

When surgery alone won't cut it

Citation for published version (APA):

Monpellier, V. M. (2019). When surgery alone won't cut it: physical and psychological influences on weight loss after bariatric surgery. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20190322vm>

Document status and date:

Published: 01/01/2019

DOI:

[10.26481/dis.20190322vm](https://doi.org/10.26481/dis.20190322vm)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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- The final published version features the final layout of the paper including the volume, issue and page numbers.

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WHEN SURGERY ALONE WON'T CUT IT

Physical and psychological influences on weight loss after bariatric surgery

by Valerie Maureen Monpellier

1. There is no evidence that preoperative depressive symptoms, binge eating, physical activity and eating style (self-reported) influence weight outcome in bariatric patients (this thesis).
2. Patients who lose more weight after bariatric surgery report a better quality of life than patients who lose less weight after bariatric surgery (this thesis).
3. Body image is related to depressive symptoms in all bariatric patients and should be part of outcome assessment in post-bariatric patients (this thesis).
4. More than two thirds of the post-bariatric population suffer seriously from excess skin (this thesis).
5. Decision making for reimbursement of body contouring surgery should involve weight loss results and psychological complaints related to excess skin (this thesis).
6. Morbid obesity is a chronic disease.
7. Lifestyle changes should be the cornerstone in all obesity treatment programs (Fried et al 2014).
8. We need a worldwide consensus on how quality of life should be measured in bariatric patients (de Vries et al 2018).
9. Keskesi taki: 'Dyompo tek taki a noti, fu tan ori dape na koni de.' (Sranan odo, Surinaams gezegde: De aap zegt: "Springen naar een tak is niets, vasthouden is de kunst).
10. If you always try to be normal, you never know how amazing you can be (dr. Maya Angelou).