

# Morbid obesity as a result of non-substance-based dependency

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Bariatric surgery emerges as a superior approach for managing morbid obesity and associated comorbidities compared to conservative therapy. A cohort of 16 morbidly obese individuals, identified by a BMI exceeding 40 or 35 in the presence of diabetes or prediabetes, underwent Pylorus-preserving single-anastomosis duodeno-ileal bypass with sleeve gastrectomy (SADI-SG). This surgical intervention targets weight loss and metabolic improvement. Also, non-substance-based behavioral addictions remain underexplored. Morbid obesity is postulated to stem from impulse control disorders manifested through chronic overeating. The behavioural characteristics of overeating align with criteria delineating controlled loss-of-control phenomena akin to addictive behaviours. Assessment of psychological phenomena utilized the MMPI-2 after a one-year follow-up period. Results revealed addictive behavior patterns despite the absence of substance abuse, as confirmed by laboratory panels conducted at intervals of 3-6-9-12 months post-surgery. MMPI-2 data delved into underlying drives behind addiction-driven behaviours, employing scales typically associated with substance-based addictions: Content scales component subscales and Harris Lingoies subscales. Internal validity was examined through the correlation of MAC-R, APS, and AAS scales with other subscales. A notable proportion of subjects exhibited elevated scores on addiction-related scales despite maintaining sobriety for the 12-month postoperative period.

The study underscores the utility of MAC-R and APS scales as highly specific indicators of non-substance-based behavioural addiction, particularly overeating. The call for larger sample sizes and a multicenter approach underscores the potential significance of these findings in understanding and addressing addictive behaviours in the context of morbid obesity and related interventions.

## Are you currently an Early Career Researcher?

Yes, I am still a student or have not yet received my Ph.D.

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