

SUMMARY OF FINDINGS FOR PARTICIPANTS

The development of a core outcome set for clinical trials in surgery for obesity

Scientific background to the study

- Surgery for obesity (bariatric surgery) is an effective treatment for weight loss, but there are different types of operations, and health professionals and patients need to make decisions about which operation may be best for them.
- Research studies which compare the different operations can give us the information we need to make these decisions. These studies measure the results or 'outcomes' of each operation, such as how much weight is lost, whether diabetes is improved, what side effects may occur, and how the operation affects quality of life.
- We are not sure which outcomes of the surgery are most important to patients and health professionals.
- By identifying which outcomes are most important to patients and health professionals, we can better evaluate the different operations in research studies. This will help health professionals and future patients make better decisions about the type of operation that may be best for them.
- This study aimed to develop a list of the **most** important outcomes of bariatric surgery to patients and health professionals. This is known as a 'core outcome set'.

Methods used in the research

- In this study, patients and health professionals took part in a survey where they filled in three questionnaires, each a few months apart (three rounds to the survey). Each questionnaire round contained a long list of different outcomes of bariatric surgery, and participants were asked to rate how important they felt each one was, on a scale of 1 to 9.
- The results of each questionnaire round were fed back in the next round so that participants could decide whether they wanted to change their ratings based on how the two groups voted.
- After all three rounds of the survey, a smaller list of outcomes that were rated very important were discussed in two meetings – one with patients and one with health professionals. At these meetings, the final 'core outcome set' was agreed.

Important results from the research

- 90 patients and 168 health professionals filled in the questionnaires.
- 8 patients and 33 health professionals took part in the meetings.

- Patients and professionals largely agreed on which outcomes to include in the final core outcome set.
- All outcomes voted in by patients were also voted in by professionals. There was only one outcome that was voted in by professionals but not patients: “Reduction in risk of heart problems”.

The final core outcome set for bariatric surgery
Weight
Improvement in diabetes
Reduction in risk of heart problems
Overall quality of life (including mobility, ability to carry out usual activities, living a normal life, ability to do your work or take up work, feeling in control, self-esteem and self-confidence, depression, having a positive outlook on life and expectations for the future)
Death within 30 days of surgery or long-term
Complications of each operation
The need for another operation or invasive procedure to deal with a problem from the original surgery
Problems swallowing or bringing food back up
Problems with vitamin and mineral levels

Main conclusions and recommendations for practice

- This study developed a ‘core outcome set’ for bariatric surgery containing 9 key outcomes that were important to both patients and health professionals.
- The core outcome set can now be used in future research studies to ensure that the most important outcomes to patients and health professionals are measured and evaluated.
- This will provide future patients and health professionals with better information about the different operations so they can make the best decision for them.