



# Vorbereitung psychologische screening bariatrische chirurgie Engels

## — Preparing for psychological screening before weight loss surgery

You may be eligible for bariatric (weight loss) surgery. First, a psychological examination (also called psychological screening) must be performed. This psychological screening is designed to see if surgery can help you achieve and maintain a healthy weight.

Several things can reduce the chances of success after surgery. We call these 'risk factors'. During the consultation, we want to find out if there are any risk factors in your situation and how we might be able to eliminate those risk factors before surgery. We're doing so because we want to help you to increase your chance of success.

- We will talk about your mental health and the role that food plays in your life. You will need to change your diet and lifestyle to increase your chance of success after surgery. We will talk about the things you need to make these changes last. We will also discuss how you deal with difficult situations and whether you have (had) psychological symptoms.

- **If you are currently getting psychological help (from a psychiatrist, psychologist, POH-GGZ, social worker, coach) or have had help in the past, then you must request details of this help in time to bring them with you to the psychological screening. You can request this information from your general practitioner and/or (former) practitioner. You have the right to request and obtain this information.**

Sometimes, it is necessary to request additional information after the psychological screening (in writing or by telephone) from your (previous) psychological practitioners before we can give you proper treatment advice. We always do this in consultation with you. The psychologist will treat this information confidentially.

- **You must complete the psychological questionnaire on [www.MijnSpaarneGasthuis.nl](http://www.MijnSpaarneGasthuis.nl) (the electronic patient file) before your appointment with the psychologist.** You will be able to access this questionnaire from 10 days prior to the appointment. You cannot complete the questionnaire in writing, only digitally on MijnSpaarneGasthuis.
- The data from the psychological screening is put in a protected section of the electronic patient file, so only the psychologists at our hospital can access it. The conclusion and advice from the psychological screening can be seen by *all* practitioners (involved in your treatment).

During the consultation between the practitioners (dietician, internist and surgeon) involved in your treatment, we will draw up advice suited to your situation. The bariatric surgeon will share this advice with you during a consultation. You can also read the psychologist's conclusion in the letter from the surgeon in your electronic patient file.

## Waar zijn we te vinden?

### Haarlem Zuid

Boerhaavelaan 22  
2035 RC Haarlem

(023) 224 0000

### Haarlem Noord

Vondelweg 999  
2026 BW Haarlem

[www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

### Hoofddorp

Spaarnepoort 1  
2134 TM Hoofddorp

[info@spaarnegasthuis.nl](mailto:info@spaarnegasthuis.nl)