



Vorbereitung psychologische screening bariatrische chirurgie Engels

Preparing for psychological screening for bariatric surgery

You have decided on bariatric surgery (stomach reduction) to combat obesity. To be eligible for this surgery, you will undergo a series of interviews and evaluations, including a psychiatric evaluation, commonly known as 'psychological screening'. The goal of this screening is to establish whether bariatric surgery is a good option to help you reach and maintain a healthy weight.

The screening

Following surgery, there are various factors that can diminish the likelihood of success. These are known as the 'risk factors'. We draw on the psychological screening to assess, together with you, whether there are risk factors in your particular circumstances and explore ways to possibly eliminate them before you undergo the surgery. We also want to think with you about how you can maintain a healthy weight over the longer term. And the key to achieving that is to make lasting changes to your lifestyle and eating habits.

The following outcomes are possible once the screening is completed:

- You proceed to have the surgery as there were no objections.
- You first undergo additional psychological evaluation.
- At this time, the surgery may not yield the desired result.

Whatever decision is taken, it will be done in consultation with you.

The psychological screening takes about 30 to 35 minutes to complete, and you may bring a partner or companion.

Important information:

- Are you **currently** receiving psychological counselling from a psychiatrist, psychologist, mental health-care practice assistant (POH-GGZ), social worker or a coach or have you been counseled by a practitioner in the past? If so, it is crucial that you request the information from these counselling sessions in **a timely manner**. You need to bring this information to the psychological screening, but you also need to e-mail it to baria-nl@spaanegasthuis.nl or send it by post (see the address on the reverse, c/o Baria Nederland). You will request this information from your GP and/or (former) practitioner, and you have the right to it.
- Sometimes, it is necessary to request additional information after the psychological screening (in writing or by telephone) from your (previous) psychological practitioners before we can give you a proper treatment recommendation. We always do this in consultation with you. The psychologist will treat this information confidentially. In our experience, requesting information is often time-consuming, which may prolong the process. Therefore, as indicated above, it is important to request the information prior to undergoing the screening.
- The information from the psychological screening is stored in a secure environment of the electronic patient record, so only our hospital's psychologists can access and view it. Other professionals involved in your treatment can view the conclusion and treatment recommendation we reach following your psychological screening.

After all the screenings and evaluations, the bariatric surgeon, internist, dietician and psychologist will discuss your situation in a joint consultation before agreeing on a mutual recommendation. The bariatric surgeon will then discuss this with you. To read the psychologist's conclusion, see the surgeon's letter to your referring practitioner, which can be found in your electronic patient file.

Where can we be found

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