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Effectiveness of a psychological intervention focused on expressive writing in kidney transplanted patients

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Abstract

Kidney transplantation is the final step of chronic renal failure and improves quality of life. However, it can be experienced as a traumatic experience in relation to the changes associated as the lifestyle, redefinition of one's body and social/family role. A negative personal experience may affect adherence, a protective factor in reducing the risk of organ rejection and mortality. Some studies showed the effectiveness of expressive writing in reducing the symptoms and management of the disease in patients undergoing surgery or with cancer. It is hypothesized that this technique allows the processing of traumatic events linked to the disease, favouring an improvement in the capacity of expression and emotional regulation. The aim of the present study was to evaluate the efficacy of a psychological expressive writing intervention on the post-operative course in patients undergoing kidney transplantation. Thirty-two patients were recruited at the Kidney Transplant Center of the Policlinico Umberto I of Rome. The sample was divided into 2 groups: the expressive writing group and a control group which carried out a “neutral” writing task. Each patient completed self-report questionnaires the day before surgery, the hospital discharge’s day and the 3rd month follow-up. Thirty – five patients were recruited, 3 of them dropped out at T2, 3 had an organ rejection with the following explantation, and 1 dead for transplant complications. The related effects of the expressive writing on psychopathological variables and the predictive value of psychological factors on adherence, healthcare costs and rejection will be discussed.

Assessment of alexithymia in obese sample seeking bariatric surgery

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Abstract

Bariatric surgery is the most effective treatment for severe forms of obesity. Several studies showed that some psychological factors can play an important role on weight loss after bariatric surgery. The role of alexithymia on both obesity condition and surgical weight loss was

investigated showing contrasting results. In all studies alexithymia was assessed through TAS-20 which shows the limitations of a self-report test. To overcome these limitations, the Toronto Structured Interview for Alexithymia (TSIA) was developed. The aim of the study is to assess alexithymia levels in obese patients using a multimethod measurement to evaluate both possible differences between the two instruments and their relationship with obesity condition.

54 obese patients (42 men; mean BMI=42,56), undergoing bariatric surgery, were enrolled in a Centre of Excellence in Bariatric Surgery in Latina. The subjects completed: TSIA, TAS-20 and SCL-90R. On-site the weight was detected.

Data analysis showed a significant positive association between TAS-20 and TSIA ($r=.289$, $p=.034$). However, only TSIA scores was positively related to body weight. Moreover, two multi-variable linear regression were carried out to investigate whether TSIA, TAS-20, age and GSI could significantly predict participants' body weight. The results showed that only the model with TSIA, Age and GSI was a significant predictor of body weight, and only TSIA score contributed significantly to the model ($B=.944$, $p=.012$).

The findings showed a different association between body weight and alexithymia according to instrument employed, supporting the importance of a multimethod assessment in this clinical condition.

Psychological and Clinical Aspects of Treatment with Intra-gastric Balloon for Morbid Obesity: A Systematic Review of the Literature

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Abstract

Background: while psychological factors in bariatric surgery have been widely investigated, little is known about the emotional correlates of treatment with intra-gastric balloon (IGB), and no review of studies has yet been conducted on the topic.

Purpose: this systematic review attempts to identify, appraise and synthesize all the empirical evidence for the reciprocal influence between psychological variables and IGB intervention.

Methods: the following databases PubMed, SCOPUS, Medline and Google Scholar were search for relevant records, and the Strengthening The Reporting of Observational Studies Epidemiology (STROBE) checklist was used to minimize bias and produce more reliable findings.

treatment have more efficacy than others; among them, Dialectical Behavior Therapy (DBT), Mentalization Based Therapy (MBT) and Transference Focused Psychotherapy (TFP) share common elements - manualization, attention to treatment relationship, clear framework, attention to affect - and beneficial effects, as reported in different recent articles. In the panel, these three forms of intervention are presented and discussed.



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