

Mental Health and Obesity (The MHOBY Study) A transdisciplinary approach to obesity treatment

Presenter: A/Prof Trine Tetlie Eik-Nes

**Thursday 8th November 2018, 12.30-1.30pm,
Room 410, Level 4, 207 Bouverie Street, Carlton**



INTRODUCTION: This project addresses a startling ineffectiveness of current best practices in pediatric and adult obesity treatments which involve a 'one-size-fits-all' approach. About 85% of adult patients regain weight and effectiveness of pediatric obesity treatment is even lower. Fundamental limitations of traditional obesity treatments include the assumption that eating behavior and weight can be changed without reference to psychological factors.

AIMS: Principal objectives will be to implement psychological health information, psychological assessment, and obesity treatment interventions and evaluate outcomes compared to traditional lifestyle interventions.

METHODS: This study will include the implementation of psychological triage and psychological health information for patients seeking weight loss treatment, involving two large pilot studies with a 2-year follow. Participants will be screened with psychological and physiological examinations.

RESULTS: Biological and psychological characteristics (genes, gut microbiota, appetite hormones, activity patterns, disordered eating and quality of life) will be gathered.

CONCLUSIONS: Findings from the MHOBY study will support the development of preventive measures, diagnostics and treatment for patients with obesity and disordered eating.

Trine Tetlie Eik-Nes is an Associate Professor at the Department of Neuromedicine and Behavioral Science at the Norwegian University of Science and Technology (NTNU). Her thesis 'Correlates and adverse outcomes in a spectrum of eating disorders in male and female populations' included both registry data, data from the population-based HUNT cohort, the Growing Up Today Study, as well as clinical data.

A/Prof Eik-Nes has worked in the mental health sector for 20 years as a clinician and a researcher. For the last 12 years she has worked with eating disorders. Her research interests are the epidemiology of weight disorders and eating disorders. She has led several projects in the mental health sector. During a research visit at Harvard Medical School, she gained important experience in the conduct of studies on weight and disordered eating. She is currently the Principal Investigator of the nation-wide MHOBY Study (Mental Health & Obesity).