OBESITY AND BARIATRIC SURGERY READING LIST

Prepared by the ASMBS IH Clinical Issues and Guidelines Staff Education Toolkit Working Group

Notes

- This list was created to provide comprehensive background knowledge needed by psychology trainees who are learning to become clinicians in the field of bariatric surgery. However, it is likely to be a helpful resource for clinicians in other disciplines outside of behavioral health.
- Note that this list includes articles related not solely to bariatric surgery, but also articles related to obesity in general – e.g., general information about the etiology of obesity; factors affecting food consumption; nonsurgical treatments for obesity; etc. It is strongly suggested that behavioral health clinicians working in the field of bariatric surgery must have background knowledge that extends well beyond bariatric surgery, to the field of obesity as a whole. A complete grasp of knowledge relating to bariatric surgery is not possible without a more general knowledge background regarding obesity and nonsurgical treatments for obesity.
- Note that this list includes articles related not solely to psychological aspects of obesity and bariatric surgery, but also articles related to other, more general aspects of obesity and bariatric surgery – e.g., descriptions of the various bariatric procedures, risks and outcomes, etc.; factors affecting food consumption; general information about the etiology of obesity; etc. It is strongly suggested that behavioral health clinicians working in the field of bariatric surgery must have background knowledge that extends well beyond the psychosocial aspects of obesity and bariatric surgery, so that they have a good general understanding of many different aspects of obesity and bariatric surgery. A complete grasp of the psychological aspects of obesity and bariatric surgery is not possible without an additional background in other, more general aspects as well.
- The fact that there are only two articles each about behavioral weight loss treatment, weight bias/stigma, and weight loss medications in this binder should not suggest that these topics are in any way less important than the others.
- This version of the reading list was finalized on July 8, 2016. The list will be updated at intervals as additional, more current articles are identified. Users are strongly encouraged to take it upon themselves to stay current with the latest empirical literature on these topics, using this reading list as a starting point.

Etiology


Factors Affecting Food Intake


Psychological Aspects of Obesity


**Bias and Stigma**


**Assessment**


**Obesity and Eating Disorders**


Weight Loss Surgery

Note: The first two articles here overlap somewhat in content. The Elder et al. article contains some outdated information, but also includes some important information that the Arterburn et al. article does not cover.


Outcomes of Weight Loss Surgery


Eating Disorders and Weight Loss Surgery


**Behavioral Weight Loss Treatment**


**Pediatric Obesity**


**Weight Loss Medications**


**Exercise**


Ekkekakis P, Lind E. Exercise does not feel the same when you are overweight: The impact of self-selected and imposed intensity on affect and exertion. Int J Obes (Lond) 2006; 30: 652-60.


**Outcome Expectations**


**Weight Loss Maintenance**


**Treatment of Binge/Emotional Eating**
Fairburn, C. (1995). *Overcoming Binge Eating*. New York: Guilford. *(This book is the basis for the CBT protocol that we use to treat binge/emotionally-triggered eating. You may borrow a copy from Stephanie or Mark.)*