

Improving patient access and safety during Obesity treatment initiation through provision of Psychology throughout patient journey

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Background

Wide variability and low consistency in how Psychology is delivered across obesity services in the UK

AN UNCLEAR ROLE

MDTs often view Psychology as a pre-surgery check to assess contraindications.

Psychologists see the role of Psychology as building relationships and identifying support needs.

A MISMATCH WITH PATIENTS

51% of patients report they could not access psychology when needed.

Post-operative support is consistently rated a key priority.

NO SHARED STANDARD

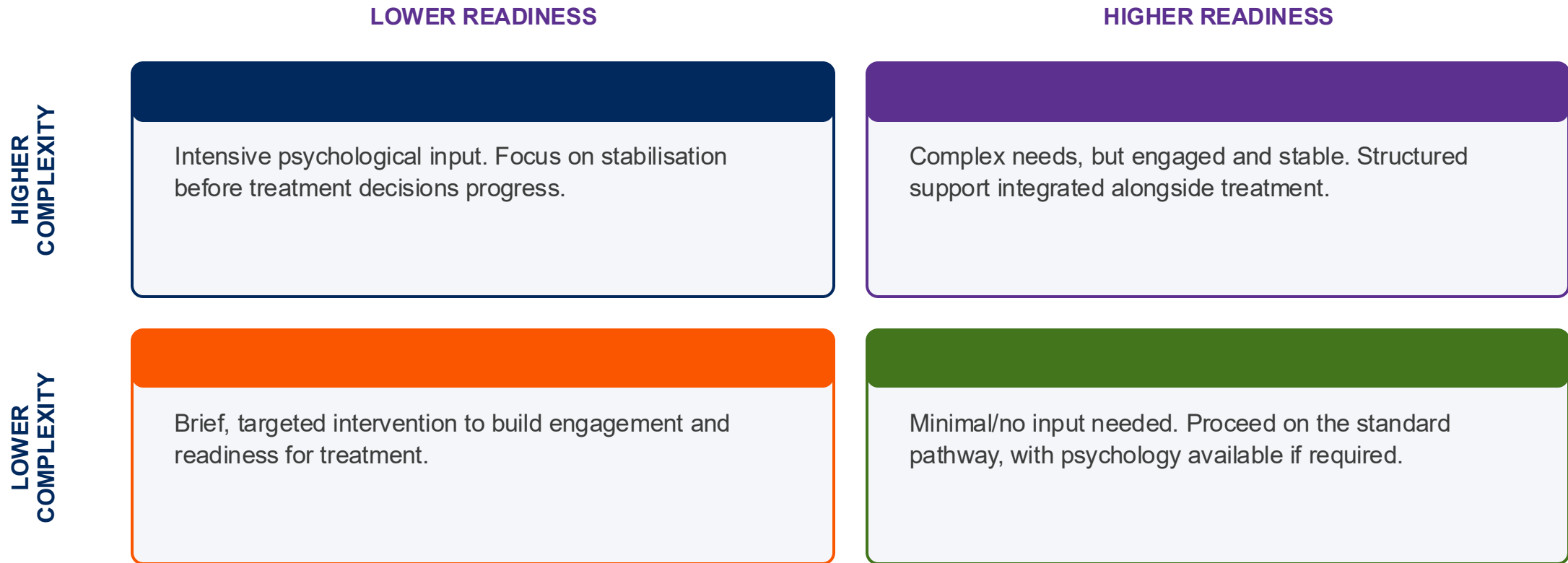
High variability between services has made it difficult for psychologists and bariatric/obesity teams to agree consistent standards of care.

Without a shared framework, psychology resources are not allocated according to clinical need.

The Framework: Complexity × Readiness

Clinical Complexity — psychiatric history, psychosocial needs

• **Readiness for Treatment** — functioning, engagement, capacity to adhere



Complexity and readiness are assessed independently, then combined to guide proportionate psychological input at each stage.

Results: Interventions Delivered

N = 50 patients with complete data

1. TREATMENT PREFERENCE

GLP-1 / OMM	62% (n=31)
MBS (surgery)	38% (n=19)

2. READINESS FOR TREATMENT

High readiness	62% (n=31)
Medium readiness	26% (n=13)
Low readiness	12% (n=6)

3. CLINICAL COMPLEXITY

Medium complexity	60% (n=30)
Low complexity	26% (n=13)
High complexity	14% (n=7)

4. PSYCHOLOGICAL SUPPORT DELIVERED

Medium-readiness support (1:1 or group)	10 (20%)
GLP-1 psychological intervention	5 (10%)
Post-MBS psychology support	7 (14%)

The framework facilitated identification of psychological support needs and allocation of proportionate psychological interventions across the treatment pathway.

Towards Proportionate, Equitable Psychology Input

SHIFTS AWAY FROM GATEKEEPING

Towards formulation-led psychological care that is proportionate to clinical need.

INTEGRATES PSYCHOLOGY THROUGHOUT

As a resource across the whole pathway, not just a pre-operative checkpoint.

Thank You

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