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Symptoms in obesity and psychic functioning

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This study considered a population of obese adult outpatients, with the aim to investigate either psychic functioning or obesity-related symptoms. A total of 182 consecutive outpatients, 59 male and 129 female were admitted to the study; every patient gave informed consent and accepted to participate in the research. They underwent a full psychological assessment, targeting specific obesity related symptoms. They were assessed using the Symptom Checklist-90-Revised (SCL-90-R) which can disclose a wide range of psychological problems and symptoms of psychopathology. Binge eating scale (BES) was used to uncover specific psychological traits associated with eating disorders. Finally, Barratt impulsiveness scale (BIS11) was chosen to assess the personality/behavioral construct of impulsiveness; and obesity related well-being (OR WELL 97) for measuring the quality of life in obese patients. Mean scores were BMI=39.9±7.3 ds.; GSI=0.8±9.7; BIS11=6.0*-9.7; and BES= 15.9*-8.5. We performed correlations between Impulsiveness total score, BMI, and GSI (SCL-90-R). Both Impulsiveness total score and GSI total score were negatively related to the BMI score ($r=-.21$, $p<0.02$ and $r=-0.69$, $p<0.02$, respectively). Overweight population showed a significant decrease of GSI, and index derived from SCL-90, proportional to the increase in BMI; obesity seems to have a protective role from psychiatric symptomatology. Moreover, in class II obese patients (35-40 BMI scores), there are significant evidences of a globally diminished level of Impulsivity. Finally, our preliminary results showed no correlation between BMI and the severity of the related BED.

Biography

V Faia is a Psychiatrist and a Psychotherapist and has worked for more than 10 years with in-patients and out-patients, in private and public settings. She is the Co-founder and Vice-President of the I.Me.Psi - Institute of Medicine and Psychotherapy, a Scientific Institution which aims to promote the collaboration between professionals directed towards the leakage of scientific rigor and patient tailored assistance.

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