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Lived Experience after Bariatric Surgery among Patients with Morbid Obesity in East Coast Peninsular Malaysia: A Qualitative Study

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Abstract

Living with morbid obesity is challenging since it affects various dimensions of life. Sustainable weight loss via bariatric surgery helps people suffering from morbid obesity to lead a healthy and meaningful life. This study highlights the challenges before bariatric surgery and the impact on one's life. A phenomenological approach was employed using in-depth interviews with 21 participants (15 females and 6 males) who had undergone surgery at least 6 months prior to the study with the mean age of 42.6 years. Due to excess body weight, the physical limitation had a

serious negative impact on their social life, making them targets of bias and stigmatisation. Surgery was the best option for them to attain sustainable weight loss and to lead a new life. However, a few participants struggled with the side effects of surgery. Five themes were discovered, namely, (1) social restraint; (2) experiencing bias and stigmatisation; (3) bringing new life; (4) boosting self-esteem; and (5) facing the negative side of surgery. This study serves as a platform to explore the difficulties faced by people with morbid obesity and the changes that the participants experienced after the surgery for future intervention to curb the rising number of people with morbid obesity. © 2022 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

bariatric surgery; lived experience; morbid obesity; obesity

Indexed keywords

MeSH

Adult; Bariatric Surgery; Female; Humans; Malaysia; Male; Obesity, Morbid; Qualitative Research; Weight Gain; Weight Loss

Regional Index

Malaysia

GEOBASE Subject Index

obesity; public health; qualitative analysis; weight

EMTREE medical terms

adult; Article; bariatric surgery; body weight loss; clinical article; controlled study; female; human; interview; Malaysia; male; morbid obesity; obesity stigma; personal experience; phenomenology; postoperative complication; postoperative period; qualitative research; self esteem; social control; social interaction; social life; thematic analysis; weight bias; body weight gain; epidemiology

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