

# XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



# IFSO 2025 Santiago

Combined Therapies, The Dawn of a New Era

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MENTAL HEALTH MATTERS: BALANCING EMOTIONS,  
QUALITY OF LIFE, AND WEIGHT AFTER MBS

Dr Smith Maximiliano.

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*Serotonergic drugs*  
*Antidepressant molecules*

**Stress / Trauma / Depression / Anxiety**

**Continuation treatment** is superior to  
placebo.

*Quality of live*

**No more short-term treatments.**



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# The prevalence of “Any psychiatric disorder” almost around 50%

38.7% Mood disorders  
29.7% Eating behavior disorder



*The results suggest that surgery is effective in managing obesity regardless of common psychiatric disorders..*

It is considered evidence that there is a bidirectional relationship between psychopathology and obesity.



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Absorption drugs can be different for each patient  
during the first 6 months post MBS.

After the first six months it balances out.

*Monitoring these patients is a **MUST***



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## How to communicate?

### Neurocognitive Aspects:

Up to 23% of patients present neurocognitive impairment .

About 40% of patients present some type of "subtle" neurocognitive impairment.





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At least 3 out of 4 patients will experience weight recurrence.  
20-25% of the patients had significant weight recurrence.

This recurrence is associated with a decline in *quality of life* and comorbidity in maladaptive eating behaviors.

*Special attention to mental health in relation to suicidality  
and alcohol use disorder.*



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***Suicidality*** could be attributable to a deterioration in  
***quality of life***  
(prospective observational study 12 years)

**Following risk factors are mentioned**

*hormonal changes*

*depression*

*poor improvement in **quality of life***

*poor body image*

*history of child abuse.*

***Alcohol use disorder*** was significantly higher after 3 years



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**Further research is still needed into aspects related to post-operative body image.**

**Body dissatisfaction**

**Low self-esteem**

**Skin excess,  
skin folds and skin  
quality**

***due to their direct impact on  
quality of life in certain patients.***



Baillot2017

DOI 10.1007/s11695-017-2814-3

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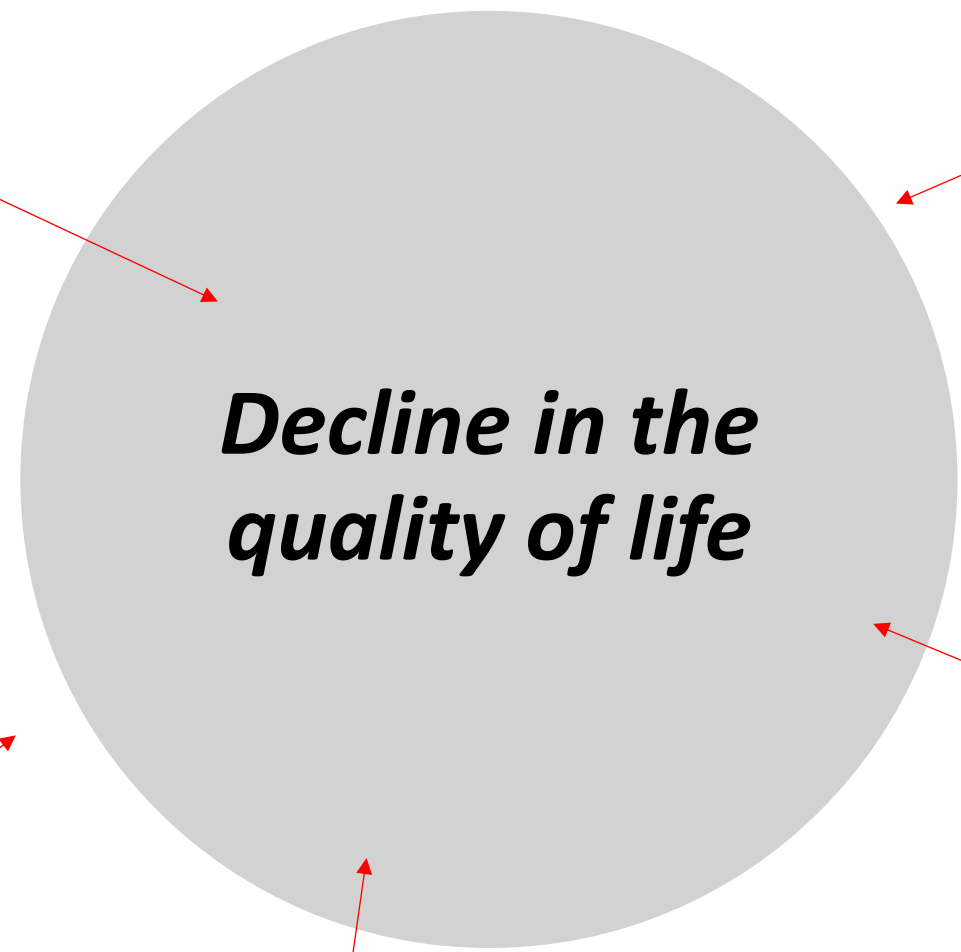
**Alcohol/Drugs  
use disorder**

**Body  
dissatisfaction**

**BED 24.9 %  
NES prevalence for almost  
50% of patients ongoing  
MBS**

**FAILURE IN EATING STYLE**

- Mindful eating
- 20 minutes at least : Only 1 out of 3 Patients claim eating consciously ( mindful eating )



***Decline in the  
quality of life***

***Stigma***

***Only 20% of  
patients sleep  
well***  
A link is also found  
with poor sleep





# HHS Public Access

Author manuscript

*Surg Obes Relat Dis.* Author manuscript; available in PMC 2020 February 27.

Published in final edited form as:

*Surg Obes Relat Dis.* 2019 May ; 15(5): 739–748. doi:10.1016/j.soard.2019.01.008.

## Mental Disorders and Weight Change in a Prospective Study of Bariatric Surgery Patients: 7 Years of Follow-up

Melissa A. Kalarchian, PhD<sup>a</sup>, Wendy C. King, PhD<sup>b</sup>, Michael J. Devlin, MD<sup>c</sup>, Amanda Hinerman, MPH<sup>b</sup>, Marsha D. Marcus, PhD<sup>d</sup>, Susan Z. Yanovski, MD<sup>e</sup>, James E. Mitchell, MD<sup>f</sup>

Cognitive Behavioral interventions, Acceptance and Commitment Therapies, and DBT (Dialectical Behavior Therapy) **have had a positive impact on psychosocial outcomes, particularly with regard to binge eating and patterns of emotional eating.**

doi:10.1016/j.soard.2019.01.008.

Obesity Surgery (2021) 31:970–979  
https://doi.org/10.1007/s11695-020-05081-3

ORIGINAL CONTRIBUTIONS



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## Cognitive Behavioral Therapy Versus Usual Care Before Bariatric Surgery: One-Year Follow-Up Results of a Randomized Controlled Trial

Linda Paul<sup>1,2</sup> · Colin van der Heiden<sup>2,3</sup> · Daphne van Hoeken<sup>2</sup> · Mathijs Deen<sup>2,4</sup> · Ashley Vlijm<sup>2</sup> · René A. Klaassen<sup>5</sup> · L. Ulas Biter<sup>6</sup> · Hans W. Hoek<sup>2,7,8</sup> 

**Timely interventions:** A critical phase between **15 and 18 months** postoperatively, during which weight regain and a consequent decline in quality of life may occur. Paul et al., 2022.

Paul y col 2022

doi: 10.1007/s11695-020-05081-3



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## Psychological predictors of adherence to lifestyle changes after bariatric surgery: A systematic review

Jade K. Y. Chan | Lenny R. Vartanian 

This review highlights the role of patients' cognitions and beliefs following surgery, **as self-efficacy was consistently associated with better adherence**, whereas internalized stigma was linked to poorer adherence.

**Chan y col 2024**  
**doi.org/10.1002/osp4.741**

### Original Article

## Childhood trauma and differential response to long-term psychoanalytic versus cognitive-behavioural therapy for chronic depression in adults

Lina Krakau, Mareike Ernst, Martin Hautzinger, Manfred E. Beutel\* and Marianne Leuzinger-Bohleber\*

A significant interaction was found between childhood trauma that **improve with psychoanalytic treatment.**

**Specially among those affected by early trauma.**

**doi: 10.1192/bjp.2024.112**

**Krakau y col 2024**



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**Obesity is not synonymous with mental illness,  
nor is it synonymous with eating behavior  
disorders.**

**Obesidad no es sinónimo de enfermedad mental y tampoco es  
sinónimo de Trastornos del comportamiento alimentario.**



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