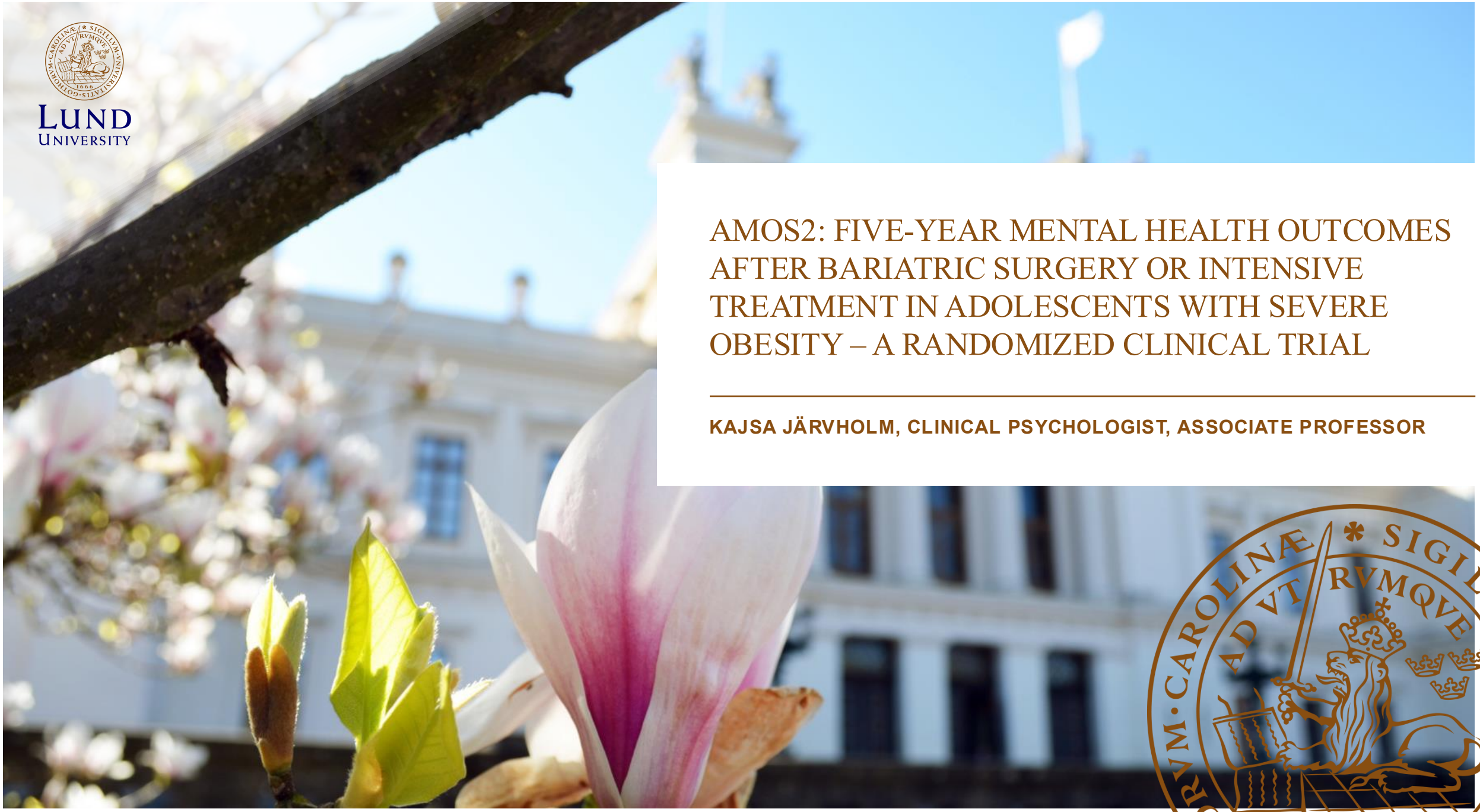


AMOS2: FIVE-YEAR MENTAL HEALTH OUTCOMES AFTER BARIATRIC SURGERY OR INTENSIVE TREATMENT IN ADOLESCENTS WITH SEVERE OBESITY – A RANDOMIZED CLINICAL TRIAL

KAJSA JÄRVHOLM, CLINICAL PSYCHOLOGIST, ASSOCIATE PROFESSOR

Disclosure

- Speaker honoraria from Novo Nordisk and Johnson & Johnson. All reimbursement directed to my clinical institution (Region Skåne).

Background

- Metabolic and bariatric surgery (MBS) is an effective treatment for adolescents.
- Adolescents seeking MBS often present with mental health vulnerabilities.
- Outcome data from randomized controlled trials beyond two years are lacking.

LUND UNIVERSITY

Objectives

- To assess depressive symptoms and self-esteem 5 years after randomization to MBS or intensive non-surgical treatment.

LUND UNIVERSITY

Methods

- AMOS2 – a Swedish multicenter study.
- Participants: Adolescents aged 13–16 years with a BMI >35 kg/m².
- Randomization (1:1) to MBS or intensive non-surgical treatment.
- Adolescents randomized to non-surgical treatment could be reassessed for MBS after the 2-year follow-up.
- Cross-over could occur earlier if medically warranted or upon turning 18.

LUND UNIVERSITY

Assessment

- Asessment at baseline and at 1-, 2-, and 5-year follow-ups.
- Depressive symptoms - the Beck Depression Inventory-II.
- Self-esteem - the Rosenberg Self-Esteem Scale.

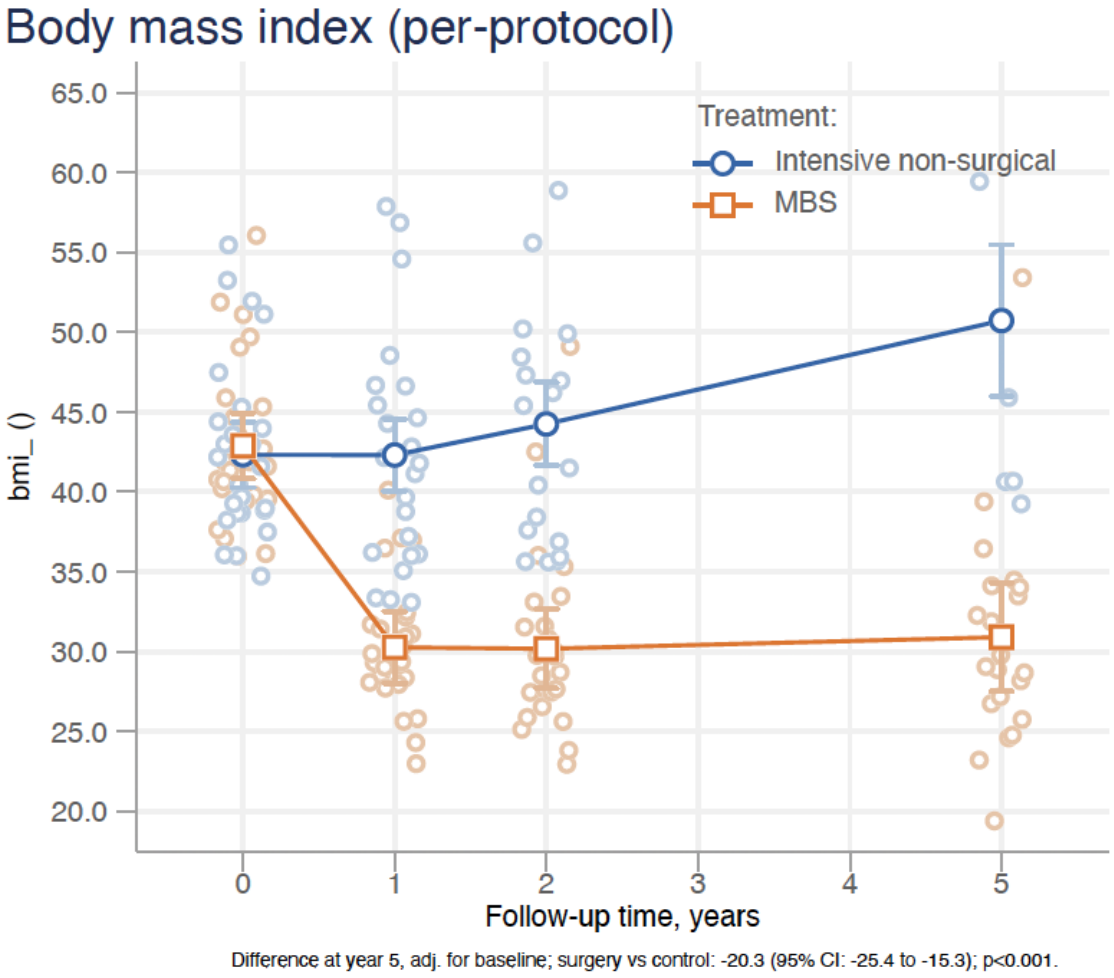
Participants

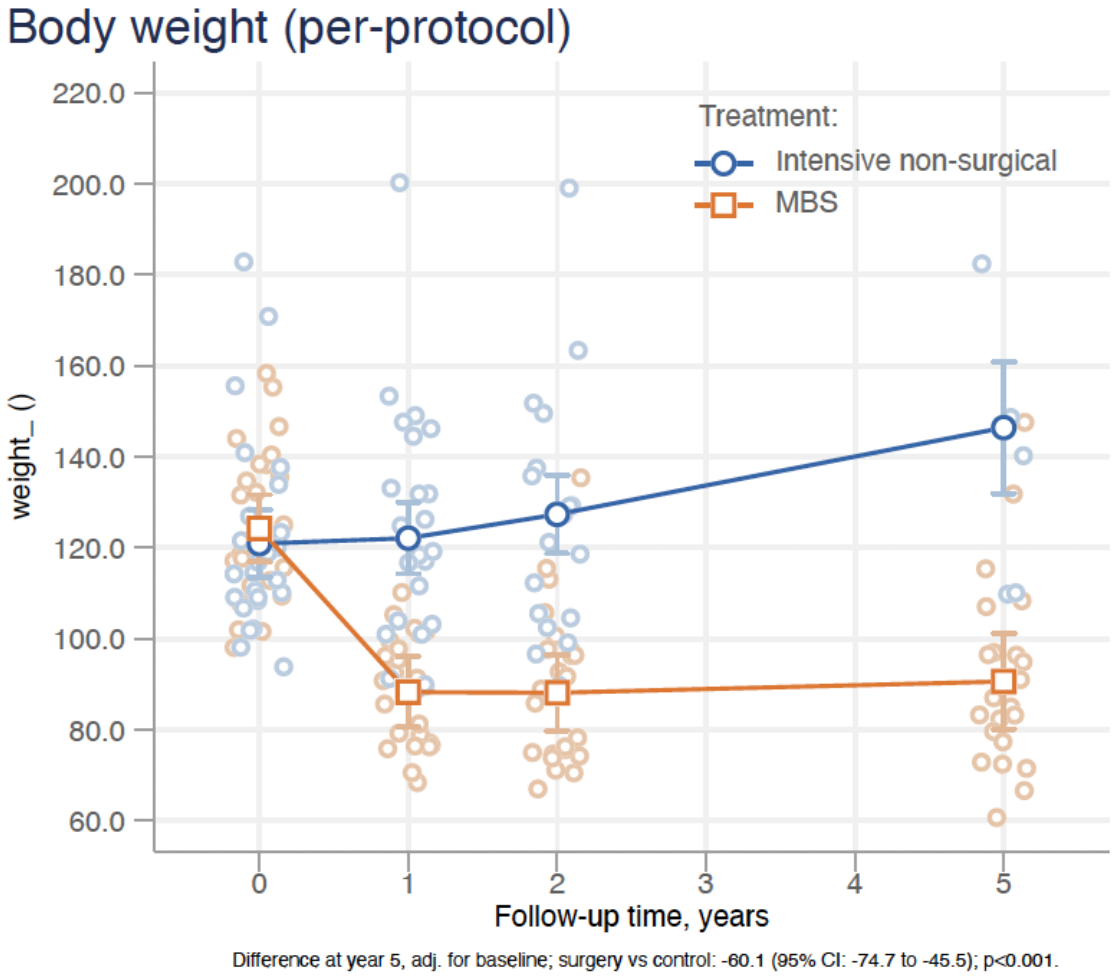
- 50 adolescents (74% girls)
- 25 randomized to MBS and 25 to non-surgical treatment
- 23 RYGB and 2 SG
- Mean age of 15.8 (±0.9) years
- Mean BMI 42.6 (±5.4) kg/m^2

- 18 (72%) participants in the non-surgical group crossed over to MBS before the 5-year follow-up.
  - Median time from inclusion to surgery: 2.2 years (IQR 1.5).

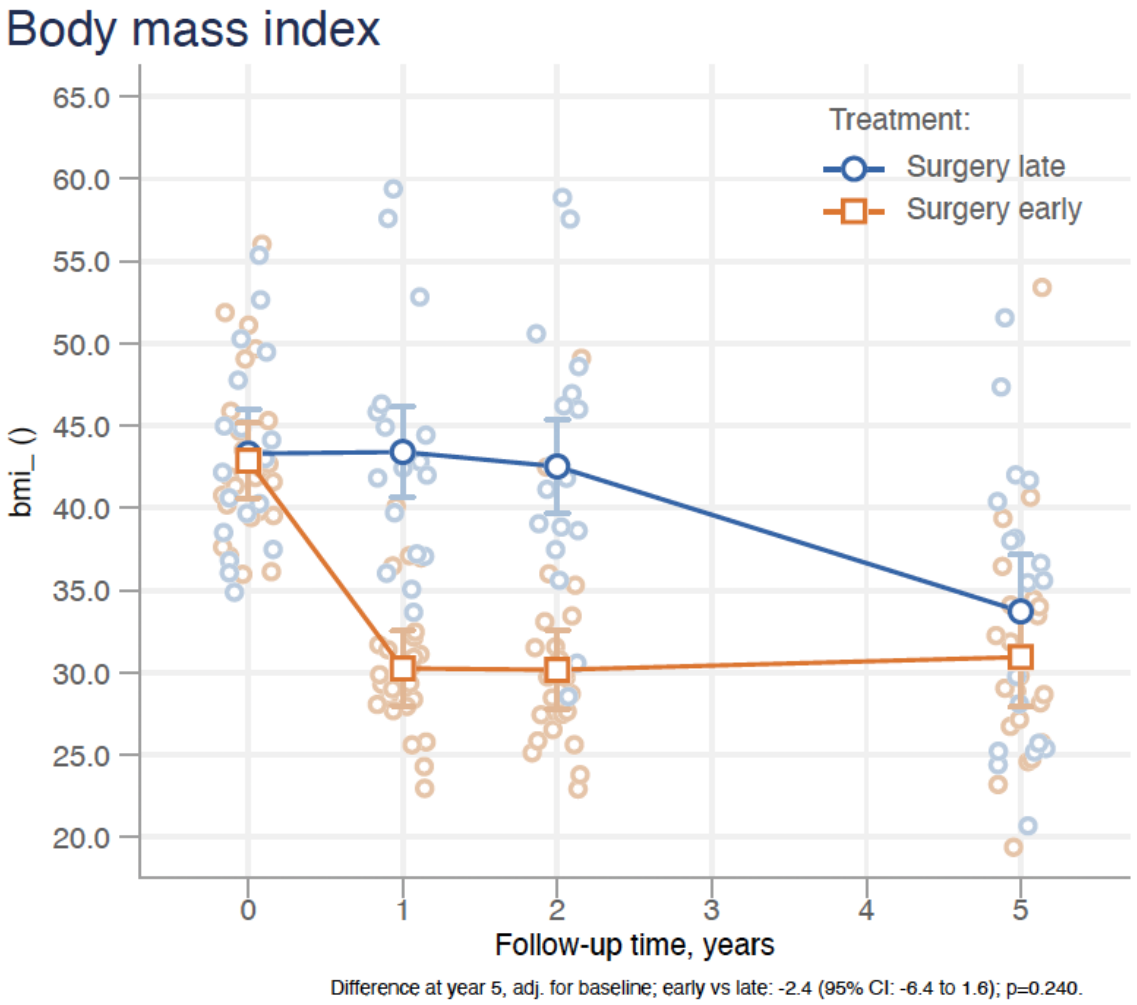
LUND UNIVERSITY

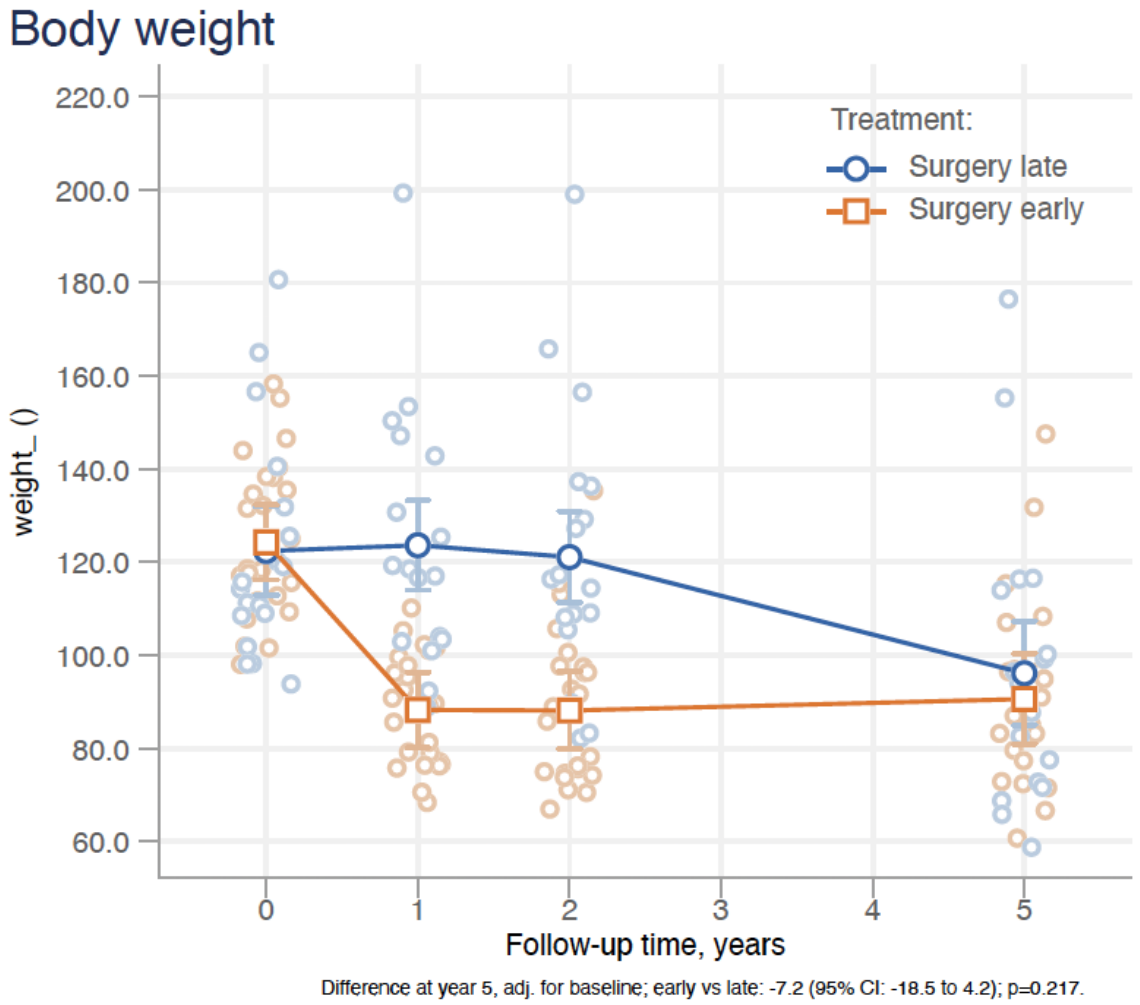
AMOS2- per protocol 5y





AMOS2- Early vs. Late



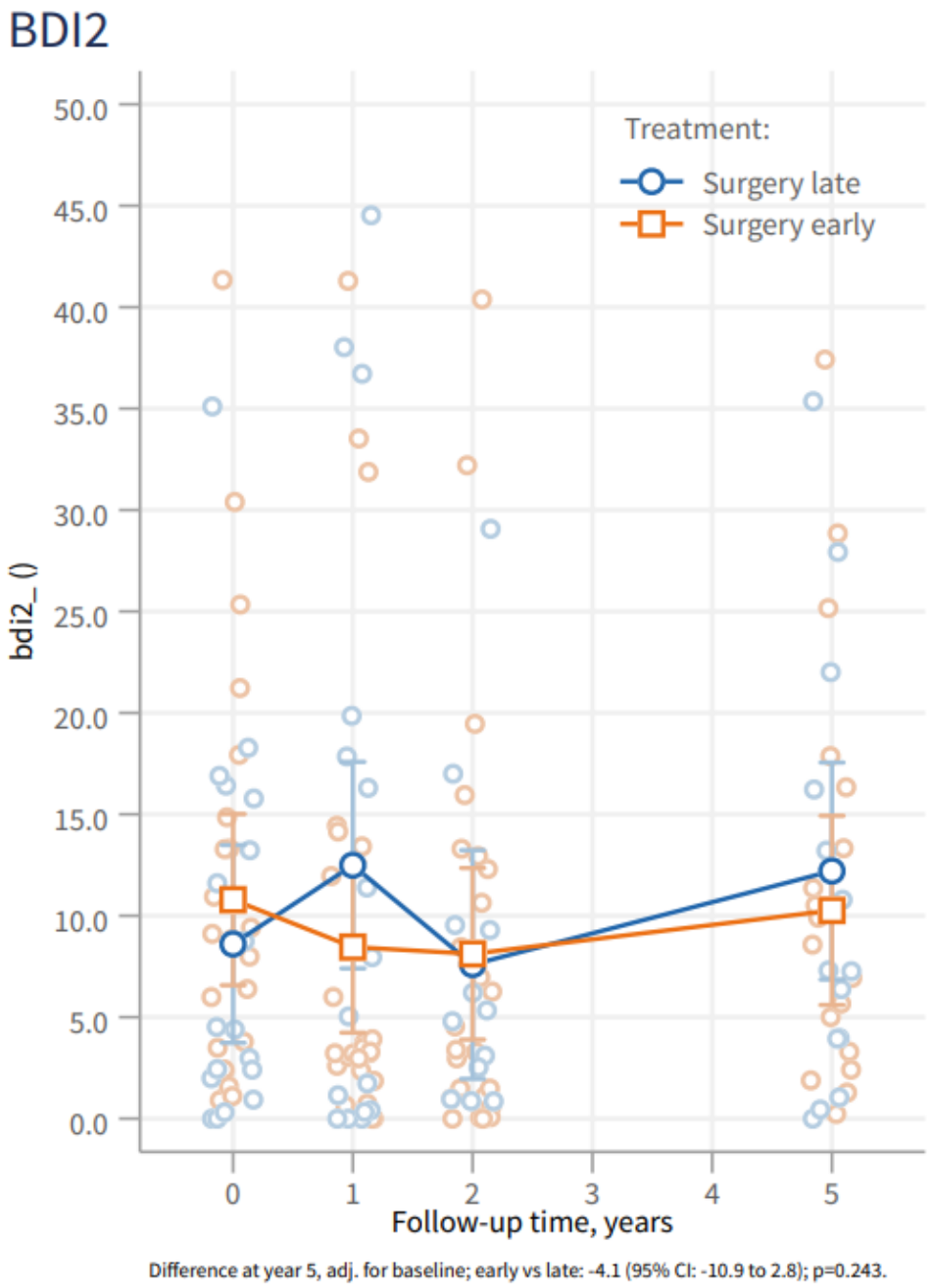


Results – depressive symptoms

- No significant differences in depressive symptoms were observed at 5 years between the initial MBS group and the cross-over group.
  - Mean difference: –4.2 (95% CI: –11.0 to 2.7), p=0.230.
- No significant differences in depressive symptoms were observed between the initial MBS group and non-operated controls in the per-protocol analysis.
  - Mean difference: 4.5 (95% CI: –5.3 to 14.2), p=0.368.

LUND UNIVERSITY

AMOS2



LUND UNIVERSITY

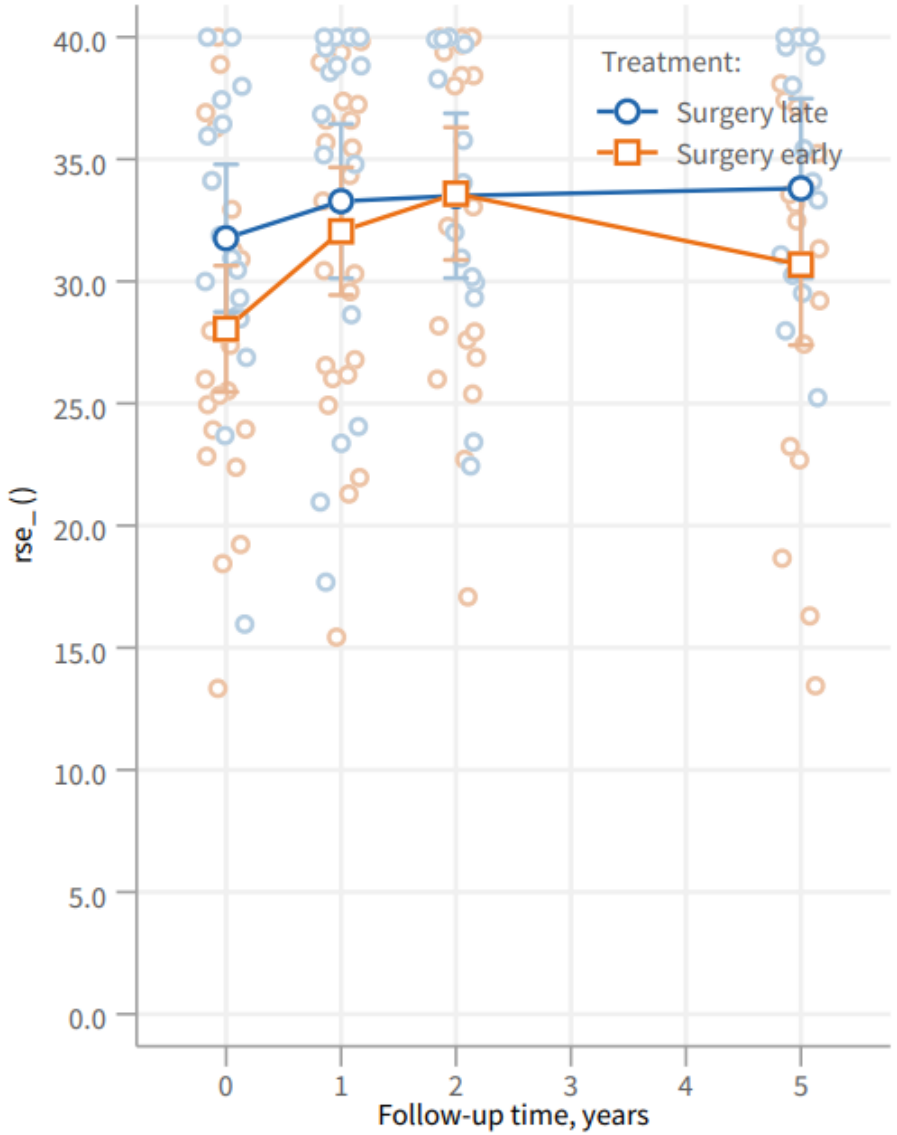
Results – self esteem

- No significant differences in self-esteem were observed between the initial MBS group and the cross-over group.
  - Mean difference: –0.8 (95% CI: –6.1 to 4.5), p=0.775.
- No significant differences in self-esteem were observed in the per-protocol analysis between the initial MBS group and non-operated controls.
  - Mean difference: 2.4 (95% CI: –6.4 to 11.2), p=0.590.

LUND UNIVERSITY

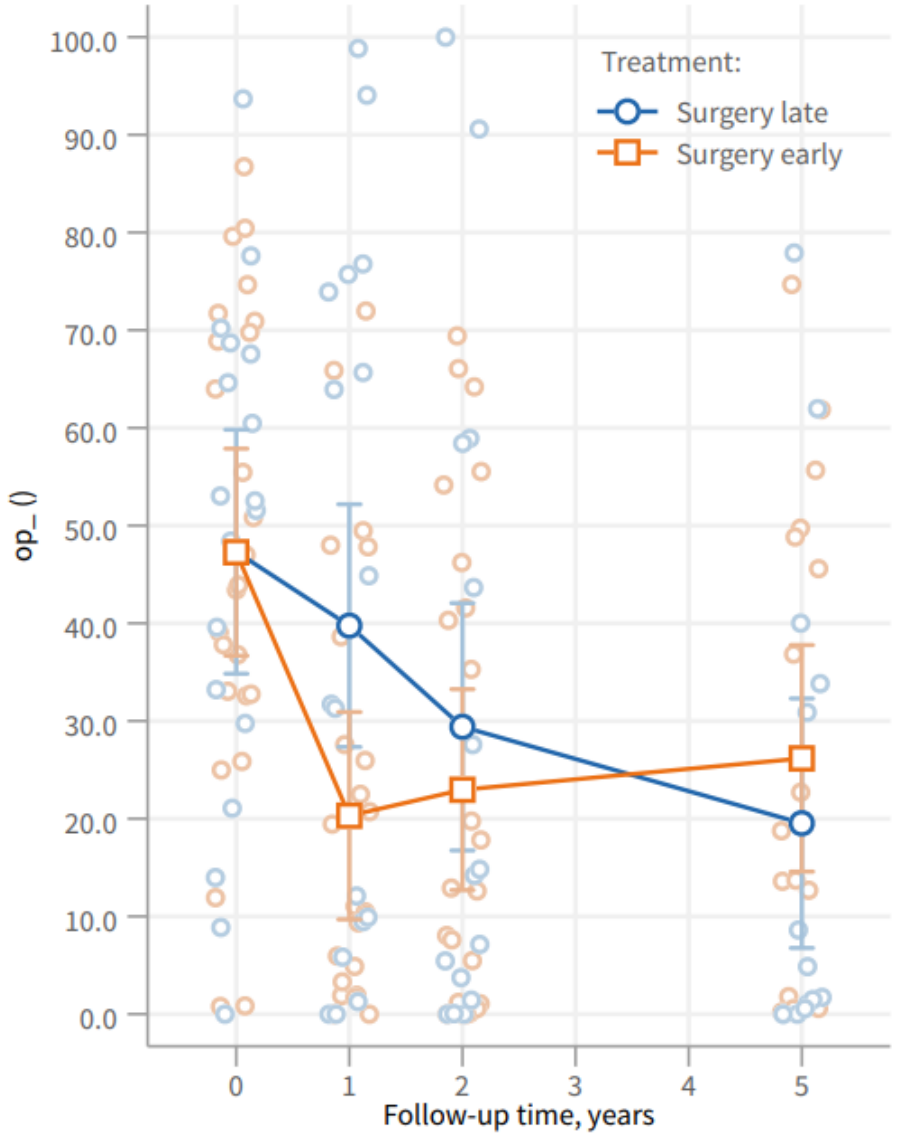
Surgery early vs late 3

RSE



Difference at year 5, adj. for baseline; early vs late: -0.8 (95% CI: -6.1 to 4.6); p=0.784.

OP



Difference at year 5, adj. for baseline; early vs late: 6.1 (95% CI: -13.6 to 25.9); p=0.541.

The results should be interpreted with caution, as the study was not powered to detect differences in mental health outcomes.

Conclusions

- Findings suggest that MBS is neither beneficial nor detrimental to long-term general mental health in adolescents.
- The timing of surgery does not appear to be critical for long-term mental health outcomes.

LUND UNIVERSITY

XXX IFSO WORLD CONGRESS

"Advancing Multimodal Obesity Care"

24-27 August 2027

ifso2027.org

IFSO PARIS 2027

See you in

PARIS

Kajsa Järvholm

Associate Professor på Lunds universitet

LUND UNIVERSITY