

Psychological/Psychiatric Assessment Services



Services

P psychological and psychiatric assessment services are an integral part of the health care team, and nowhere are they more important than in bariatric surgery and gastric bypass.

An initial interview session is scheduled to obtain a standard history and assesses the bariatric surgery candidate's:

- a. emotional stability,
- b. ability to comprehend the risk of surgery and to give informed consent,
- c. emotional resilience to withstand surgical trauma and to cope with the many stressors and adjustments associated with the lifestyle changes after surgery, and
- d. motivation and commitment to comply with long-term aftercare, to learn new skills, and to adhere to a healthy lifestyle program that includes making wise self-care choices and setting limits.

Individual, couple and family therapy/ counseling sessions to address the basic skill set including:

- Manage stress effectively
- Set clear limits with oneself and with others, and maintain clear boundaries
- Reframe faulty thoughts about food, eating, and oneself
- Engage in basic self-care behavior (viz., eat balanced meals at regular intervals, drink the appropriate fluids, take daily vitamins as directed, pace oneself, and incorporate an adequate amount of sleep and physical activity into each day)
- Understand the basic principles of habit formation and habit change
- Set realistic expectations for surgery, especially weight expectations that are within a weight range that is both medically and psychologically healthy for that patient

Diagnostic Impression, Recommendations, and Treatment Plan

- Ultimately, the success of Bariatric surgery depends on the patient's ability to emotionally adapt to significant physical changes, and adhere to life-long changes in lifestyle. The psychological assessment helps our patients appreciate the risks of major surgery, understand the psychological issues that many patients experience following surgery, and how to successfully handle these issues.

Staff



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Location:

The Bariatric/Gastric Bypass Surgery Program is located in the Primary Care Pavilion at UTMB.

Clinic Hours:

8:00 am to 5:00 pm

Contact Information:

UTMB Center for Weight Management
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