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Correlation between Laparoscopic Sleeve Gastrectomy outcomes and Mental Health

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Background: High incidence of depression in obese populations is well-reported. While several studies examined the impact of weight loss outcomes after bariatric surgery on post-operative psychological well-being and vice-versa, fewer have analyzed the influence of pre-operative depression on post-operative weight loss outcomes. Furthermore, this question has been limitedly applied to Laparoscopic Sleeve Gastrectomy (LSG) studies. Objective: To evaluate the correlation between pre-operative depression and post-operative weight loss outcomes in LSG patients. Methods: A retrospective analysis of 100 LSG patients was conducted. Pre-operative depression was assessed using the Beck Depression Inventory (BDI-II). Post-operative weight loss was measured at 12 months. Results: The study found a significant negative correlation between pre-operative depression and post-operative weight loss outcomes. Patients with higher BDI-II scores at baseline showed significantly less weight loss at 12 months compared to those with lower scores. Conclusion: Pre-operative depression is associated with poorer weight loss outcomes after LSG. Further research is needed to explore the underlying mechanisms and potential interventions to improve mental health and weight loss outcomes in this population.

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