

## LIFETIME AND CHILDHOOD TRAUMA PREVALENCE AND ITS RELATIONSHIP WITH WEIGHT LOSS IN PATIENTS APPLYING TO AN OBESITY CLINIC

**Merve Karakaya<sup>1</sup>, Aslı Tuğba Esen<sup>1</sup>, Uğur Bayram Korkmaz<sup>2</sup>, Esin Evren Kılıçarslan<sup>1</sup>**

<sup>1</sup>*Department of Psychiatry, Katip Celebi University, Izmir, Türkiye*

<sup>2</sup>*Department of internal medicine, Katip Celebi University, Izmir, Türkiye*

**BACKGROUND AND AIM:** Although the link between childhood adversity and obesity is known, partner or family violence exposure in obese patients has been less studied. The aim of our study is to determine the prevalence of childhood traumas and lifetime domestic violence in female patients with obesity and to investigate the relationship of these experiences with weight loss.

**METHODS:** A total of 176 obese female patients were interviewed using the Structured Clinical Interview (SCID 5-CV). 16 patients with anxiety, 42 with depression, and 29 who did not complete the forms were excluded. 89 participants were included. A domestic violence questionnaire, and a childhood trauma scale were used. Weight was recorded at baseline and three months later. Patients who lost more than 5% of their weight and those who did not were compared based on their responses to the scales and forms. The study was approved by the Izmir Katip Celebi University Ethics Committee with decision number and date 2024/0095.

**RESULTS:** The mean age of the participants was 42.96±9.53 years. Among them, 34.5% reported experiencing physical, 36.8% emotional, 36.8% economic, and 23% sexual violence

during their lifetime. The most common perpetrator was the partner. Additionally, 44.5% of participants reported experiencing emotional abuse, 80% emotional neglect, 28.3% physical abuse, 58.8% physical neglect, and 28.2% sexual abuse during childhood. Patients who lost more than 5% of their weight had lower rates of lifetime exposure to physical violence ( $\chi^2$ :7.365 p=0.024), economic violence ( $\chi^2$ :10.888 p=0.003), and sexual violence ( $\chi^2$ :6.893 p=0.036). Weight loss was significantly lower in patients who had experienced emotional abuse ( $\chi^2$ :0.045 p=0.045) and sexual abuse ( $\chi^2$ :6.124 p=0.031) during childhood. The majority of participants stated that healthcare professionals had never asked them about violence before.

**CONCLUSIONS:** Our study highlights that exposure to various types of lifetime violence is common among patients with obesity and that such experiences have a negative relation on weight loss. It is important for clinicians to address adverse life experiences in clinical settings. Further research with larger sample sizes will contribute to the literature.

**Keywords:** Childhood trauma, intimate partner violence, obesity