

**Program to Integral Attention of Obesity of Infanta Leonor Hospital**

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## INTRODUCTION

Obesity is a high prevalent disease with great impact in life quality and can become a risk factor to development of other health problems. Most of treatment programs usually focus on control of diet and exercise, with minimal long-term impact. The causal and maintenance role of psychological and emotional distress has been showed in recent literature. Including these factors in a multidisciplinary treatment could improve interventions effectiveness.

## AIMS

Obesity Unit of Psychiatry Department was created to offer first-class medical treatment to patients with obesity in a district of Madrid (Vallecas) since 2011. The main objective is to obtain diagnostic information about the patients in order to decrease the prevalence of obesity in our community.

## METHODS

We are presenting the data of the 100 first patients referred to our Unit, 5 people were excluded due to exclusion criteria. Sociodemographic and clinical data were obtained from evaluation interviews and were complemented by a battery of psychometric tests.

## RESULTS

The average BMI is 41 (SD 6.8). The average age, 41.7 (SD 12.7) and 76 patients were women. 85% of the patients were not able to maintain weight loss. 50% of the patients had consulted a physician before. 95% of patients have taken a pharmacological treatment. No one had followed a combined treatment, addressing physical and emotional aspects together.

## CONCLUSIONS

A specific multidisciplinary treatment is recommended in these patients. In addition to pharmacological treatment, our integral attention program also includes a psychoeducational group one a month and a psychotherapy group one a week.