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## The Role of Fear of Negative Evaluation in Predicting Depression and Quality of Life Four Years after Bariatric Surgery in Women

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### ABSTRACT

The purpose of this study was to investigate the role of fear of negative evaluation (FNE) in predicting psycho-social functioning (depression and quality of life (QOL)) as a function of amount of weight lost four years after weight loss surgery among women. Four years after gastric bypass surgery, female participants (N = 29) completed measures of FNE, depression, and QOL via telephone. Height and weight (pre- and post-surgery) were obtained from medical charts and current primary care physicians. FNE was not related to depression or QOL among patients who lost less weight. However, FNE predicted greater depression and worse QOL among those who had lost more weight four years after surgery. Several potential explanations are explored. Regardless of why social concerns are related to mood and QOL for certain individuals post-surgery, psychosocial therapy that addresses life transitions after weight loss, with particular focus on concerns about interpersonal evaluation, might improve mental health outcomes for women after bariatric surgery.

### KEYWORDS

Bariatric Surgery, Obesity, Fear of Negative Evaluation, Social Anxiety, Quality of Life

### Cite this paper

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