Abstract

Introduction and objective: The clinical evolution and psychological well-being of patients with overweight or obesity is still a matter of controversy. The aim of this study is to know the impact of the loss of weight on the evolution of the alterations both clinical and metabolic as psychological in patients with overweight or obesity. Patients and method: We studied a cohort of 192 patients randomly chosen. All of them were characterized clinically and biochemically. Autoadministered questionnaires were used which were already validated in the Spanish population: the General Health Questionnaire (GHQ-28), and bulimia subscale, the Eating Disorder Inventory (EDI). For the statistical analysis using the statistical program SPSS 15.0. Data are expressed as mean (standard deviation). Results: The weight loss was 3.77 (4.85) kilograms, equivalent to a 3.8 (4.86)% of the total weight, the diameter of the waist was reduced by 3.78 (5.89) centimeters, systolic blood pressure was reduced by 3.36 (15.61) mmHg and diastolic in 2.15 (11.26) mmHg. We also found a decreased significantly of glucose levels 7.37(21.23) mg/dl, insulin levels 2.773 (8.749) IU/ml, HOMA-IR index 0.925 (2.728), triglycerides 12.59 (82.95) mg/dl and uric acid 0.172 (1.13) mg/dl. The basal score of the GHQ-28 was pathological in 44.8% of the studied patients, and after six months of treatment, it improved in 20.8% of the patients (p < 0.001). The EDI bulimia subscale score at the beginning of the treatment was 1.02 (SD 1.91), improving after six months of treatment to 0.65 (SD 1.49) p < 0.002. Conclusion: The decrease in weight improves not only clinical parameters and biochemical cardiovascular risk and insulin resistance, but also improves the scale score Goldberg, with higher impact on those with worse baseline GHQ-28 scores.

Keywords

Obesity, Clinic, Metabolic, Psychological, Treatment.