

Weight Management Psychology

Information for Patients

Why have I been referred to a psychologist?

The Weight Management Service understands that losing weight can be a difficult process. There may be some factors that make it difficult to lose weight, such as disordered eating patterns. Disordered eating refers to eating patterns that are irregular or unhealthy, such as binge eating or going on very strict diets. We know that it is not helpful or effective to focus on losing weight when a person's eating may be disordered so it works best to treat this *before* starting the weight loss programme run by the Weight Management Service. We also understand that experiencing mental health problems may make it difficult to lose weight. The Weight Management Psychology Service is available to help individuals overcome some of these barriers to losing weight.

Who will I see from the psychology service?

Our team includes Clinical Psychologists, Clinical Associates in Applied Psychology and Health Psychologists. All are health care professionals trained to help people who are experiencing problems related to their physical health. Psychologists' training includes an undergraduate degree and a post-graduate degree.

Psychologists working in the NHS must be registered with the Health and Care Professionals Council (HCPC). They may also be members of the British Psychological Society (BPS) or the Association of Clinical Psychologists. These are organisations which set national standards for training and practice.

Our service is also supported by Assistant Psychologists who have an undergraduate degree. They are closely supervised and work to the same high standards as qualified staff.

What will the psychology appointment involve?

A psychological assessment takes around 45 minutes. The psychologist will ask about how your weight affects various areas of your life. You will also be asked about your current eating patterns and any current or past disordered eating. We will also ask about your mental health, social supports and the main challenges you are facing at the current time. You will be asked to complete some questionnaires which give us more information about your mental health and eating patterns.

Sometimes, we may want to gather more information after the appointment in order to make the best possible treatment decision for you. Quite often, we will be able to discuss the best options for you at the end of the assessment. Usually, this option will be our Eat Think Change group, which is an 8 week group using evidence-based talking therapy for overcoming disordered eating. Sometimes, we will need to refer you on to another service that would better meet your needs. One example is the Eating Disorder Service who specialise in group and individual talking therapies for people who have Eating Disorders. Alternatively, we can refer patients to general Adult Mental Health services if this is the main challenge at the time of the assessment.

Is what I discuss in appointments confidential?

Our service is part of the larger team in the Weight Management Service. An important part of our job is helping this wider multi-disciplinary team to understand the challenges patients face and how they are coping.

We will write a summary of our discussions with you in your medical notes. We will also write a letter to your GP to describe our meeting. If there are details that you prefer not to have recorded, please discuss this in your appointment.

If you tell us that you are at risk of hurting yourself or someone else, we *must* share this with your team to help to keep you safe.

Cancellation

While we make every effort to avoid this where possible, there is always a risk that your appointment may be cancelled at short notice. This is due to reasons which are beyond our control. We realise that this can cause distress and inconvenience, but in the event that your appointment is postponed, you will be offered a new date as soon as possible.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on **0131 555 6363** www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or www.travelinescotland.com

Train details available from:

National Rail Enquiries on **03457 484 950** or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech impaired?

Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone: **0800 389 1333** (Freephone 24 hour answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

Contact details

NHS Lothian Weight Management Service, Ground Floor, Woodlands House, Astley Ainslie Hospital, Canaan Lane, Edinburgh EH9 2TB

Telephone: **0131 537 9169**