

Jan 2025

Library &
Information
Service

Healthy Weight

Articles

Althumiri, N. A., Bindhim, N. F., Al-Rayes, S. A., & Alumran, A. (2024). [A systematic review exploring dietary behaviors, psychological determinants and lifestyle factors associated with weight regain after bariatric surgery](#). *Healthcare (Basel)*, 12(22), 2243. <https://doi.org/10.3390/healthcare12222243>

Ayres, T., Everitt, J., Wale, A., Okolie, C., Fox-McNally, A., Morgan, H., Shaw, H., Davies, J., Edwards, R.T., Edwards, A., Copper, A., Lewis, R., (2024). [What interventions are effective and cost-effective for supporting the health and well-being of people with obesity on healthcare waiting lists? A Rapid Review](#). medRxiv 2024.11.07.24316892; doi: <https://doi.org/10.1101/2024.11.07.24316892>

Bak, M., Campforts, B., Domen, P., Amelsvoort, T., & Drukker, M. (2024). [Glucagon-like peptide agonists for weight management in antipsychotic-induced weight gain: A systematic review and meta-analysis](#). *Acta Psychiatrica Scandinavica*, 150(6), 516–529. <https://doi.org/10.1111/acps.13734>

Blake, H. (2024). [Applying health promotion knowledge to self-care: Healthy eating and weight management for nurses](#). *Nursing Standard*, 39(11), 42–47. <https://doi.org/10.7748/ns.2024.e12393>

Bohler, H. (2024). [Obesity management in women](#). *The Nursing Clinics of North America*, 59(4), 593–609. <https://doi.org/10.1016/j.cnur.2024.08.005>

Breda, C., Chiarelli, A., Quarantelli, G., Conti, M. V., Madini, N., & Cena, H. (2024). [Comparative analysis of dietary vs. non-dietary approaches in obesity and disordered eating behaviors: A narrative review of the literature](#). *Eating and Weight Disorders*, 29(1), 74. <https://doi.org/10.1007/s40519-024-01702-3>

Carney, R., Law, H., El-Metaal, H., Hann, M., Shields, G., Savage, S., Small, I., Jones, R., Shiers, D., Macafee, G., & Parker, S. (2024). [A multidisciplinary weight management intervention for adults with severe mental illness in forensic psychiatric inpatient services \(Motiv8\): A single blind cluster-randomised wait-list controlled feasibility trial](#). *Frontiers in Psychiatry*, 15, 1457864. <https://doi.org/10.3389/fpsyg.2024.1457864>

Colombo, P. E., Wickramarachchi, M., Lakshmi, A., Kudlek, L., Ahern, A., Tait, S., Reid, N., Jones, R. A., & Smith, A. D. (2025). [The impact of behavioral weight management interventions on eating behavior traits in children with overweight or obesity: Systematic review and meta-analysis](#). *Obesity Reviews*, 26(1), e13839–n/a. <https://doi.org/10.1111/obr.13839>

We are
LSCft

Making Every Contact Count

Jan 2025

Library &
Information
Service



Cooke, S., 1, (AUTHOR), suzy.cooke1@nhs.net, Davies, L., Forrest, C., Pardoe, T., 2, Robson, C., 3, Swash, L., Taggart, R., Wilcockson, C., & Harland, J. (2024). [The virtual patient: A training tool for healthcare staff to have helpful conversations about healthy weight using a making every contact count \(MECC\) approach](#). *Lancet*, 404(Supplement 1), pS62–S62. [https://doi.org/10.1016/S0140-6736\(24\)02045-2](https://doi.org/10.1016/S0140-6736(24)02045-2)

De, R., Smith, E. C. C., Navagnanavel, J., Au, E., Maksyutynska, K., Papoulias, M., Singh, R., Panganiban, K. J., Humber, B., Mohr, G. H., Nielsen, M. Ø, Ebdrup, B. H., Remington, G., Agarwal, S. M., & Hahn, M. K. (2024). [The impact of weight gain on antipsychotic nonadherence or discontinuation: A systematic review and meta-analysis](#). *Acta Psychiatrica Scandinavica*, <https://doi.org/10.1111/acps.13758>

Guariente, S. M. M., Oliveira, A. C. N., Mesas, A. E., Oliveira, C. E. C., Reiche, E. M. V., Zazula, R., & Nunes, S. O. V. (2025). [Psychosocial hybrid interventions for weight and sedentary behavior management among patients with severe mental disorders: A systematic review and meta-analysis](#). *Journal of Psychiatric Research*, 181, 391–399. <https://doi.org/10.1016/j.jpsychires.2024.11.039>

Kemp, E., Aquino, M. R. J., Wilson, R., Vasiljevic, M., McBride, K., Robson, C., Faulkner, S., Loraine, M., Harland, J., Haughton, C., & Rodrigues, A. (2024). [Assessing fidelity of design and training of making every contact count \(MECC\) in a mental health inpatient setting](#). *BMC Public Health*, 24(1) <https://doi.org/10.1186/s12889-024-20774-5>

Kudlek, L., Eustachio Colombo, P., Ahern, A., Tait, S., Reid, N., Wickramarachchi, M., Lakshmi, A., Sharp, S. J., Spreckley, M., Mueller, J., & Jones, R. A. (2024). [The impact of behavioral weight management interventions on eating behavior traits in adults with overweight or obesity: A systematic review and meta-analysis](#). *Obesity Reviews*, e13871. <https://doi.org/10.1111/obr.13871>

Lamont, J. M., & Deines, L. E. (2024). [Associations among self-compassion, weight bias internalization, and self-reported psychological and physical health](#). *Stigma and Health* (Washington, D.C.), 9(4), 592–600. <https://doi.org/10.1037/sah0000440>

Leitão, M., Pérez-López, F. R., Marôco, J., & Pimenta, F. (2024). [Cognitive and behavioral weight management strategies during the menopausal transition: Insights from the menopause and weight loss \(ME-WEL\) project](#). *Maturitas*, 187, 108060. <https://doi.org/10.1016/j.maturitas.2024.108060>

Lund, L., Brautsch, L. A. S., Hoeeg, D., Pedersen, N. H., Thomsen, L. T., Larsen, M. N., Krstrup, P., Damsgaard, C. T., Toft, U., & Krølner, R. F. (2024). [Feasibility and acceptability of school-based intervention components to promote healthy weight and well-being among 6-11-year-olds in denmark: Mixed methods findings from the generation healthy kids feasibility study](#). *BMC Public Health*, 24(1), 3208–21. <https://doi.org/10.1186/s12889-024-20605-7>

We are
LSCft

Making Every Contact Count

Jan 2025

Library &
Information
Service



Lydecker, J. A., Zhang, Z., Larson, N., Loth, K. A., Wall, M., & Neumark-Sztainer, D. (2024). [Parental binge eating and child binge eating and Weight-Control behaviors: Cross-Sectional and longitudinal findings from the EAT 2010–2018 study.](#) *The International Journal of Eating Disorders*, 57(11), 2260–2268.
<https://doi.org/10.1002/eat.24284>

Martinelli, A., Leone, S., Zamparini, M., Carnevale, M., Caterson, I. D., Fuller, N. R., Calza, S., & de Girolamo, G. (2025). [Association of weight status and waist circumference with physical activity in people with schizophrenia spectrum disorders and healthy controls.](#) *Brain, Behavior, and Immunity*, 123, 1–10.
<https://doi.org/10.1016/j.bbi.2024.09.007>

Martinez Kercher, V. M., Watkins, J. M., Goss, J. M., Phillips, L. A., Roy, B. A., Blades, K., Dobson, D., & Kercher, K. A. (2024). [Psychological needs, self-efficacy, motivation, and resistance training outcomes in a 16-week barbell training program for adults.](#) *Frontiers in Psychology*, 15, 1439431. <https://doi.org/10.3389/fpsyg.2024.1439431>

Meadows, A. L., & Kim, A. (2024). [Pediatric medicine update: Controversies in pediatric weight management.](#) *Journal of the American Academy of Child and Adolescent Psychiatry*, 63(10), S30. <https://doi.org/10.1016/j.jaac.2024.07.153>

Micciche, N. J. (2024). [so do I prescribe wegov now? the child and adolescent psychiatrist's role in weight management.](#) *Journal of the American Academy of Child and Adolescent Psychiatry*, 63(10), S31. <https://doi.org/10.1016/j.jaac.2024.07.157>

Monti, K., Conkright, M. W., Eagle, S. R., Lawrence, D. W., & Dretsch, L. M. (2024). [The role of nutrition in mild traumatic brain injury rehabilitation for service members and veterans.](#) *NeuroRehabilitation* (Reading, Mass.), 55(3), 281–294.
<https://doi.org/10.3233/NRE-230241>

Nemati, S., Shojaeian, N., Bardel, M., Deetjen-Ruiz, R., Khani, Z., & McHugh, L. (2024). [Exploring the variables of the psychological well-being of mothers of children with autism spectrum disorder through self-compassion and psychological hardiness.](#) *Journal of Autism and Developmental Disorders*, 54(10), 3739–3744.
<https://doi.org/10.1007/s10803-023-06077-5>

Orange, S. T., Roebuck, J., Marshall, P., Madden, L. A., Vince, R. V., & Bell, B. T. (2024). ['I'm a failure again, I can't do it': Attitudes towards, and experiences of, exercise participation in adults with class III obesity.](#) *British Journal of Health Psychology*, 29(4), 943–957. <https://doi.org/10.1111/bjhp.12739>

Park, Y., Don, B. P., Mason, A. E., Prather, A. A., & Epel, E. S. (2024). [Daily social resources as a buffer against stress eating and its consequences.](#) *Health Psychology*, <https://doi.org/10.1037/hea0001389>

We are
LSCft

Making Every Contact Count

Jan 2025

Library &
Information
Service

Pierce, J. M., Stoody, V. B., Cwynar, C., Khan, S., & Bravender, T. (2024).

Multidisciplinary inpatient care for medically compromised youth and young adults with eating disorders. *The Psychiatric Times*, 41(11), 43.

Richards, K., Beattie, O., Hitch, D., & Pepin, G. (2024). **Occupational therapy in overweight and obesity care: Australian perspectives from a mixed methods study.**

Scandinavian Journal of Occupational Therapy, 31(1), 2432285.

<https://doi.org/10.1080/11038128.2024.2432285>

Role of weight management in long-term conditions; how GPNs, through the art of language and empathy, can support patients make healthy lifestyle changes. (2024).

Journal of General Practice Nursing, 10(3), 20.

Sarte, J., Arnel Esponilla, & Quinto, E. J. M. (2024). **Understanding the importance of weight management: A qualitative exploration of lived individual experiences.**

International Journal of Qualitative Studies on Health and Well-Being, 19(1), 2406099.

<https://doi.org/10.1080/17482631.2024.2406099>

Shannon, K., & Shyh, G. (2024). **Great expectations: Semaglutide as antidiabetic weight management in a psychiatric hospital.** *Journal of Pharmacy Practice*,

8971900241294122. <https://doi.org/10.1177/08971900241294122>

Simione, M., Ferreira, P., Luo, M., Hoover, C., Perkins, M., Fiechtner, L., & Taveras, E. M. (2024). **Psychometrics of the modified family-centered care assessment short version for childhood obesity.** *Health and Quality of Life Outcomes*, 22(1), 71–6.

<https://doi.org/10.1186/s12955-024-02284-5>

Toklu Baloglu, H., & Caferoglu Akin, Z. (2024). **A cross-sectional descriptive analysis of technology addiction in adolescents: Associations with food addiction, emotional eating, and body weight status.** *Journal of Health, Population and Nutrition*, 43(1), 187–10. <https://doi.org/10.1186/s41043-024-00675-4>

Türkmen, İ. (2024). **Intermittent fasting: Effects on weight loss, metabolic health, and cognitive function – A systematic review.** *Next Generation Journal for the Young Researchers*, 8(1), 65. <https://doi.org/10.62802/d0xg2122>

Vidal, N., Brunet-Gouet, E., Frileux, S., Aubin, V., Belzeaux, R., Courtet, P., D'Amato, T., Dubertret, C., Etain, B., Gard, S., Haffen, E., Januel, D., Leboyer, M., Lefrere, A., Llorca, P., Marlinge, E., Olié, E., Polosan, M., Schwan, R., . . . Roux, P. (2024). **Exploring the association between residual mood symptoms and Self-Reported side effects in the euthymic phase of bipolar disorders: A Cross-Sectional network analysis.** *Depression and Anxiety*, 2024(1) <https://doi.org/10.1155/2024/3375145>

We are
LSCft

Making Every Contact Count

Jan 2025

Library &
Information
Service



Wadden, T. A., Brown, G. K., Egebjerg, C., Frenkel, O., Goldman, B., Kushner, R. F., McGowan, B., Overvad, M., & Fink-Jensen, A. (2024). [Psychiatric safety of semaglutide for weight management in people without known major psychopathology: Post hoc analysis of the STEP 1, 2, 3, and 5 trials.](#) *JAMA Internal Medicine*, 184(11), 1290–1300. <https://doi.org/10.1001/jamainternmed.2024.4346>

Wahi, G., Marjerrison, S., Gill, S., Krasevich, K., Morrison, K. M., & Thabane, L. (2024). [Addressing unmet social needs of children with obesity: A pilot randomized controlled trial.](#) *Pilot and Feasibility Studies*, 10(1), 141–8. <https://doi.org/10.1186/s40814-024-01570-9>

Yang, Y., & Xing, Z. (2024). [Depressive symptoms and metabolic dysregulation control: A closer look at control challenges in T2DM patients.](#) *Depression and Anxiety*, 2024(1) <https://doi.org/10.1155/2024/7115559>

Yuan, T. Y., Bouzari, N., Bains, A., Cohen, T. R., & Kakinami, L. (2024). [Weight-control compensatory behaviors patterns and correlates: A scoping review.](#) *Frontiers in Psychology*, 15, 1383662. <https://doi.org/10.3389/fpsyg.2024.1383662>

Zhang, Q., Qiu, M., Guo, L., Li, Y., Xie, Z., Yang, W., Ouyang, L., Yin, J., Zhou, Y., Fu, M., Ding, Y., & Wang, Z. (2024). [Association between maternal weight perception before and during pregnancy and postpartum depression status in southern china.](#) *Nutrients*, 16(21), 3696. <https://doi.org/10.3390/nu16213696>

Zhang, R., Yin, Y., Zhang, Y., Feng, Y., Meng, H., Wang, J., Zhang, M., & Zhang, J. (2024). [Physical activity, weight management, and mental health during COVID-19 lockdown: A cross-sectional study of healthcare students in china.](#) *PLoS One*, 19(10), e0302894. <https://doi.org/10.1371/journal.pone.0302894>

Zhang, Y., Gan, X., Zhou, C., Ye, Z., He, P., Liu, M., Zhang, Y., Yang, S., & Qin, X. (2024). [Relationship of regular laxative use, genetic susceptibility of depression, and risk of incident depression in the general population.](#) *Depression and Anxiety*, 2024(1) <https://doi.org/10.1155/2024/6863037>

Evidence-Based Summary

Evaluating 'making every contact count' programmes.

Carried out by Stephen Reid from NELFT on 1/11/2024

https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_downloader&RequestID=53384

[This evidence search report includes an evaluation guide for MECC programmes from Public Health England, and an evaluation report of the Wessex Making Every Contact Count (MECC) Pilot; these may offer the most practical evidence. The guidance from

We are
LSCft

NICE on evaluating behaviour change interventions may be of value in a more general way.

The scoping review and small number of original studies offer further contextual evidence of the ways in which MECC has been evaluated within different settings.]
Available with an NHS OpenAthens password

Access to articles

You may need to login with your [OpenAthens](#) account to view some of the full text links in this bulletin.

LibKey Nomad browser extension gives you fast, one-click access to scholarly articles. Download [Libkey Nomad](#) to your browser to see if these articles are available

If you would like to read any of the articles in this bulletin which do not have links to the full text please request them from the library: academic.library@lscft.nhs.uk

Jan 2025

Library &
Information
Service



The Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW