

EXPLORING FACTORS AFFECTING BARIATRIC PATIENTS HEALTH-RELATED QUALITY OF LIFE (HRQOL) OUTCOMES AFTER BARIATRIC SURGERY

Alaa Youssef^{1,2,3,4}, Susan Wnuk³, Samantha Leung³, Sanjeev Sockalingam^{1,2,3,4,5}

¹*Institute of Medical Science, University of Toronto, ON, Canada*

²*Department of Psychiatry, University of Toronto, Toronto, Ontario, Canada*

³*Bariatric Surgery Program, Toronto Western Hospital - University Health Network, Toronto, Ontario*

⁴*The Wilson Centre, University Health Network, Toronto, Ontario, Canada*

⁵*Centre for Addiction and Mental Health, Toronto, Ontario*

BACKGROUND

Longitudinal studies exploring predictors of bariatric surgery long-term outcomes after bariatric surgery are limited. Accumulating evidence supports the association between person-specific factors and one's ability to self-manage psychosocial changes after surgery.

OBJECTIVES

This study aims to: 1) identify predictors of long-term HRQoL trajectories after bariatric surgery, 2) explain how these predictors influence patients' ability to self-manage, and 3) identify patients' needs for long-term support to optimize surgery health-outcomes.

METHODS

To explore and understand how patient-specific factors influence bariatric patients long-term HRQoL outcomes after bariatric surgery, a two-phase explanatory sequential mixed methods study will be conducted at the Toronto Western Hospital Bariatric Surgery Program (TWH-BSP), a collaborative care program. In the sequential phase, longitudinal data on patients' demographics and HRQoL (Medical Outcomes Survey SF-36 questionnaire) for the period of 2013-2017 will be retrospectively reviewed. Group-based trajectory modeling (GBTM) will be used to conduct an exploratory analysis to identify predictors of HRQoL trajectories after bariatric surgery. Predictors and sub-group characteristics identified in the sequential phase will inform the explanatory phase of this study with respect to patient sampling for semi-structured interviews and interview guide development.

RESULTS

HRQoL scores of 833 patients have been identified and analysis is underway. The analysis will identify predictors of long-term HRQoL trajectories and explore patients' needs for long-term support after bariatric surgery.

SIGNIFICANCE

This study will address a pragmatic gap in our understanding of the factors contributing to the observed deterioration in bariatric patients' long-term outcomes (HRQoL) from the patients' perspectives. This knowledge is critical to improving bariatric patients health outcomes and quality of life after surgery.