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Titolo	Treating Obesity with Personalized Cognitive Behavioral Therapy // by Riccardo Dalle Grave, Massimiliano Sartirana, Marwan El Ghoch, Simona Calugi
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Descrizione fisica	1 online resource (XV, 244 p. 27 illus., 14 illus. in color.)
Disciplina	616.4
Soggetti	Endocrinology Therapeutics Clinical psychology Psychiatry Clinical Psychology
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters.
Nota di contenuto	CBT-OB: an overview -- Assessing and preparing patient for CBT-OB -- Module 1 - Monitoring food intake, physical activity and body weight -- Module 2. Changing eating style -- Module 3. Developing an active lifestyle -- Module 4. Addressing obstacles to weight loss -- Module 5. Addressing weight-loss and primary goals -- Module 6. Addressing obstacles to weight maintenance -- Family (or significant others) involvement -- Adaptations for intensive levels of care -- Adaptations for patients with binge-eating disorders -- Combining CBT-OB with drugs and bariatric surgery -- CBT-OB and digital technology -- Appendix: The Monitoring Record -- The individualized Formulation -- The Weight-Loss Obstacles Questionnaire -- The Weight-Maintenance Obstacles Questionnaire.
Sommario/riassunto	This book describes a novel therapy for obesity that associates the traditional procedures of weight-loss lifestyle modification with specific, individualized cognitive behavioral procedures to address some obstacles that have been indicated by recent research to influence weight loss and maintenance. The Cognitive Behavioral

Therapy for Obesity (CBT-OB) can be used to treat all classes of obesity, including patients with severe comorbidities and disability associated with obesity, who are not usually included in traditional weight-loss lifestyle modification treatments. The book describes the treatment program in detail, and with numerous clinical vignettes. It also discusses involving significant others in the change process and adapting the CBT-OB for patients with severe obesity, binge-eating disorder, medical and psychiatric comorbidity, and treated with weight-loss drugs or bariatric surgery. Lastly, a chapter is dedicated to the use of digital technology with CBT-OB in order to help patients monitor their food intake and physical activity and to addressing obstacles in real time. Thanks to the description of how to apply the latest, evidence-based CBT-OB to real world settings, this volume is a valuable useful tool for all specialists - endocrinologists, nutritionists, dietitians, psychologists, psychiatrists - who deal with obesity and eating disorders.
