

Getting to grips with the psychology of weight management:  
lessons learned from developing and delivering the SkIM (Skills for weight loss  
and Maintenance) intervention

*Assoc Professor Colin Greaves and Dr Leon Poltawski*

Overweight and obesity present a huge challenge to health services around the world. Locally-commissioned weight management services are attempting to address this, but results are patchy, with many service users regaining lost weight and requiring further support. Based on existing research evidence and consultation with commissioners, providers and users of weight management services, we have developed a number of intervention components to address the psychology of long-term weight management. These aim to promote insight into the personal needs met by overeating (and under-exercising), to find ways of addressing these needs more healthily, and to develop the skills (including habit-changing) that are needed for sustainable weight loss. We are working with two local service providers to incorporate these components into their existing Tier 2 weight management programmes, to assess their potential and feasibility. In this presentation we will describe the programmes currently under evaluation, present interim findings and discuss lessons learned.