



**COMPREHENSIVE BARIATRIC PROGRAM**  
**PSYCHOLOGICAL AGREEMENT**

The Sarasota Memorial Hospital Comprehensive Bariatric Program follows the American Society for Metabolic Bariatric Surgery (ASMBS) guidelines regarding pre-surgical psychological assessment of bariatric surgery candidates. This process begins with an evaluation by either a psychiatrist, or a licensed clinical psychologist, (PhD).

The objective of this assessment is to identify any psychosocial risk factors, and make recommendations to the patient and the program. The assessment addresses if the patient is adequately prepared from a psychological perspective to proceed with bariatric surgery and whether there are any obstacles which may interfere with patient safety and adjustment to the surgical procedure.

Patients may require additional psychological assistance outside of the formal initial evaluation, which in some cases **may need to be addressed before psychological clearance is granted.** Recommendations may include but are not limited to pre or post-operative psychotherapy, education, support group attendance, nutritional support, and close aftercare monitoring.

In order for the Comprehensive Bariatric Program to assist you on your journey, we will require you follow up with any recommendations your assessment reveals. If pre-operative psychotherapy is recommended, our program requires you to engage in this suggestion, and we will require documentation from the professional you choose, indicating your treatment plan, and office visit documentation.

\_\_\_\_\_ PRINT \_\_\_\_\_ Date \_\_\_\_\_