemic in patients participating in a bariatric surgery program.

**Methods** Patients were consecutively enrolled during the Italian lockdown among those waiting for bariatric surgery or attending a post-bariatric follow-up, and were asked to complete through an online platform the Depression Anxiety Stress Scales-21 and a self-assessment questionnaire of 22 items evaluating the resilience, change in eating behavior and emotional responses referring to the ongoing pandemic.

**Results** 59% of the 434 enrolled subjects reported of being worried about the pandemic, and 63% specifically reported of being worried about their or their relatives' health. 37% and 56% felt lonelier and more bored, respectively. 66% was hungrier with increased frequency of snacking (55%) and 39% reported more impulse to eat. Noteworthy, 49% felt unable to follow a recommended diet. No difference in terms of psychological profile was recorded among pre and post-bariatric subjects. Logistic regression analysis on post-bariatric patients showed a relationship between snacking, hunger, eating impulsivity, and anxiety, stress, and/or depression symptoms.

**Conclusion** The pandemic led to increased psychological distress in patients with a current or past history of obesity, reducing quality of life and affecting dietary compliance. Targeted psychological support is warranted in times of increased stress for fragile subjects such as pre- and post-bariatric patients.

**Level of evidence** Level V: cross-sectional descriptive study.

**Keywords** Covid-19 · Bariatric surgery · Eating behavior · Anxiety · Depression · Stress

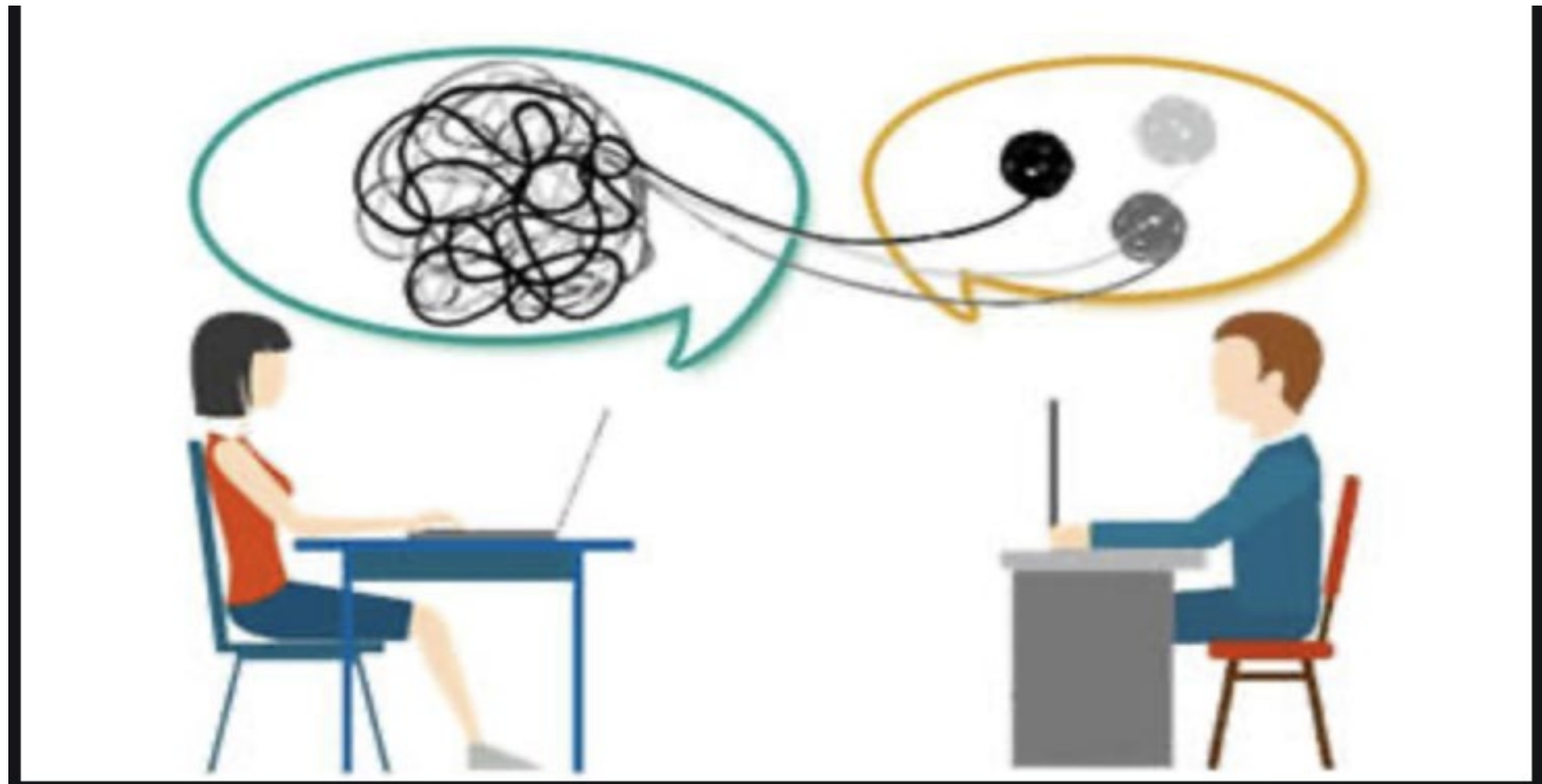
# Gli effetti del Covid-19 sulla salute mentale del pz obeso:

- disturbo depressivo
- disturbo d'ansia
- disturbi alimentari





Assistenza bariatrica per la disregolazione emotiva secondaria al covid al fine di mitigare il comportamento alimentare disfunzionale, gestione del peso e qualità di vita.



“Nessun uomo è un’isola, intero in se stesso,  
Ogni uomo è un pezzo del continente.  
una parte della Terra.  
Se una zolla viene portata via dall’onda del mare,  
la Terra ne è diminuita,  
come se un promontorio le mancasse,  
o una dimora amica o la tua stessa casa;  
ogni morte d’uomo mi diminuisce,  
perché io faccio parte dell’umanità.

John Donne, poesia del XVII secolo

*sentimento che molti di noi, obesi e non,  
possiamo provare nella nuova normalità  
dell'auto-isolamento e dell'allontanamento sociale.*

