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Poster Abstract

Identification of Needs and Attitudes of Overweight and Obese Patients for Weight Loss Therapy: A Mix-Method Analysis in German Rehabilitation Facilities

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Abstract:

Introduction: An urgent need for effective treatment strategies and coordinated care programs for the obesity epidemic has been stated. Treatment success can only be achieved by a long-term change of behavior. This requires knowledge and consideration of patient priorities. This study analyzed, treatment needs and expectations of overweight and obese patients in rehabilitation facilities.

The aim was to identify and structure patient-relevant needs and expectations with regard to long-term weight-loss programs and the importance that people with overweight or obesity attach to aspects of care co-ordination.

Method: Relevant therapy characteristics were identified and structured using a combination of qualitative procedures (literature analysis, expert-interviews (N=5), focus-groups (N=44)) and quantitative assessments (survey and explorative factor-analyses of N=201 overweight and obese patients).

Results: Out of the qualitative procedures 64 therapy-related characteristics were identified and integrated in the survey. The factor-analysis revealed 8 factors: “knowledge”(α: 0,878), “varied range of therapy options”(α: 0,850), “interpersonal care”(α: 0,807), “individualised therapy planning”(α: 0,785), “infrastructure quality”(α: 0,802), “coordinated care”(α: 0,806), “social interaction”(α: 0,704) and “technical competence”(α: 0,552). The factor analysis explained a common variance of 55.41%.

Conclusions and Discussion: User views should become a part of the service delivery design of weight reduction programs. Only if the expectations, needs and priorities of the patients are known, creation of patient-oriented treatment programs can be ensured.

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Keywords

patient needs, patient perspective, factor analysis, exploration of needs, obesity and overweight

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