

# UC San Diego

## Family Medicine Research Day 2024

### Title

Shared Medical Appointment Impacts on Psychosocial and Lifestyle Factors in Obesity Management

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Research Question / QI Topic: Multimodal lifestyle interventions are the first line for obesity treatment with the Shared Medical Appointment (SMA) model offering a framework for educating groups of patients sharing common diagnoses, combined with individualized medication management. Despite their effectiveness in promoting weight loss and improving metabolic outcomes, the influence of lifestyle medicine SMAs on psychosocial and lifestyle outcomes remains underexamined. This study investigates the extent to which participation in a virtual, lifestyle medicine-focused SMA program affects these important factors.

Data and Methods: Data comes from a retrospective chart review of 172 patients enrolled in the Supervised Lifestyle and Integrative Medicine (SLIM) program, a virtual, lifestyle medicine-focused, SMA program for weight management. Eligible patients included individuals 18 years of age or older and with a body mass index (BMI) of at least 30 kg/m<sup>2</sup> or 27 kg/m<sup>2</sup> with at least one weight-related comorbidity. Patients completed self-reported questionnaires at baseline and after the clinical program that assessed psychosocial, lifestyle, and behavioral outcomes. Paired sample analysis will be utilized to describe differences in self-efficacy (Self-efficacy to Manage Chronic Disease Questionnaire), perceived stress levels (Perceived Stress Scale-4 Questionnaire (PSS-4)), and mindfulness (Five Facet Mindfulness Questionnaire (FFMQ)). Changes in patients' dietary quality pre and post-clinical intervention will also be analyzed.

Results: We hypothesize that participants will show enhanced self-efficacy, stress management, and mindfulness, along with healthier eating habits post-program.

Significance: Our study elucidates the impact of a lifestyle-medicine-focused virtual SMA program on psychosocial and lifestyle factors. This study makes a meaningful contribution to the growing body of literature on SMAs for obesity management.