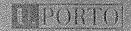
BOOK OF ABSTRACTS

STH MEETING OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO 1JUP'12



IJUP'12

5th MEETING OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO



CREDITS

Livro de Resumos IJUP'12

5º Encontro de Investigação Jovem da U.Porto

© Universidade do Porto AA ID+i T. 22 040 81 46 secidi@reit.up.pt

Design

Tiago Campeã Rui Mendonça

Impressão e acabamentos

Invulgar – artes gráficas

Tiragem

1300 exemplares

Depósito Legal

340336/12

ISBN

978-989-8265-82-1

Self-Concept Evaluation on the Bariatric Patient

C. Morais ¹, R. Poínhos², P. Freitas³, B.Oliveira^{1,4}, F. Correia^{1,3}

¹ Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto. ² Sociedade Portuguesa de Ciências da Nutrição e Alimentação.

Background: Obesity is a public health problem that affects an increasing number of subjects and morbid obesity's prevalence has been increasing. There is a greater prevalence of psychological and psychiatric morbidity among obese subjects when compared to normal-

Objectives: Evaluate Self-Concept on the subject with morbid obesity, about to undergo bariatric surgery, and characterize it's variation following the surgical procedure.

weight ones [1]. Today, Bariatric Surgery's considered, in the long-term, obesity's most effective therapeutic option, resulting in significant improvements on the individual's physical, psychological and social health [2]. Research in this field has focused on the diseases' psychological aspects, however, Self-Concept (perception that the subject has of himself) has

Methods: This study included patients from a central hospital, who have undergone adjustable gastric banding. They were evaluated before, 1 and 3 months after surgery at a Nutrition follow-up appointment. Anthropometric data were collected and Self-Concept was evaluated using ICAC.

Results: In the studied sample a significant (p=0,046) increase in mean physical activity levels was observed between pre and post-surgical evaluations. After surgery, significant (p<0,05) reductions on mean body weight, BMI and waist and hip perimeters were found. Self-concept's total score lowered a mean of 1,5 points between the two evaluation moments. A variation in the associations for total self-concept and their factors was observed, however none of the associations showed statistical significance.

Discussion: Studies are needed with samples of adequate size and with periodic follow-up superior to understand the importance of assessing the ICAC in the framing of obesity with specific clinical indication for bariatric surgery.

References:

been drawn down.

- [1] Sarwer DB, Wadden TA, Fabricatore AN. Psychosocial and behavioral aspects of bariatric surgery. Obes Res. 2005; 13(4):639-48.
- [2] Hsu LK, Benotti PN, Dwyer J, Roberts SB, Saltzman E, Shikora S, et al. Nonsurgical factors that influence the outcome of bariatric surgery: a review. Psychosom Med. 1998; 60(3):338-46.

³ Serviço de Endocrinologia, Hospital de São João, EPE, Porto. ⁴ LIAAD – INESC Porto, LA; Universidade do Porto.