

Five prebariatric subtypes identified with specific profiles

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(HealthDay)—Five prebariatric subtypes have been identified with

specific self-control, emotional dysregulation, and disinhibited eating behavior profiles, according to research published online Aug. 16 in the *International Journal of Eating Disorders*.

Lisa Schäfer, from the Leipzig University Medical Center in Germany, and colleagues interviewed 370 prebariatric patients and administered self-report questionnaires. To identify subtypes based on temperament traits, emotional dysregulation, and disinhibited eating behaviors, latent profile analysis was conducted.

The researchers identified five prebariatric subtypes with specific profiles relating to self-control, emotional dysregulation, and disinhibited eating behaviors. The subtypes correlated with distinct levels of eating disorder psychopathology, depression, and quality of life. Compared with temperament-based models, the expanded model increased variance explanation.

"By adding emotion [dysregulation](#) and disinhibited eating behaviors to previous subtyping models, specific prebariatric subtypes emerged with distinct psychological deficit patterns," the authors write. "Future investigations should test the predictive value of these subtypes for postbariatric weight loss and health-related outcomes."

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