

Anxiety, depression and self-concept among morbid obese patients before and after bariatric surgery [Descripción de manifestaciones ansiosas, depresivas y autoconcepto en pacientes obesos mórbidos, sometidos a cirugía bariátrica]

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Background: There is conflicting evidence about the emotional impact of bariatric surgery among obese individuals. **Aim:** To evaluate anxiety, depression and self-concept, before and after bariatric surgery among patients with morbid obesity. **Material and Methods:** Fifteen males and 5 females aged 28 to 61 years with a mean body mass index of 42.6 ± 5 kg/m², were studied. Grid Technique (TR), Personal Self Evaluation Questionnaire (OQ-45.2) and Anxiety State -Trait Inventory (STAI) were applied before and six months after bariatric surgery. **Results:** After surgery, the scores of self-esteem, well-being, flexibility, attraction, self-acceptance, confidence and guilt improved significantly. STAI and OQ-45.2 anxiety and depressive symptoms assessment were in the normal range before and after surgery. However, after surgery, there was a significant decrease in these sub scales in the OQ-45.2. No significant changes in anxiety measured using the STAI, were observed after surgery. **Conclusions:** Six months after bariatric surgery, positive changes were found in selfconcept, and overall well-being.

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