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THE WEIGHT OF THE WEIGHT! INCLUDING THE PARENTS IN THE ADOLESCENT WEIGHT CENTERED GROUP FOLLOW UP

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The weight gain prevalence in child and adolescents is rapidly increasing and presents a major health problem with also the psychiatric impact. In Switzerland, one child of five is in weight excess. The parents of the obese adolescents are also in sufferance.

In 2007, the Federal Commission approved the project of the Swiss Society of the Pediatrics, applied in the Geneva University Hospitals as Contrepoids - pediatric weight management programme. It includes the psycho-educative groups (14 to 18 groups), one or two sport activities a week and the "parents" groups (8-14 groups).

The effect of these programs is measured mainly by the weight evolution.

As far as we know, there are no other criteria of the evaluation of these programs. Or, it is known that just a small number of these children regain their normal weight.

Purpose:

To explore the parents' representations of the weight problem after one year

To evaluate if this change of the representations has an effect in the well being of the adolescents, their parents and their family relations.

Methods: Two focus groups were conducted at the end of a one year Family-Based Behavioural Treatment (FBBT) for obese teenagers (12-18 years), involving 16 parents.

Four Open-ended questions were used.

Results: Parents reported that the participation in a group program allowed them to reduce their sense of isolation. It helped them to decrease their sense of guilt and also in the transition from childhood to adolescence. Less attention was paid to the diet.