

# Review of: "Obesity and life events: the hypothesis of psychological phenotypes"

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The paper gives an overview of the literature on psychological factors associated with obesity and aims to highlight some specific individual traits that need to be assessed in clinical intervention for weight reduction. The topic is timely, and I share with the author the clinical need to assess (and treat) psychological factors associated with obesity with a broader approach that includes the psychological processes influencing weight gain or eating disorder. Often psychological aspects are underestimated in their role in obesity/eating disorders and therefore undertreated. This paper could be informative for health psychologists active in this setting and may outline some clinical pitfalls in interdisciplinary cooperation. The more critical point that could stimulate the debate might be that psychotherapy could be considered the gold standard for people with assessed trauma experience or psychological disturbances linked to eating disorders. Of course, an integrated approach (with endocrinology, nutrition medicine) is mandatory but surgery might be seen as the last option due to the risk of implementing displacement/avoidance defence mechanisms and reinforcing body image issues.

I, therefore, suggest that the author sharpen the narrative of the text to form a viewpoint, more focused on clinically relevant issues (preventive psychotherapy intervention, shared communication and shared decision-making, post-surgery psychological follow-up). In this line, the terminology employed should be narrowed, the employment of the term "phenotype" (even though it sounds "scientific") is confusing with the existing clinical health psychology literature. The narrative review of the evidence should be strengthened throughout all the text. A table presenting and summarizing clinical recommendations would help the reader. Data collected through clinical activity are not informing as presented and should be removed. The final section on psychotherapeutic intervention needs to be more inclusive of the variety of approaches that have proven efficacy for these patients (i.e. <https://www.nature.com/articles/0801709>): defining which therapy works for whom may be a particular point of interest.