ASSOCIATION OF PATIENT SELF-EFFICACY & PURSUIT OF BARIATRIC SURGERY

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REFERENCES:

[1] Jurgensen JA, Reidt W, Kellogg T, Mundi M, Shah M, Collazo Clavell ML. Impact of Patient Attrition from Bariatric Surgery Practice on Clinical Outcomes. Obes Surg. 2019 Feb;29(2):579-584. doi:

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INTRODUCTION:

The Problem

Bariatric surgery is LARGELY underutilized, with attrition being an estimated 60% [1]

- In other words, the majority of persons initating the process leading to bariatric surgery will NOT ultimately pursue the procedure

Further, this underutilization is well-accepted, but poorly understood

Our Hypothesis

Patient self-effifcacy may contribute to the multifactorial underutilization of surgery

- Self-efficacy = one's belief in one's ability to succeed in specific situations

Study Aims

To explore the association between:

- Patient self-efficacy
- Pursuit of bariatric surgery

To leverage this information to design an effective intervention technique

METHODS:

Participants

276 total participants

Attended bariatric information sessions at a single institution between October 2017 and May 2018

Competed self-reported, self-efficacy questionnaire at information session

Followed prospectively over 2 years

Self-Efficacy Questionnaire

Validated, self-reported, 8-question questionnaire administered to participants at information sessions

Utilized a five-point Likert scoring scale

Specifically designed to measure self-efficacy

Data Analysis

Data relating to the patient's demographics & bariatric progess records were collected

Primary outcome metric = progression to surgery

Data analyzed using multivariable logistic regression to determine the significance of self-efficacy as a preoperative predictor

Questionnaire Provided to Patients for Self-Reporting

Statements	Please circle howwell you agree with the statement: Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Results: Did Not Undergo Surgery, average (SD)	Results: Underwent Surgery, average (SD)
I will be able to achieve most of the goals that I have set for myself.	1	2	3	4	5	4.27 (0.83)*	4.22 (0.97)*
When facing difficult tasks, I am certain that I will accomplish them.	1	2	3	4	5	4.10 (0.80)*	4.09 (0.91)*
In general, I think I can obtain outcomes that are important to me.	1	2	3	4	5	4.32 (0.73)*	4.30 (0.85)*
I believe I can succeed at most any endeavor to which I set my minc	1	2	3	4	5	4.24 (0.79)*	4.22 (0.87)*
I will be able to successfully overcome many challenges.	1	2	3	4	5	4.23 (0.75)*	4.18 (0.81)*
I am confident that I can perform effectively on many different tasks	1	2	3	4	5	4.21 (0.74)*	4.22 (0.86)*
Compared to other people, I can do most tasks very well.	1	2	3	4	5	3.98 (0.81)*	3.95 (0.93)*
Even when things are tough, I can perform quite well.	1	2	3	4	5	4.01 (0.79)*	4.00 (0.91)*
Average score (*calculated by combining scores for all statements for each individual*)						4.17 (0.67)*	4.15 (0.80)*

** p-value = not significant*

RESULTS:

Results Overview

Our analysis included 237 participants (86%)

Participants fell into one of 2 categories:

- Those who underwent bariatric surgery (25%, n=59)
- Those that did not undergo surgery (75%, n=178)

Statistics

Mean overall self-efficacy score was 4.19

There was no statistically significant difference in perception of self-efficacy between the 2 populations

However, commercial insurance (p=0.018) was associated with pursuit of bariatric surgery

CONCLUSIONS:

Conclusions Overview

Patient self-efficacy, measured via patient self-reporting, did NOT independently associate with completion of bariatric surgery after controlling for:

- Patient demographic
- Insurance
- Clinical factors

Future Directions

We will continue to longitudinally follow patients to ascertain whether patient self-efficacy is associated with surgical outcomes, like post-operative weight loss