



**ASOCOM**  
ASSOCIATION FOR THE STUDY OF OBESITY  
COLLABORATING CENTRE FOR OBESITY MANAGEMENT

Taunton and Somerset  
NHS Foundation Trust



# Integrating psychology and dietetics: 'Understanding Eating Habits' Group



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Together we make the difference

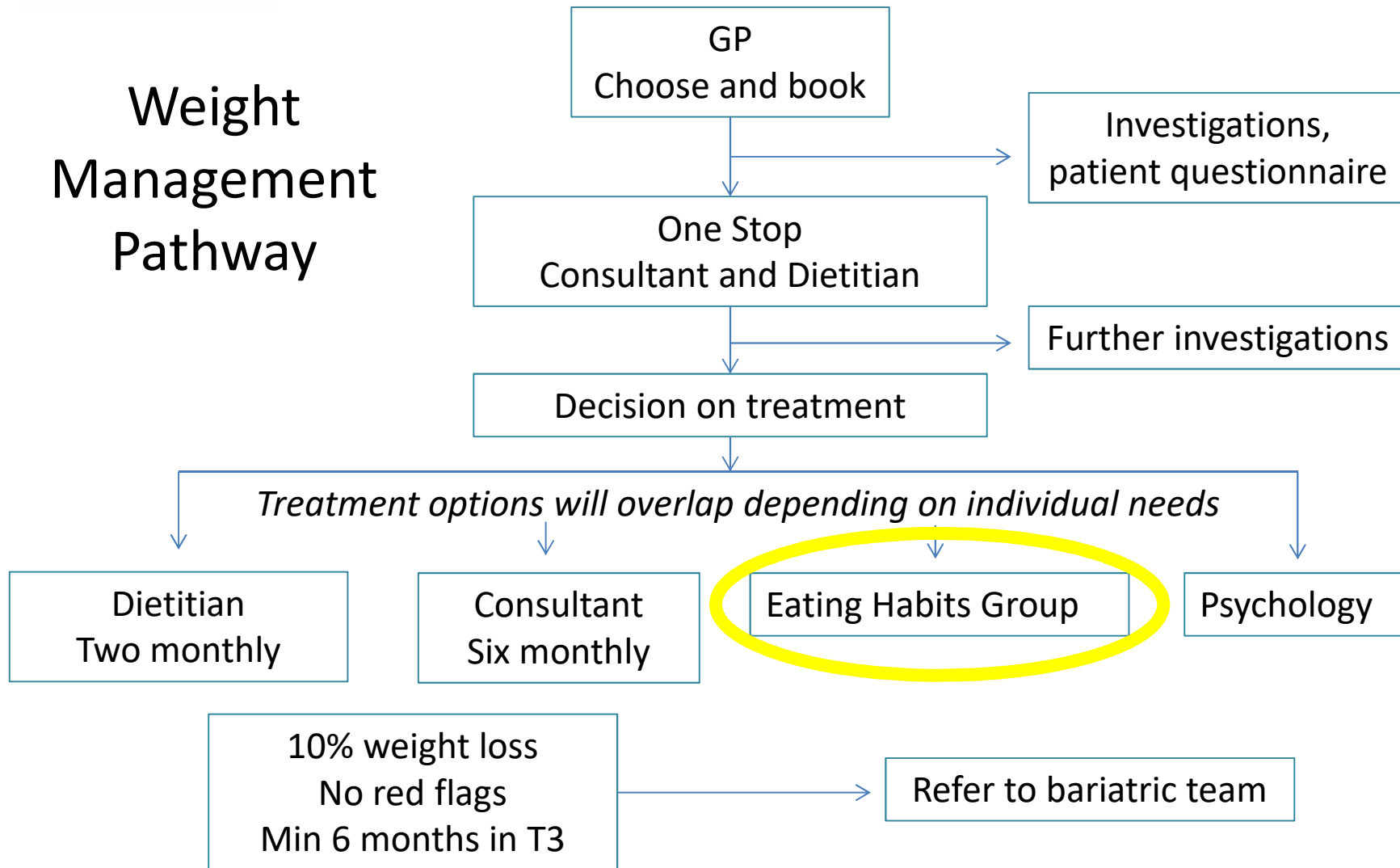


# Aims of this session

- ✓ Provide an overview of where the group fits into our pathway
- ✓ Provide an overview of the 'Understanding Eating Habits Group'
- ✓ Share experiences of integrating psychology and dietetics within a group setting
- ✓ Share outcome data and findings



# Weight Management Pathway





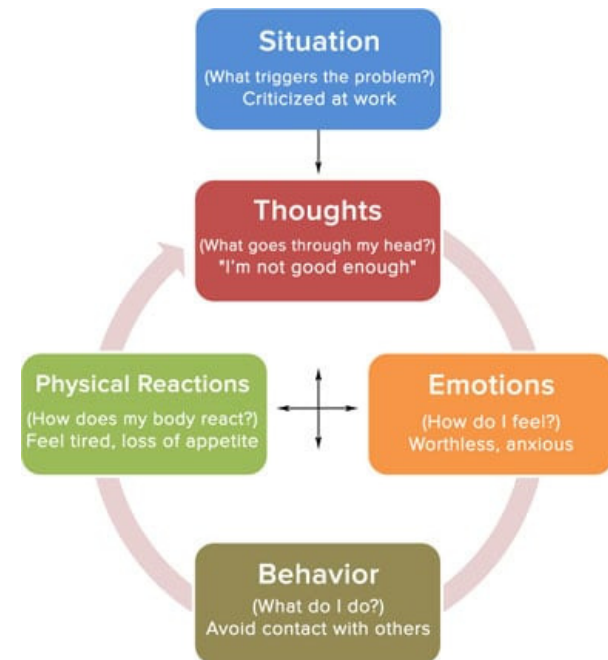
# Group details

- 10 weeks, 2 hours per session
- Group size - min 14, max 20 people
- Group resources given weekly to build portfolio. Weekly challenges set relating to course content.
- Outcome data collected from pre and post questionnaires. We do not use weight as a measurement.



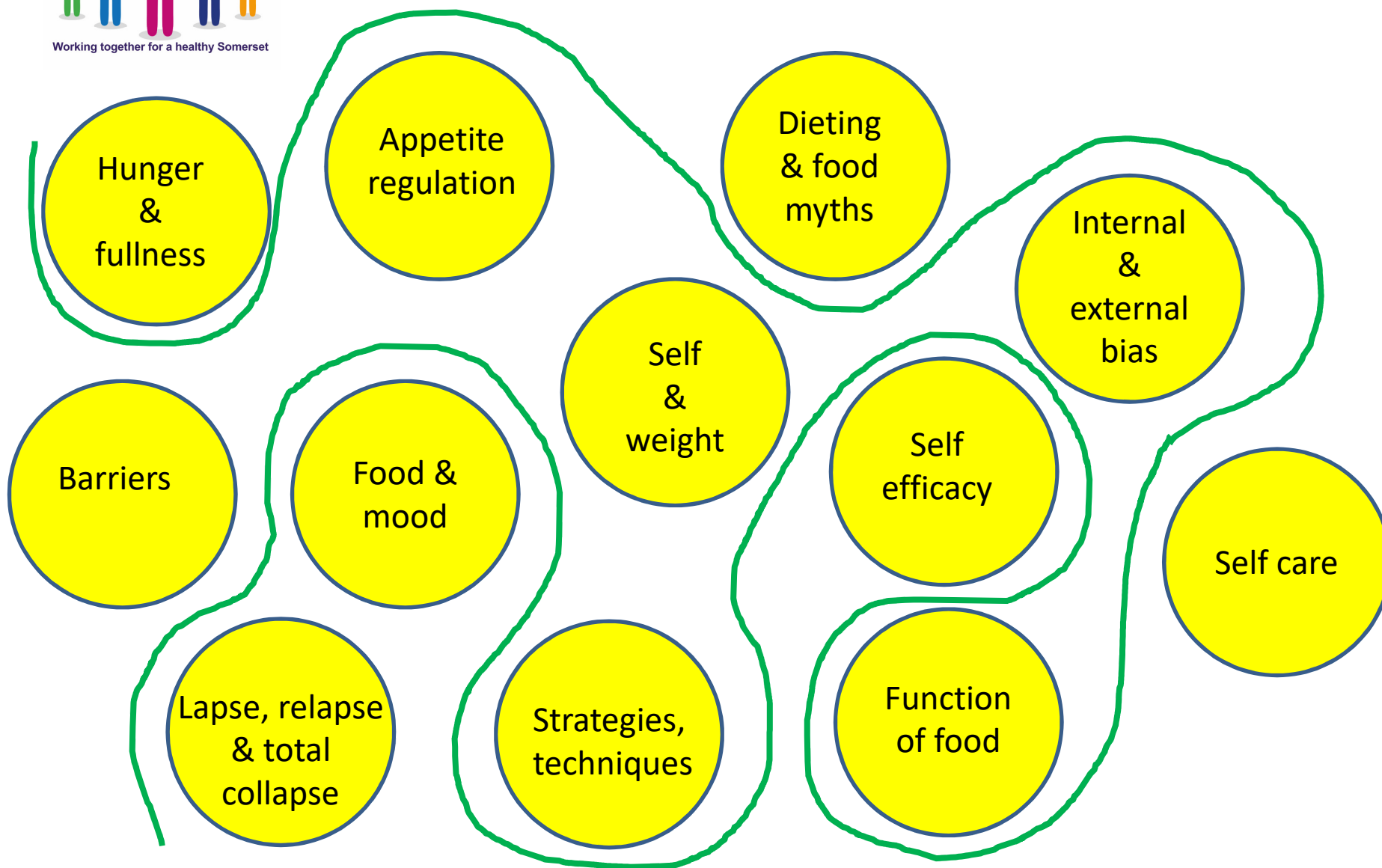
# Therapeutic models/approaches

- CBT
- Mindfulness
- Compassion focused therapy
- Motivational interviewing





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# Group limitations

- Day time group only
- Limited to 3 groups per year, although seems to meet current demand
- No group support following the group
- Uptake is mainly female

“While it did not bother me, some, males might find it a bit daunting to be in an exclusive female group.”



# Outcome measures

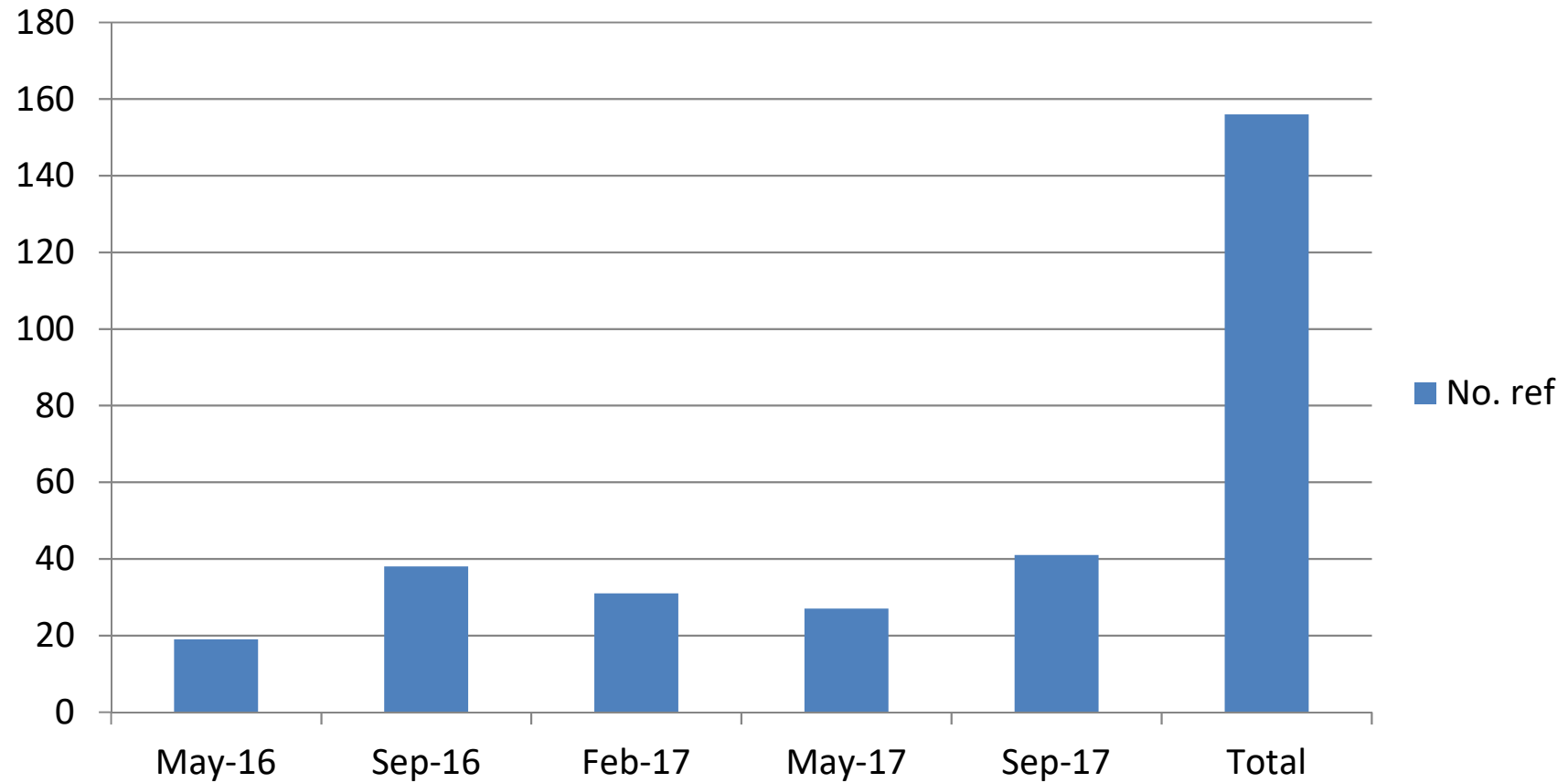
- Referrals, uptake, retention rates
- Global EDE-Q:
  - Restraint
  - Eating concern
  - Shape concern
  - Weight concern
- No. of BE episodes with perceive loss of control
- Hospital anxiety and depression scale
  - Anxiety
  - Depression





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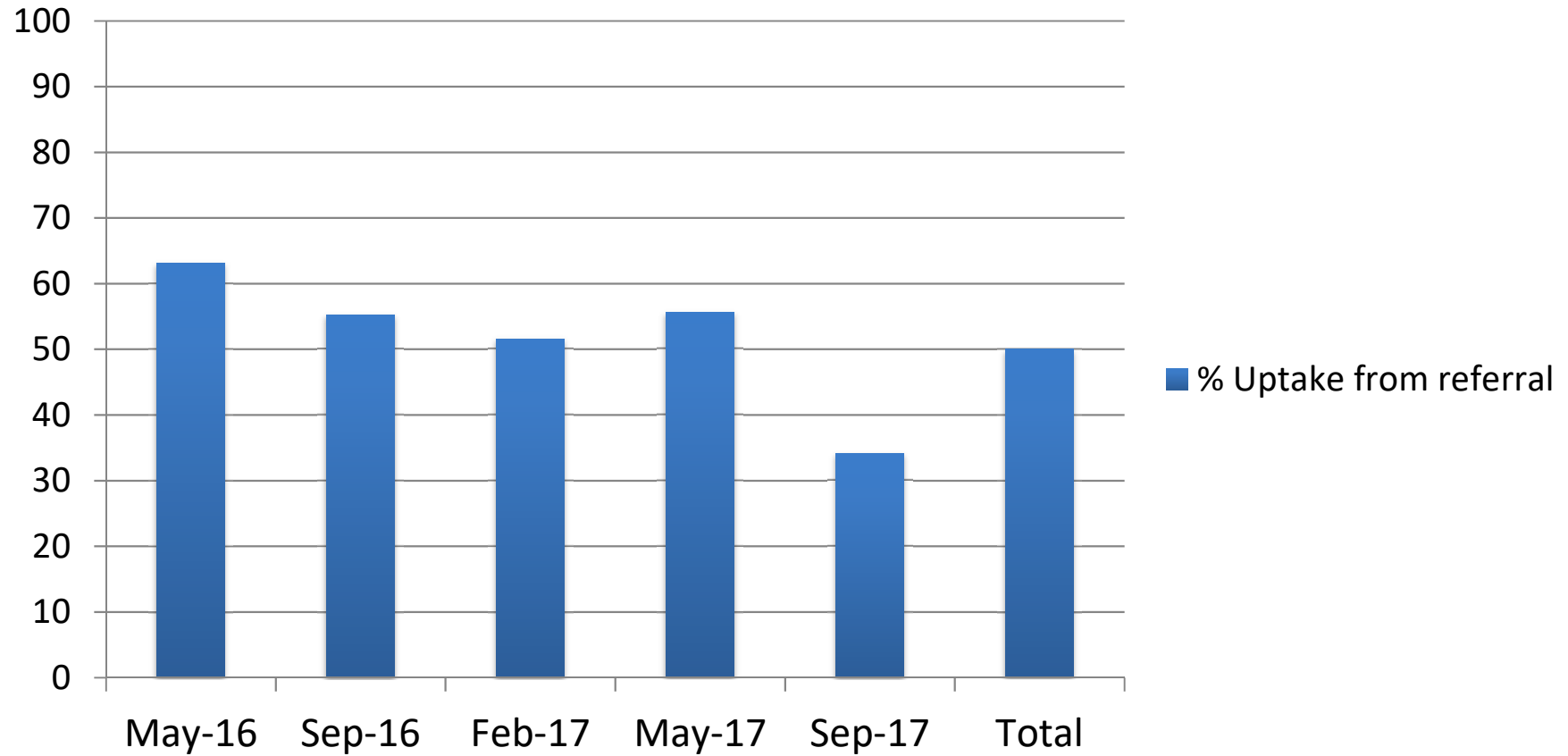
## Referrals



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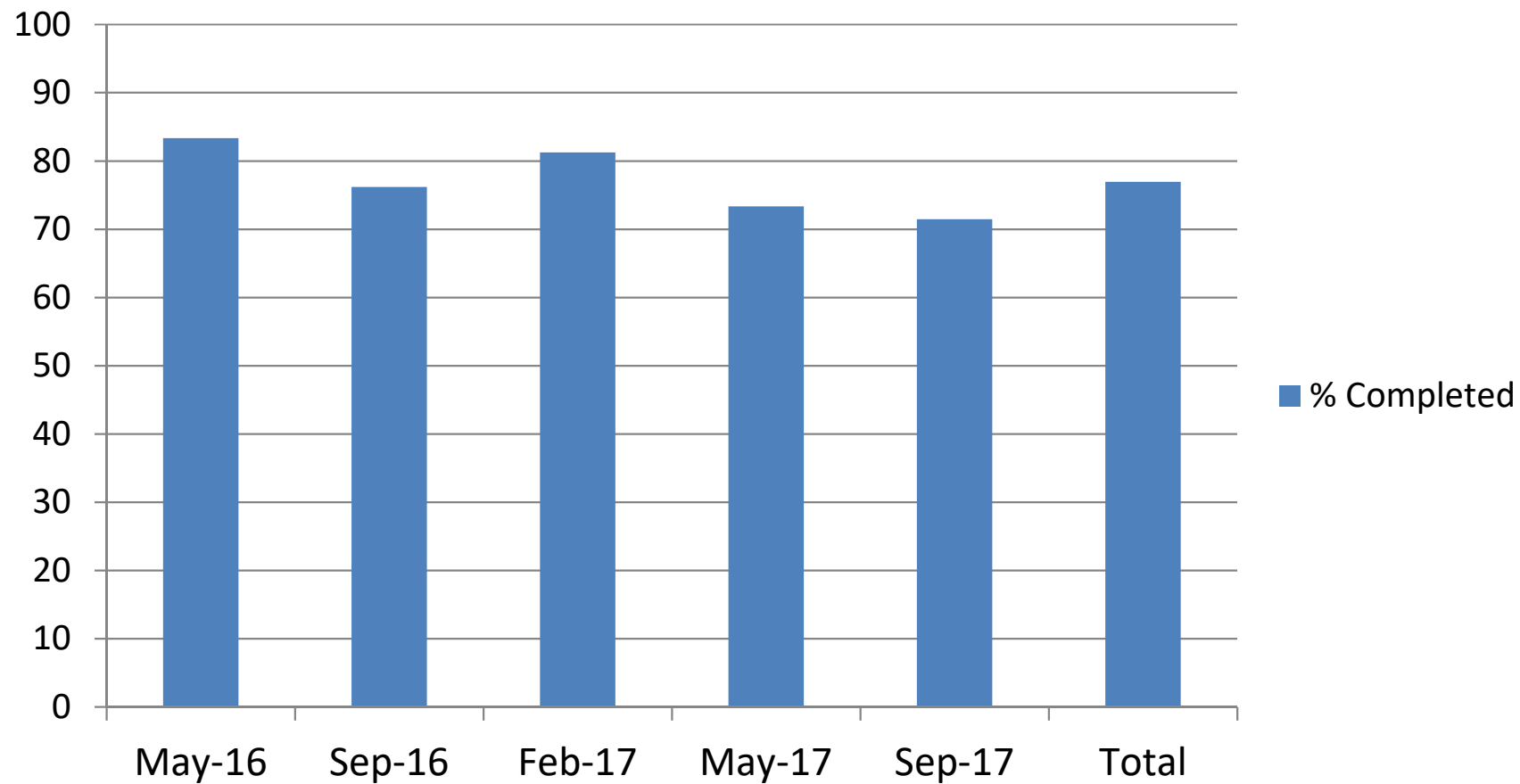
## % Uptake from referral





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## % Completed



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Descriptive statistics and paired-samples t-test results comparing the mean pre and post scores on questionnaires measuring restraint, eating concern, shape concern and anxiety.

	N	M (SD)		T-test	Sig.
		<u>PRE</u>	<u>POST</u>		
<b>Restraint</b>	51	2.40 (1.41)	1.91 (1.29)	2.55	<b>.01</b>
<b>Eating Concern</b>	51	3.10 (1.49)	2.04 (1.28)	5.49	<b>.00</b>
<b>Shape Concern</b>	51	4.95 (.99)	4.21 (1.54)	5.48	<b>.00</b>
<b>Anxiety</b>	51	10.27 (4.96)	9.06 (4.39)	1.84	.07



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*Descriptive statistics and Wilcoxon Signed-Ranks results comparing pre and post results on the measures of weight concern, global, BED and depression*

	N	Median (Range)		Z score	Sig.
		<u>PRE</u>	<u>POST</u>		
<b>Weight Concern</b>	51	4.40	3.80	-3.23	<b>.001</b>
<b>Global</b>	51	3.74	3.26	-5.03	<b>.000</b>
<b>BED</b>	50	5.00	2.50	-2.51	<b>.012</b>
<b>Depression</b>	51	9.00	7.00	-2.57	<b>.010</b>



# Patient evaluation - comments

“This course has been the best thing I’ve ever done! For the first time in my life I feel different about my weight and the person I am”

“I’m excited to put things learnt into practice & feel I have all I need to continue my journey.”

“Didn’t think it would be helpful but certain things have started resonating.”

“It was very helpful as it explained a lot of questions & answers I have.”



# Patient evaluation - comments

“I've found this group very helpful, I think reading and re-reading my pack will be very helpful for me maintaining a healthier future.”

“It was very helpful as it explained a lot of questions & answers I have.”

“Really useful and thought provoking, kept me thinking between sessions”

“Found group very beneficial and supportive. My self-esteem/confidence has improved. Not felt dictated to which was good. No blame.”



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# Reflections

- Reinforces the importance of reducing isolation for patients – “It’s not just me”
- Value of working collaboratively
- Upskilling of both the psychologist and the dietitian both within the group and within 1:1
- Impact on subsequent 1:1 work





# Thank you for listening

## Any questions?





# References

- [Zigmond AS, Snaith RP](#); The hospital anxiety and depression scale. Acta Psychiatr Scand. 1983 Jun; 67(6):361-70
- Fairburn, C. (2008) cognitive behaviour therapy and eating disorders, The Guilford Press: Chichester,
- Thank you to the Canadian Obesity Network for the image  
<https://www.flickr.com/photos/144769815@N06/32557774170/>