









ARE THERE DIFFERENT TYPES OF LAPSES FROM DIETARY PRESCRIPTIONS? IMPLICATIONS FOR OUTCOMES IN BEHAVIORAL OBESITY TREATMENTS Stephanie Goldstein, PhD Clinical Psychology Postdoctoral Fellow Weight Control & Diabetes Research Center Warren Alpert Medical School of Brown University



Are there different types of lapses from dietary prescriptions?: Implications for outcomes in behavioral obesity treatments

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Outline

- Behavioral Obesity Treatment and Lapses
- Defining Lapses and Studying Them
- Insights for Clinical Practice
- Future Intervention Tools Using Technology



Behavioral Obesity Treatments Work...

• Targets

- <u>Decreased caloric intake</u>
 Increased physical activity
- Expected outcomes
- 7-10% of starting weightEnough to confer significant health benefits

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...but can be difficult to follow

- Weight loss failure and weight regain is largely attributable to an inability to maintain healthy eating and exercise.
- Slips, especially with regards to diet, are common
 - Well-known protocols like Look AHEAD and DPP normalize

Wing & Phelan, 2005; Elfhag et al., 2005; Phelan et al. 2003; Schumacher et al., 2013

• Recovery from slips is uncommon



Olson et al., 2017



Dietary Lapse: Definitions

- "Eating or drinking likely to cause weight gain, and/or put weight loss/maintenance at risk"
 - In other words, if you ate/drink in this way consistently for a period of time, would you fail to lose weight or gain weight?

Forman et al., 2017



Discussing Dietary Lapses with Patients

- "If I ate/drank regularly in this way, would it get in the way of me losing weight/maintaining weight loss?"
- Provide examples
- Personalize
- Use nonjudgmental tone



























• It is possible, although typically more unlikely, for patients to "make up for" an unplanned lapse.









Reactions to Lapse: Clinical

• What we typically do: NORMALIZE • "Lapses are a regular and expected occurrence in weight loss treatment"

• How can you refine?

- Help patients become critical in a way that is helpful and generates positive action.
- Generate self-regard that is appropriately positive.

Summary: Ideas for Treatment Tools

- Regular tracking of lapses and related triggers
 - Use technology to assist
- Set reminders or prompts for moments that you anticipate to be difficult.
- Timing: Start early!











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