Research Details:

**Research Title**: Dietary Behaviour and Weight Reduction in the first year following Laparoscopic Adjustable Silicon Gastric Banding (LASGB) amongst Morbidly Obese Patients in Saudi Arabia

**Description**: Background: Obesity is one of the most common nutritional disorders in the world including Saudi Arabia and is increasing at an alarming rate. LASGB induces weight loss by creating a small gastric pouch with an adjustable stoma resulting in the limitation of food intake. The compliance of the patients to dietary modifications is requested for the best outcome. Healthy food choices and behavioural changes are necessary to achieve weight loss. Purpose: This study aims to investigate dietary behaviour, postoperative side effects and subjective assessment of surgery outcome amongst patients in the first year following LASGB and associations with body mass index (BMI) reduction at 3, 6, 9 and 12 months. Methods: 127 obese patients (37 males BMI 50.28±11.98, 90 females BMI 43.75±9.76 kg/m²) who had undergone LASGB in the previous year were asked to assess their recent changes: in eating habits after the surgery, postoperative side effects, and subjective outcome of surgery. Additional measurements included: (1) percentage reduction in BMI at 3, 6, 9 and 12 months; (2) effect of time since surgery on: a) dietary behaviour, b) postoperative side effects and c) subjective surgery outcome; (3) the influence of dietary behaviour on: a) postoperative side effects, b) subjective surgery outcome, and c) BMI reduction. Results: There was greater reduction in BMI with increased length of time since surgery. There was a highly significant effect of time since surgery on dietary behaviour and postoperative side effect (combined scores). The poor and intermediate dietary behaviour groups experienced nausea and vomiting more than the healthier dietary behaviour group. The poor dietary behaviour group experienced significantly (P<0.05) poorer self assessment of surgery outcome (specifically increased vomiting and reduced weight loss) than the healthy dietary behaviour group. There was a greater reduction in percentage BMI (29 %) with improved of dietary behaviour that achieved significance after 6 months post surgery. Conclusion: For LAGB to be successful significant changes in dietary behaviour are required. Improved dietary behaviour was associated with improvements in: 1) postoperative side effects, 2) subjective self