

Mental Health
Professionals
Network Ltd

Tel. 03 8662 6600
Fax. 03 9639 8936
Add. Emirates House,
Level 8 251-257 Collins St
Melbourne VIC 3000
Email. info@mhpnp.com.au
Web. mhpnp.org.au



Webinar

Supporting the mental health of people living with obesity

Wednesday, 6th September 2017

"Working together. Working better."

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society,
the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is presented by



Tonight's panel



A/Prof Gary Kilov
General Practitioner



Glenn Mackintosh
Psychologist



Fiona Sutherland
Dietitian



Prof Phillipa Hay
Psychiatrist

Facilitator



Dr Konrad Kangru
General Practitioner

Audience tip:

To open the chat box, click
the "Open Chat" tab located
at the bottom right. The
chat will open in a new
browser window.

Ground Rules



To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- **Be respectful of other participants and panellists.** Behave as you would in a face-to-face activity.
- You may interact with each other and the panel by using the **participant chat box**. As a courtesy to other participants and the panel, keep your comments on topic. Please note that if you post your technical issues in the participant chat box you may not be responded to.

Audience tip:

If you are having difficulties with the audio, please dial in on 1800 896 323
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Ground Rules cont.



- For help with your technical issues, click the **Technical Support FAQ tab** at the top of the screen. If you still require support, call the Redback Help Desk on 1800 291 863. If there is a significant issue affecting all participants, you will be alerted via an announcement.

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Learning Outcomes



Through an exploration of obesity, the webinar will provide participants with the opportunity to:

- describe the general principles of a supportive environment for people with obesity who have poor mental health
- establish appropriate referral pathways to coordinate better services for people with obesity who have poor mental health
- identify challenges, tips and strategies for a collaborative response that offers people with obesity who have poor mental health, improved care.

Audience tip:
The PowerPoint slideshow, Natalie's story and supporting resources can be found in the Resources Library tab at the bottom right.

General Practitioner perspective



First consultation



Gary Kilov

General Practitioner perspective



Gary Kilov

General Practitioner perspective

LET'S TALK ABOUT THE



ELEPHANT IN THE ROOM



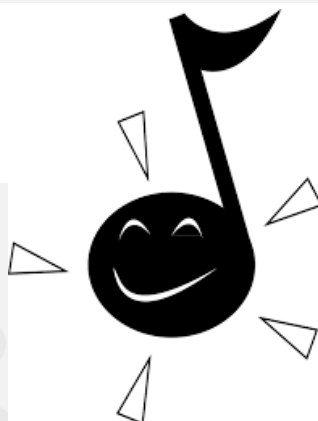
Gary Kilov

General Practitioner perspective



Gary Kilov

General Practitioner perspective



Gary Kilov

General Practitioner perspective



Gary Kilov

Psychologist perspective



Weight stigma, bias, & discrimination

- Creates a range of adverse outcomes (Kyle & Puhl, 2014)
- Is documented in health care professionals (Kyle & Puhl, 2014)
- Is generally HARMFUL for weight management behaviours
 1. Associated with dieting (Kong, et. al, 2013)
 2. Overeating (Major et. al, 2014)
 3. Avoidance of exercise (Vartanian & Novak, 2011)

Activity – Implicit Associations Test

<http://www.uconnruddcenter.org>



Glenn Mackintosh

Psychologist perspective



Weight stigma, bias, & discrimination

- Simple recommendations for environment
 - Consider space, furniture, staff...



Glenn Mackintosh

Psychologist perspective



Weight stigma, bias, & discrimination

Simple recommendations for language

- “People-first” language

~~Obese Person~~ Vs Person who has obesity



- Non-judgmental language

Person who has obesity Vs Person above their most healthy weight



- Weight-inclusive language

Person above their most healthy weight Vs Person looking to take care of their health

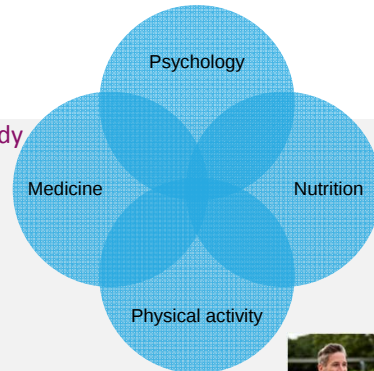


Glenn Mackintosh

Psychologist perspective

What DON'T we know about Natalie

- Psychological health
- Physical and medical health
- BMI
- Psychology of eating, movement, weight, body image.
 - Restrained eating & Intuitive eating
 - Emotional & External eating
 - Relationship with physical activity
 - Body image & Self-esteem



Psychological Profile For Weight Management

www.weightmanagementpsychology.com.au

The Interdisciplinary Team
(Cochrane, 2014)



Glenn Mackintosh

Psychologist perspective

Support options for Natalie

Contraindications

- Dieting/Weight Loss
- Bariatric Surgery
- Pharmacological Intervention

Potential support options

- CBT + for body image and disordered eating (e.g., Mclean et. al., 2011)
- Non-Dieting / HAES[®] (e.g., Bacon et. al., 2005)
- Social media declutter (e.g., Tiggerman & Zaccardo, 2015).



Glenn Mackintosh

Psychologist perspective



Selected References

- Bacon, L., Stern, J. S., & Van Loan et. al. (2005) Size acceptance and intuitive eating improve health for obese, female chronic dieters. *Journal of the American Dietetic Association*, 105, pp 929-936.
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- Kong, F., Zhang, Y., & You, Z. (2013) Body dissatisfaction and restrained eating: Mediating effects of self-esteem. *Social Behaviour and Personality*, 41 (7), 1165-1170.
- Kyle, T. K., & Puhl, R. M (2014) Putting people first in obesity. <http://www.yaleruddcenter.org/archive/publications.aspx>
- McLean, S. A., Paxton, S. J., & Werthheim, E. H., (2011) A body image and disordered eating intervention for women in midlife: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 79(6), 751-758.
- Major, B., Hunger, J.M., Bunyan, & Miller, C.T. (2014) The ironic effects of weight stigma. *Journal of Experiential and Social Psychology*, 51, 74-80.
- Tiggerman, M., & Zaccardo, M. (2015) "Exercise to be fit, not skinny": The effect of fitspiration imagery on women's body-image. *Body Image*, 15, 61 – 67.
- Vartanian, L. R., & Novak, S. A. (2011). Internalised societal attitudes moderate the impact of weight stigma on avoidance of exercise. *Obesity*, 19, 757 – 762.



Glenn Mackintosh

Dietitian perspective



Assessment

"What was your relationship with food, eating and your body like growing up?"

Paying attention to:

- Eating patterns
- Dieting patterns & behaviours
- Body image
- Weight history
- Weighing behaviour at home
- Family history – MH, EDs, other
- Past experience with therapy/Dietitians etc.

- Experiences of weight-based stigma



Fiona Sutherland

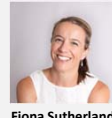
Dietitian perspective



Acknowledge & Explore

- Mother chronic dieting/DE/ED?
- Housemate DE/ED?
- Strong narrative of “body as a problem to be fixed,” limited opportunities to counter this belief

Focus on weight loss....or not? An important and tricky conversation!



Fiona Sutherland

Dietitian perspective



Priorities

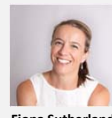
- Stabilise eating patterns
- Address restriction first (see below)
- Reduce frequency of weighing, counting
- Address “food rules” and “diet mentality”
- Build foundation of body trust through appetite awareness & nutritional self care

Restrictive eating

Binge eating



Natural eating



Fiona Sutherland

Dietitian perspective



Moving forward....

- Other members of health team (who, where, ask permission to contact)
- Recommend an ED specialist therapist suitable for Natalie
- Offer option of group-based therapy RIPE Group (14 weeks, Hawthorn)

Summary...



Fiona Sutherland

Psychiatrist perspective



Assessment

- **Confirm and clarify history and symptoms (as discussed):**
 - Binge eating
 - Compensatory behaviours purging and non-purging
 - Overvaluation of weight/shape
 - Dietary intake
 - Weight – current (examine & height), history, fluctuations
- **Assess concomitant problems**
 - Particularly mood and anxiety
 - Social anxiety
 - Interpersonal function
 - Medical – ?metabolic syndrome, check biochemistry, cardiovascular risk
- **Developmental narrative**



Phillipa Hay

Psychiatrist perspective

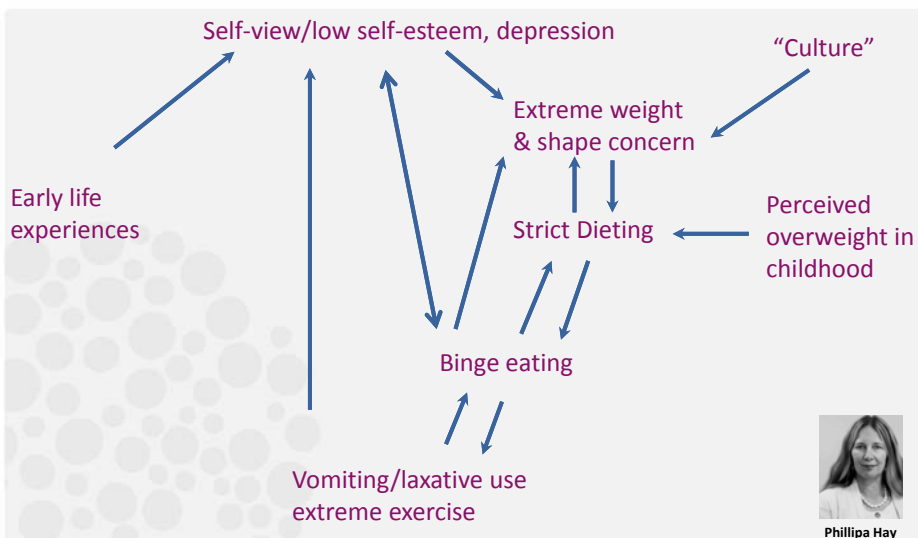


Review and personalise formulation with Natalie



Phillipa Hay

Psychiatrist perspective



Psychiatrist perspective



Advise/discuss treatment

- Explore stage of change
- Psychological therapies
 - Cognitive Behaviour Therapy
 - Behavioural weight loss
 - Integrated therapy : HAPIFED –
 - Aims to help people to sustain weight loss by reducing disordered eating, enhancing psychological wellbeing, and improving appetite regulation.
 - Others e.g. interpersonal psychotherapy
- Role of medications
 - Topiramate, antiobesity (orlistat), SSRIs
- (Role of Surgery)



Phillipa Hay



Q&A session

Thank you for your participation



- Please ensure you complete the *feedback survey* before you log out
- Click the Feedback Survey tab at the bottom of the screen to open the survey
- Certificates of Attendance for this webinar will be issued within four weeks
- Each participant will be sent a link to the online resources associated with this webinar within two weeks
- Our next webinar, **Understanding the Impact of Veterans' Mental Health on their Families**, will be held on Thursday 5th October 2017, 7.15-8.30 pm (AEDT).

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**Thank you for your contribution
and participation**

Good evening

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