



The effectiveness of the psychological empowerment program on self-efficacy and psychological well-being of women with a history of sleeve surgery

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Abstract

Aim: The present study aimed to determine the effectiveness of a psychological empowerment program on self-efficacy and psychological well-being of women with a history of Sleeve surgery. **Methods:** This quasi-experimental study used a pretest-posttest design with a control group and a 3-month follow-up period. Fifty women with a history of Sleeve surgery who referred to Parsian Hospital in Tehran from September 2020 to April 2021 were selected based on the inclusion criteria. Forty of them who were willing to participate in the study (with written consent) were randomly assigned to the experimental group (n=20) and the control group (n=20). All participants completed the Lifestyle Self-Efficacy Questionnaire and the Psychological Well-being Questionnaire at three stages. The psychological empowerment sessions were conducted in groups. The hypotheses regarding the effectiveness of the interventions were analyzed using repeated measures analysis of variance and Bonferroni post-hoc test. **Results:** The Bonferroni post-hoc test showed a significant difference between the pretest and posttest scores in the experimental group in terms of self-efficacy and psychological well-being (p<0.01), but no significant difference was found between the posttest and follow-up stages (p>0.05). No significant difference was found in the control group during the test stages (p>0.05). **Conclusion:** The results of this study suggest that the psychological empowerment program can be used as a psychological intervention to increase self-efficacy and psychological well-being in patients with a history of Sleeve surgery.

Keywords: Psychological empowerment, Psychological well-being, Sleeve surgery, Self-efficacy.

Introduction

Weight regain reduces people's self-efficacy in managing health behavior. In this regard, research shows that weight-related self-efficacy usually facilitates the continuation of obesity treatment and is one of the psychological constructs that prevents weight regain. People who experience large weight fluctuations typically have lower levels of self-efficacy. In general, it can be said that self-efficacy is an important factor that should be carefully considered in weight loss education and counseling programs, otherwise, the history of health education has shown that simply providing information about healthy and hygienic behavior is not enough (Bovet et al., 2018). One of the approaches that seems to be effective for treating these people is psychological empowerment. The main issue in empowerment is feeling empowered rather than having real power. This means that empowerment for some people means a sense of control over life and for others it means real control over life. Empowerment is a complex and multidimensional concept. Individuals with families are empowered when they gain a sense of control over their lives (Lim et al., 2022). Empowerment includes self-reliance, personal responsibility and self-care, and its concept is mostly used in relation to health behaviors. Feste and Anderson expressed the two words of empowerment and self-management in the context of health and treatment problems in a more specialized way. They described empowerment and self-management as an educational process to help patients to increase their knowledge, skills, attitude and reach a level of self-awareness that they can take responsibility for decision-making and participate in their own health. (Hashemian, 2018).

Therefore, the main question of the current research is whether the psychological empowerment program has an effect on the self-efficacy and psychological well-being of patients with a history of sleeve surgery.

Method

This quasi-experimental study used a pretest-posttest design with a control group and a 3-month follow-up period. Fifty women with a history of Sleeve surgery who referred to Parsian Hospital in Tehran from September 2020 to April 2021 were selected based on the inclusion criteria. Forty of them who were willing to participate in the study (with written consent) were randomly assigned to the experimental group (n=20) and the control group (n=20). All participants completed the Lifestyle Self-Efficacy Questionnaire and the Psychological Well-being Questionnaire at three stages. The psychological empowerment sessions were conducted in groups. The hypotheses regarding the effectiveness of the interventions were analyzed using repeated measures analysis of variance and Bonferroni post-hoc test.

Results

The Bonferroni post-hoc test showed a significant difference between the pretest and posttest scores in the experimental group in terms of self-efficacy and psychological well-being ($p < 0.01$), but no significant difference was found between the posttest and follow-up stages ($p > 0.05$). No significant difference was found in the control group during the test stages ($p > 0.05$).

Conclusion

During therapy sessions, attempts were made to increase self-efficacy beliefs in patients, as it affects cognitive, motivational, emotional, and volitional processes and human performance. Patients who have undergone sleeve gastrectomy surgery

and have high self-efficacy have more control over their emotional regulation, which helps them use more effective strategies such as positive refocusing and acceptance, positive reappraisal, and planning and re-evaluation, which affect their lives. On the other hand, self-efficacy affects the level of stress, psychological pressure, and depression resulting from threatening situations. Individuals with high self-efficacy reduce their level of psychological pressure in stressful situations. However, individuals with low self-efficacy experience high anxiety in controlling threats and expand their inefficiency, seeing many environmental aspects as dangerous and threatening, which can cause stress and psychological pressure on the individual (Coutinho et al., 2021).

In the present findings, it can be said that since this method has led to group therapy, the patient can learn from other members of the group in addition to the therapist and pattern their characteristics and behaviors in the field of self-care, which is therapeutically important. Since many patients believe that they are the only ones with a problem, this unique feeling exacerbates non-compliance with treatment. However, in group therapy, group members find social solidarity with each other by understanding similarities and calm down, which ultimately increases their self-care.

In another finding of the present study, it can be said that resilience is proposed as part of psychological capital that has a positive relationship with performance. The reason is that individuals with high resilience are adaptable to change and resistant to adversity, resulting in better performance in rapid environmental changes. Research shows that resilience increases positive abilities and reduces fear factors in individuals. Therefore, flexible and resilient individuals are in a better position to return from difficult or crisis situations.

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