

ASO webinar: Weight Management and Mental Wellbeing

AGENDA

Date: Wednesday 23rd September

Time	Duration (Minutes)	Topic	Faculty
18:00	5	Welcome	Rebecca Jones
18:05	20	Obesity and mental health; a complex relationship	Dr Elizabeth Evans, Newcastle University
18:25	20	Do behavioural weight loss interventions help or hinder mental health? Findings from a recent systematic review	Rebecca Jones, University of Cambridge
18:45	20	Obesity, weight management and mental health during the COVID-19 pandemic	Dr Charlotte Hardman, University of Liverpool
19:05	20	Supporting adults with obesity during COVID-19: A guided self-help, ACT-based intervention (SWiM-C)	Dr Rebecca Richards, University of Cambridge.
19:25	5	Summary and close	

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