

# Positive Psychology and Cognitive Behavioral Therapy

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## Cognitive behavioral therapy versus bariatric surgery in the treatment of eating disorders

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In western countries, obesity is currently considered as a major public health issue, mostly in relation with bulimia addiction. While meeting obese subjects with bulimia, one can hear a complaint and a suffering expressed as an acute pain of body dissatisfaction. These subjects feel ashamed and conclude that their body dissatisfaction should have a large impact on their self-esteem. The care requested is more related to this suffering as to its impact on health. To better understand this demand for restoring self-esteem by losing weight, we undertook to assess the actual effects of weight loss. The aim of our study was to measure the effects of medical treatment or psychological support on self-esteem and body dissatisfaction for obese subjects with bulimia.

### Biography

Brigitte Karcher has completed her PhD from Nice-Sophia Antipolis University. She was qualified by the CNU (National University Council) in Psychology the following year of her thesis. She is now working as an Associate Professor at Brest University School of Medicine. She has published more than 15 papers in reputed journals. She took part at the *Ethics Research Laboratory, Professionalism and Health (EA 4686)* in Brest University School of Medicine.

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