

BACKGROUND

Post-bariatric surgery satisfaction relies on psychosocial and clinical factors. A questionnaire that evaluates this variable has recently been created and validated by the authors (Post-Bariatric Surgery Satisfaction Questionnaire).

AIM

To assess the relationship between treatment satisfaction and several demographic and clinical variables.

METHODS

- Patients submitted to bariatric surgery, presenting to our Obesity Outpatient Clinic between June-December/2013
- Demographic and clinical data + Post-Bariatric Surgery Satisfaction Questionnaire (22 items, 5-point scale – 1= very dissatisfied, 5= very satisfied)
- Statistical analysis – SPSS v20.0, descriptive and inferential statistics (Mann-Whitney test, partial correlation, linear regression); $p \leq 0.05$ considered statistically significant

RESULTS

CHARACTERISTICS OF THE STUDIED POPULATION (n=86)

Gender (male/female), %	14/86
Age, years ^a	50 (19; 23-73)
Type of surgery (laparoscopic gastric bypass/adjustable gastric banding), %	67/33
Initial BMI, kg/m ² ^a	45.9 (8.4; 32.1-84.4)
% excess BMI lost ^a	68.8 (34.6; 8.2-113.3)
Follow up time since surgery, months ^a	37 (56; 1-220)

^aData expressed as median (IQR, min-max)

SATISFACTION WITH TREATMENT AND GENDER

No differences between genders
 - 22 items
 - Global satisfaction

SATISFACTION WITH TREATMENT AND AGE
(adjusted to percentage of excess BMI lost)

Negative correlation with “physical well-being”
 ($r=-0.27$; $p=0.012$)
 Negative correlation with “enhancement of movement capabilities”
 ($r=-0.25$; $p=0.019$),

SATISFACTION WITH TREATMENT AND FOLLOW-UP TIME SINCE SURGERY
(adjusted to percentage of excess BMI lost)

No correlation with follow-up time since surgery
 - 22 items
 - Global satisfaction

SATISFACTION WITH TREATMENT AND PERCENTAGE OF EXCESS BMI LOST

	r	p
Goals achieved after surgery	0.39	<0.001
Weight achieved	0.53	<0.001
Improvement of self-esteem	0.28	0.008
Way you are seen by others	0.34	0.002
Improvement of health status	0.22	0.049
Improvement of sexual life	0.36	0.001
Improvement of love life	0.32	0.002
Improvement of social life	0.28	0.008
Improvement of emotional well-being	0.26	0.017
Physical appearance when dressed	0.45	<0.001
Physical appearance when naked	0.28	0.009
Improvement of physical well-being	0.29	0.007
Ability to wear clothes you like	0.54	<0.001
Improvement of freedom of movements	0.51	<0.001
Improvement of the ability to care for personal hygiene	0.33	0.002
Global satisfaction	0.45	<0.001
Improvement of professional life	0.02	0.88
Need of chronic medication	0.06	0.58
Eating habits	0.13	0.24
Pleasure of eating	0.07	0.53
Hunger sensation	-0.02	0.84
Type of food you can eat	0.02	0.83
Amount of food you eat	0.08	0.47

SATISFACTION WITH TREATMENT AND TYPE OF SURGERY

	Very satisfied	Satisfied	Neither satisfied nor dissatisfied	p
Weight achieved				0.001
Improvement of self-esteem				0.005
Improvement of sex life				0.033
Improvement of love life				0.007
Physical appearance when dressed				0.036
Improvement of freedom of movements				0.001
Improvement of the ability to care for personal hygiene				<0.001
Global satisfaction				0.007

LINEAR REGRESSION ANALYSIS

$R^2 = 0.29$
 $F(2, 83) = 16.6$; $p < 0.001$

	b	DP-b	Beta	Pearson r	Sr ²
Constant	63.0	4.5	-	-	-
Type of surgery *	-5.0	2.4	0.2*	0.3	0.04
% of excess BMI lost*	-0.2	0.05	0.5*	0.5	0.2

* $p < 0.05$

CONCLUSION

The percentage of excess BMI lost, the type of surgery and patient's age influenced post-bariatric surgery satisfaction. However, these only partially explain treatment satisfaction. Other factors, namely psychosocial, are probably also involved.

