

# Cognitive behavioral therapy aids outcomes one year after bariatric surgery

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Telephone-based cognitive behavioral therapy (tele-CBT) delivered one

year after bariatric surgery is associated with improvements in disordered eating and psychological distress, according to a study published online Aug. 3 in *JAMA Network Open*.

Sanjeev Sockalingam, M.D., from the University Health Network in Toronto, and colleagues examined the impact of a tele-CBT intervention at one year after bariatric surgery on weight loss, disordered eating, and [psychological distress](#). The analysis included 306 adults one year after bariatric surgery with access to a telephone and the internet who were randomly assigned to tele-CBT or standard care.

The researchers found no significant differences between the groups for percentage total weight loss. However, binge eating, emotional eating, and depression and anxiety symptoms were significantly lower in the tele-CBT group versus the control group across all times.

"These findings support the Canadian Adult Obesity Clinical Practice Guidelines, which shift the focus of obesity care to health and quality of life outcomes rather than [weight loss](#) alone," the authors write. "Our tele-CBT intervention had a high retention rate as a virtual intervention to support patients after [bariatric surgery](#) and may have the potential to address weight regain long term by mitigating disordered eating and mental health risks factors."

Two authors disclosed ties to the pharmaceutical and the health technology industries.

**More information:** Sanjeev Sockalingam et al, Efficacy of Telephone-Based Cognitive Behavioral Therapy for Weight Loss, Disordered Eating, and Psychological Distress After Bariatric Surgery, *JAMA Network Open* (2023). [DOI: 10.1001/jamanetworkopen.2023.27099](https://doi.org/10.1001/jamanetworkopen.2023.27099)



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