

The Hospital for Sick Children Obesity Management Program (STOMP) and the Toronto Western Hospital – Bariatric Surgery Program (TWH-BSP) Transition Program Updates: Psychopathology Prevalence

Background: Interventions for severely obese youth (15 to 25 years) improve quality of life but can be challenging. Specifically, this age group (compared to others) experience greater difficulty coping with medication compliance, making lifestyle changes, and adhering to healthy living practices. **Objective:** STOMP and the TWH-BSP joined together to determine psychiatric disorder prevalence in obese youth presenting to our programs. **Methods:** Psychiatric diagnoses were compiled for 107 patients through structured clinical assessments within our programs or diagnosed prior to entry by a mental health professional. **Results:** From TWH-BSP (n=59), 83% of the sample was female and 17% was male with patients presenting with an average BMI of 52.65 kg/m² (range 39.9 to 89.3). Overall, 21 (53.8%) young adults aged 17 to 25 years old had a lifetime psychiatric diagnosis: mood disorder was most common (28.3%), followed by anxiety (19.6%), eating (15.2%), ADHD (6.5%) and substance use disorders (4.3%). From STOMP (n=48), 67% of the sample was female and 33% was male with patients presenting with an average BMI of 45.8 kg/m² (range 30.5 to 62.4). Overall, 16 (33.3%) youth aged 15 to 18 years had a lifetime psychiatric diagnosis: mood disorders were most common (27.1%) followed by anxiety (14.6%), ADHD (8.3%) and eating disorders (4.2%). **Conclusions:** Results confirm high rates of psychiatric disorders in a sample of severely obese youth seeking obesity management. Obesity programs providing service to this age group need to address these issues in the context of care provided.