

Bariatric Support Group Insights From 1,000 Patients

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Background:

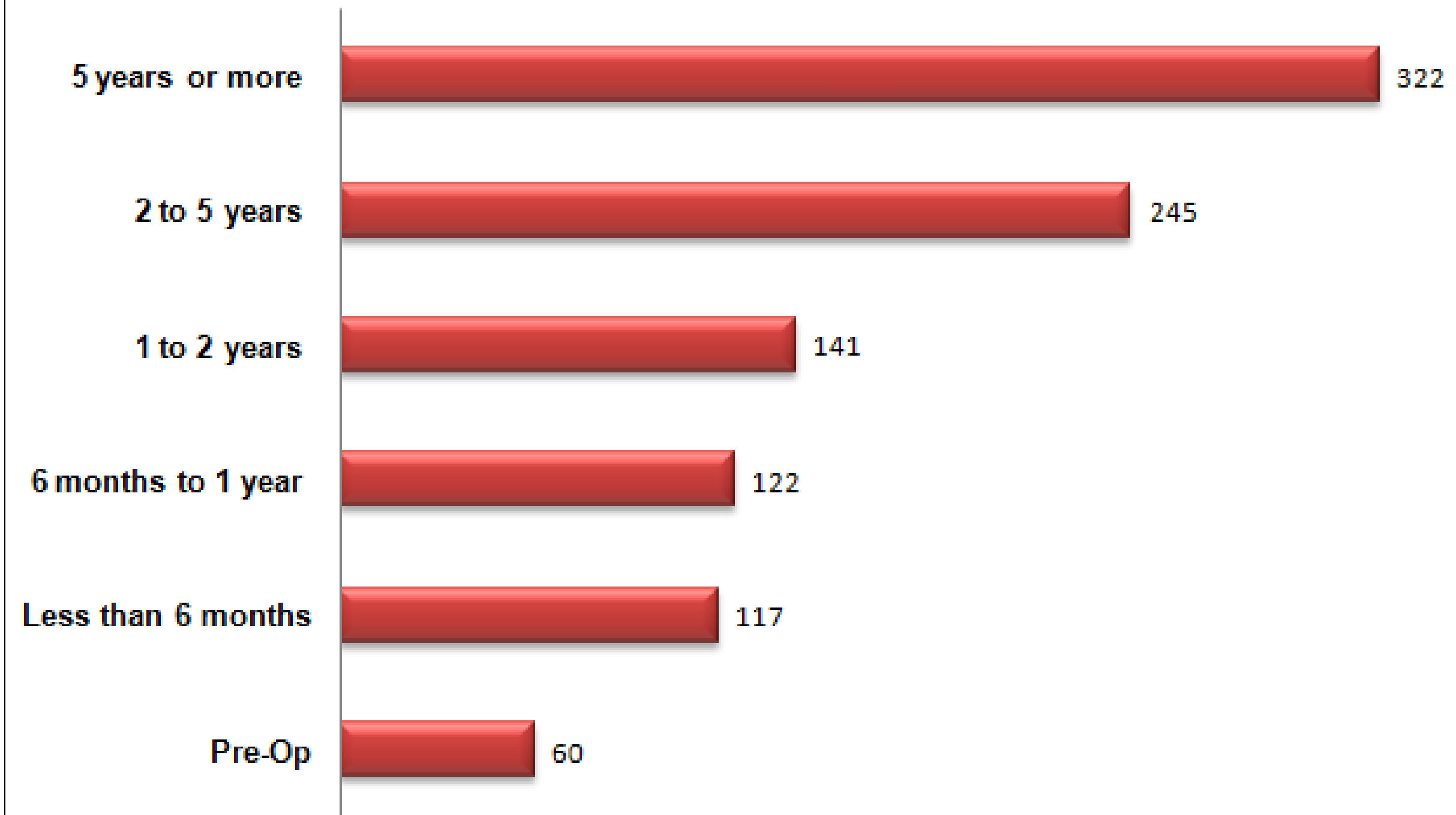
A recent study (Safer, Cook, & Adler 2013) reports that successful bariatric patients (>80% EWL at 5 years) participate in bariatric support groups three times more than less successful patients (<40% EWL). Bariatric support groups are important to long term success, yet little is known about why patients do or do not choose to participate. This study investigated patient perspectives & insights regarding key components of support groups, their reasons for attending, preferences for times, facilitators and topics.

Methods:

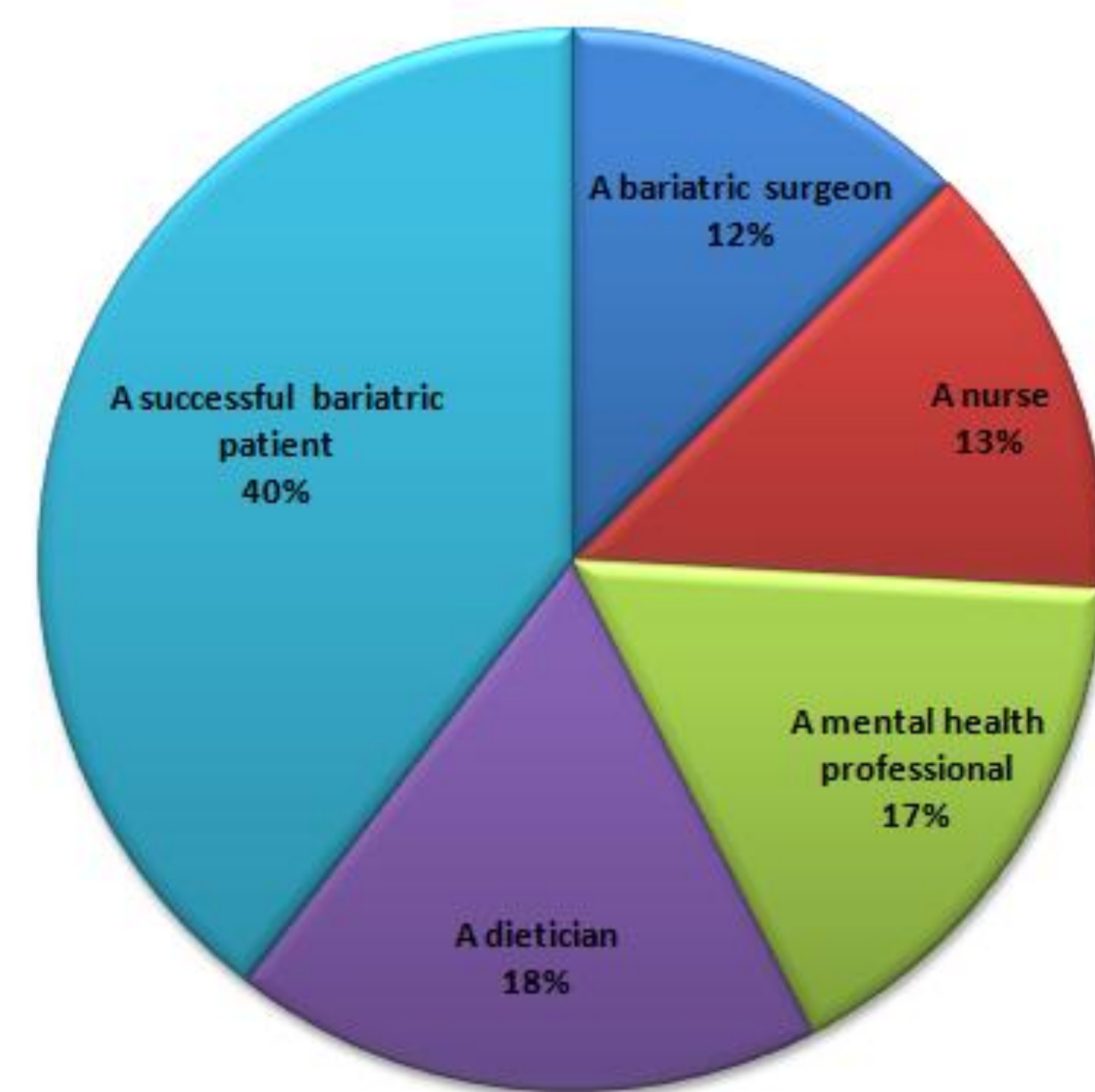
1007 Post op bariatric patients responded to an online survey assessing their participation in bariatric support groups and the impact support groups have had on their weight loss and maintenance. Respondents also provided insights on preferred day, time and topics and facilitators for support groups.

Results:

I am a weight loss surgery patient:

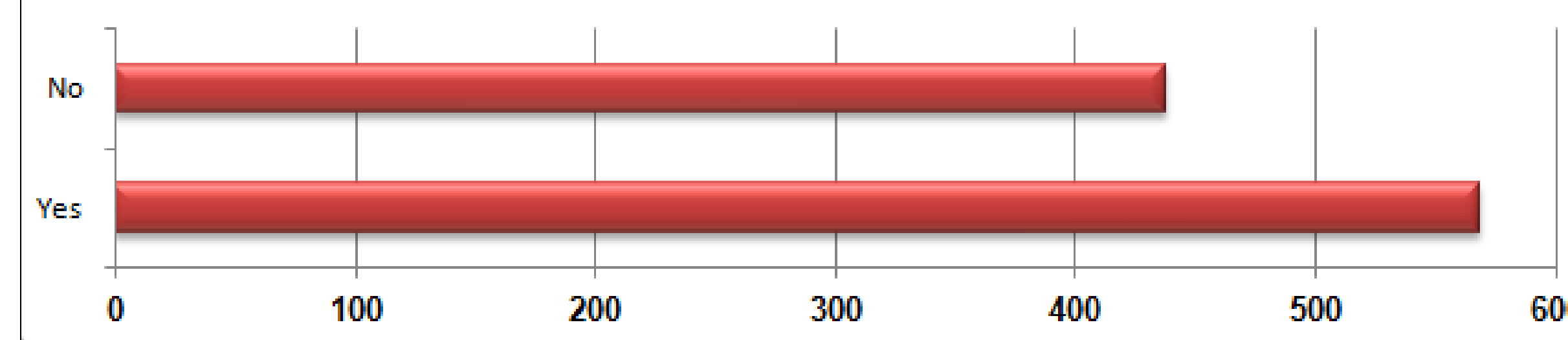


I prefer a bariatric support group be led by:

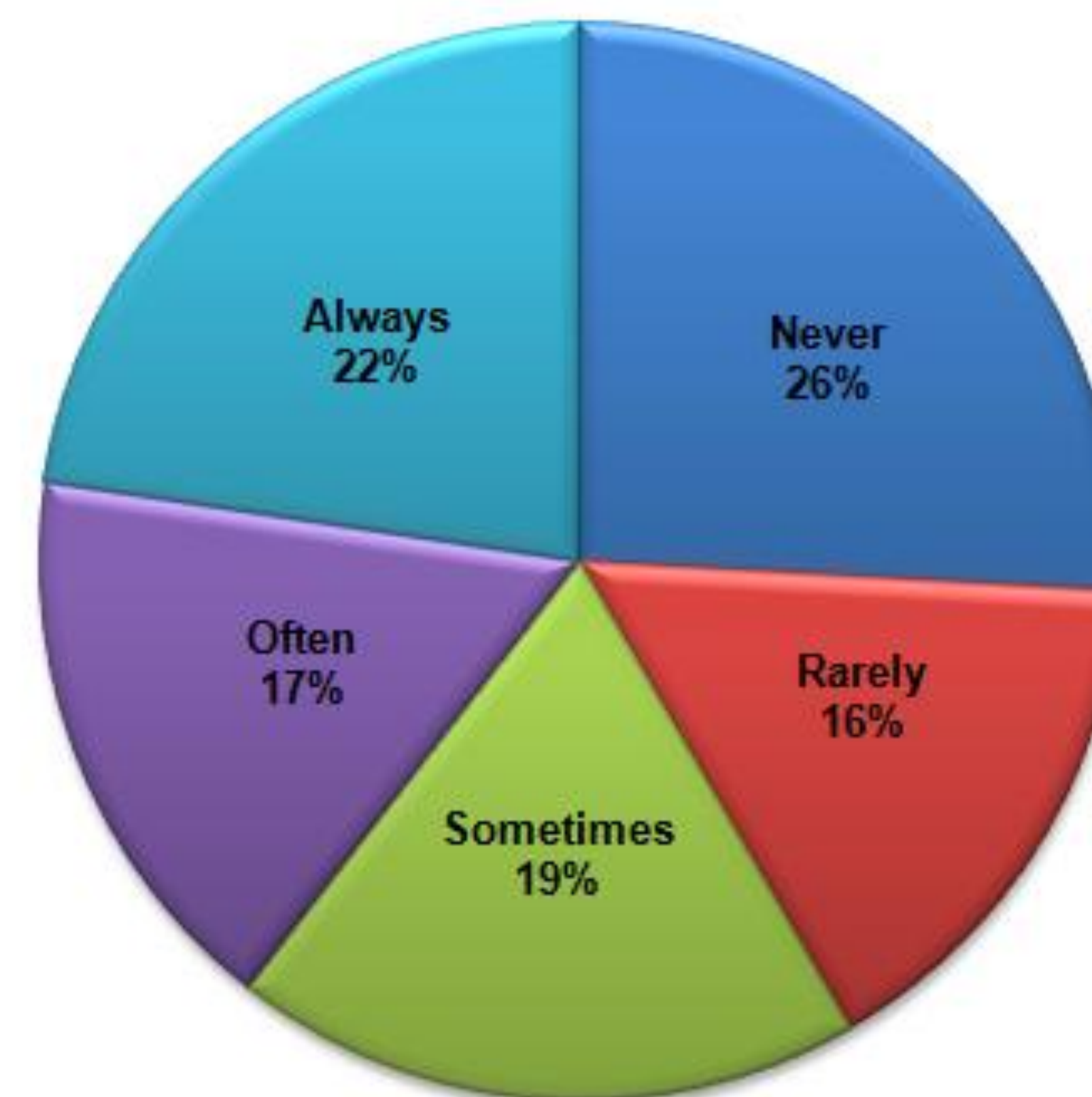


Results:

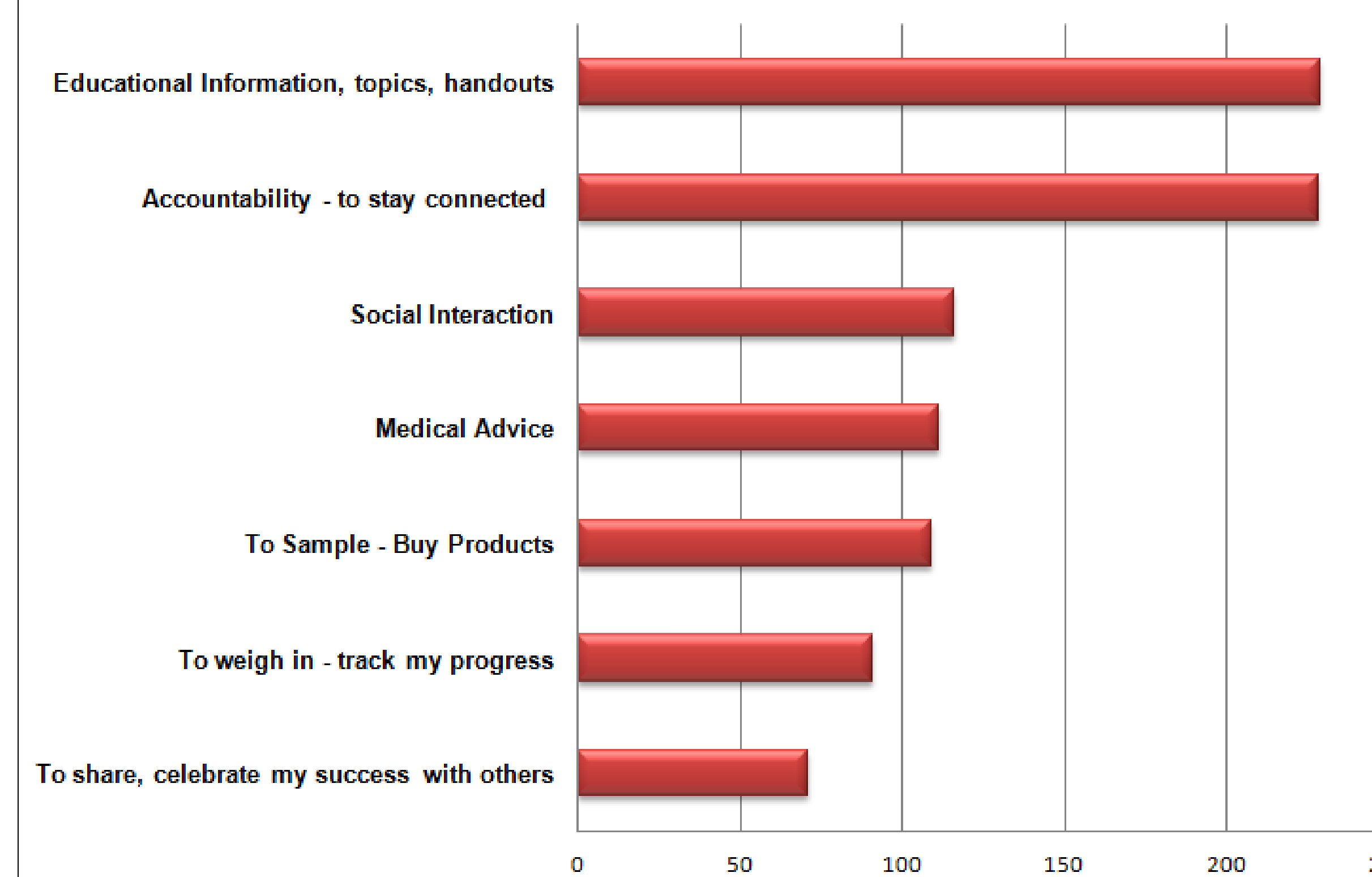
I was required to attend a support group prior to surgery



I currently attend support groups

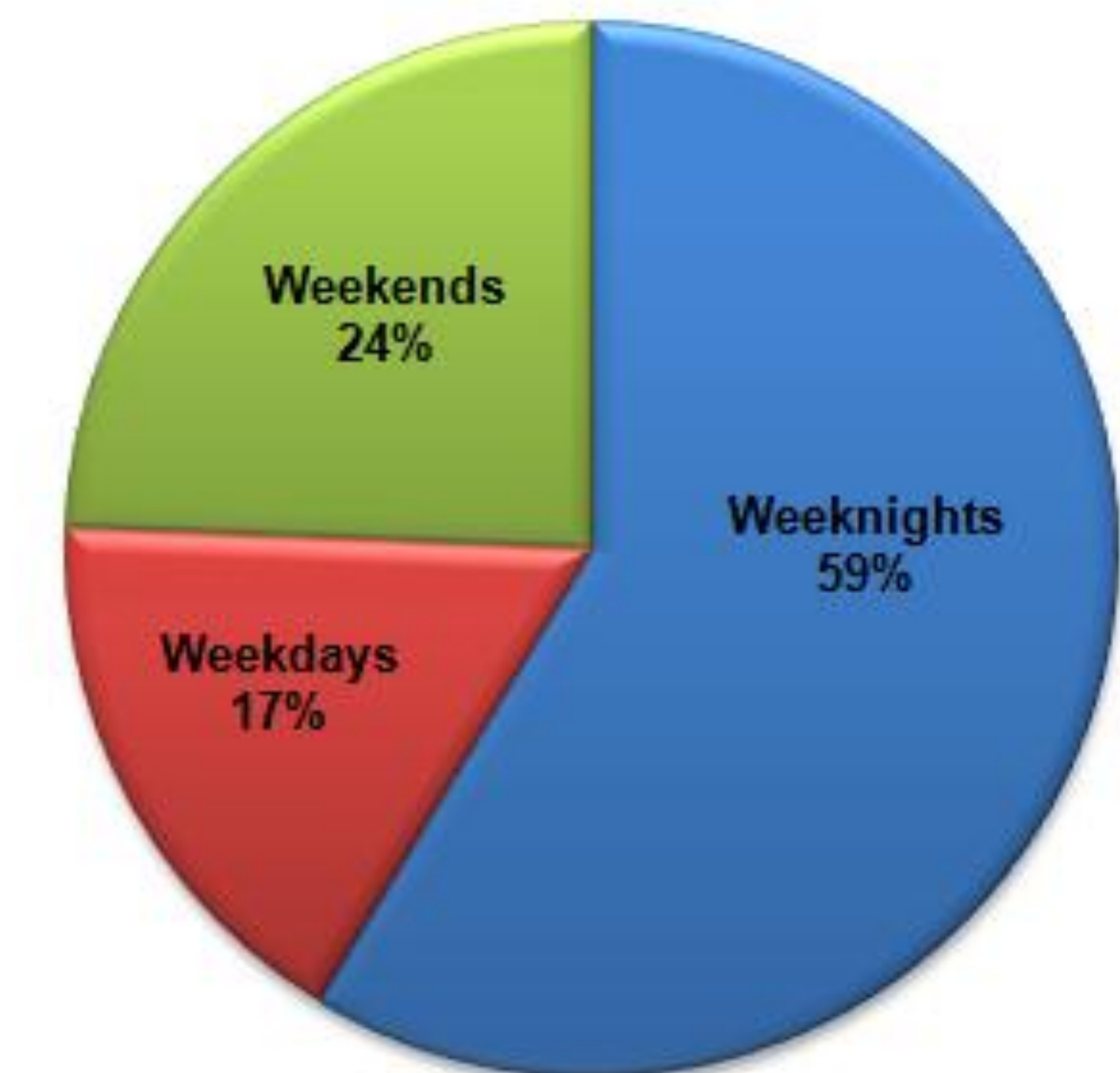


I attend support groups for:

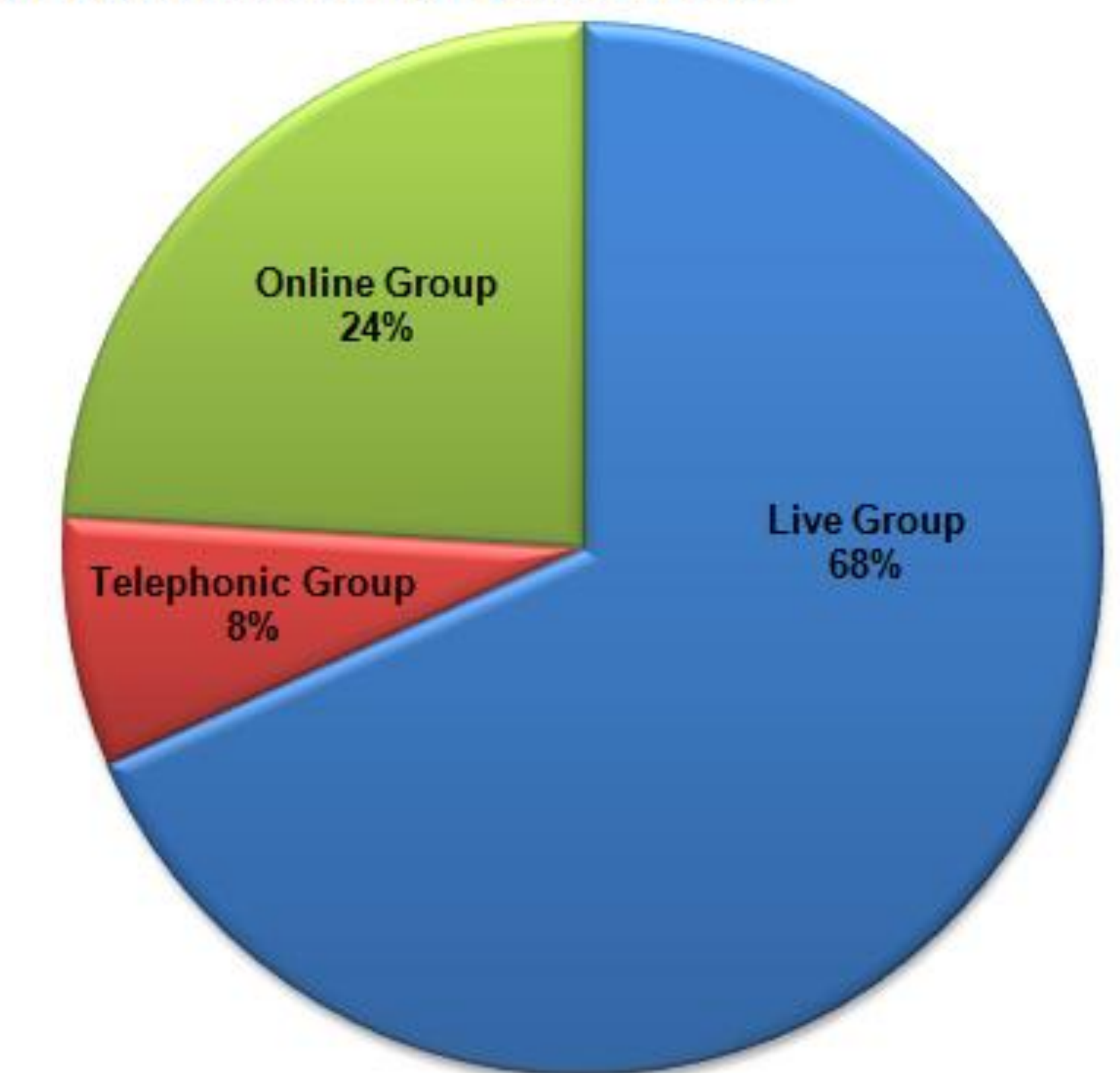


Results:

The best time for me to attend a support group is:



The most helpful type of support group for me is:



Conclusions

This study is one of the few studies to examine patient insights and preferences regarding bariatric support groups. Understanding more about patient support needs and structuring support groups to meet those needs will increase support group participation and as a result, improve long term outcomes.

References

- D. Safer, C. Cook, Factors Distinguishing Success & Failure at 5 Years Post-Bariatric Surgery, 2013
- S. Adler, C. Cook, Weight Regain Post Surgery – Patient Insights

How my Support Group Ranks

	Poor	Fair	Good	Very Good	Excellent
■ Educational Content	77	115	257	280	245
■ Leader's Genuine Concern	70	64	190	240	410
■ Leader's Knowledge and Experience	64	74	225	277	334
■ Motivational Content	96	128	235	273	242
■ My Support Group Organization	82	108	293	280	211