

Psychological/Psychiatric Evaluation

We highly encourage you to meet with Stanford psychologists who can provide the best experience for you. Bariatric Surgery is a tremendous life change, and we want to make sure you are able to meet its challenges. We also require that you be clean and sober from any addictive drugs for three years.

The pre-surgical psychological evaluation covers a number of issues that pertain to your weight and your decision to have bariatric surgery. The evaluation is one piece of a multi-disciplinary assessment that involves pulling together information gathered from the medical, surgical, nutritional and psychiatric team members. Components of the evaluation are outlined below. For example, the psychologist will review your weight and dieting history, identify any psychiatric disorders (with specific attention to disordered eating), assess your understanding of the risks and benefits of surgery, and appraise your motivation, awareness and ability to make the types of changes required for a positive outcome. The goal of the evaluation is to assess-- from a psychosocial perspective --whether there are any barriers that may interfere with your safety and with having a positive adjustment to your surgical procedure.

Components of Pre-Bariatric Psychological Evaluation

- General psychological evaluation
- Diagnoses on Axis I and II with specific attention to eating disorders (binging and purging)
 - Assessment of eating and exercise patterns
 - Weight and dietary history
- Medical and psychological history
- Mental status exam
- Understanding of risks and benefits of surgery
- Assessment of motivation for surgery
- Ability to follow pre-operative directions
- Ability to cooperate with post-operative behavioral changes
- Summary, impression and recommendations