



2017

# A systematic review of weight-related communication trainings for physicians: What do we know and how can we inform future development of training programs?

Jean M. Reading  
*Virginia Commonwealth University*

Morgan Snell  
*Virginia Commonwealth University*

Jessica G. LaRose  
*Virginia Commonwealth University*

Follow this and additional works at: <https://scholarscompass.vcu.edu/gradposters>

 Part of the [Health Communication Commons](#), and the [Health Psychology Commons](#)

## Downloaded from

Reading, Jean M.; Snell, Morgan; and LaRose, Jessica G., "A systematic review of weight-related communication trainings for physicians: What do we know and how can we inform future development of training programs?" (2017). *Graduate Research Posters*. Poster 14.

<https://scholarscompass.vcu.edu/gradposters/14>

**A systematic review** of weight-related communication trainings for physicians: What do we know and how can we inform future development of training programs?

Jean M. Reading, Morgan Snell, & Jessica Gokee LaRose, Virginia Commonwealth University School of Medicine

It is reported that physicians lack training to address weight-related concerns with patients. To overcome this, training programs have been implemented in medical settings to prepare physicians to have conversations with patients. However, it is unclear the degree of consistency among existing training programs and factors associated with better outcomes. The objective of this study was to systematically review the existing literature in this area to determine differences in content, outcomes, and implementation of existing studies that test weight-related communication training programs for physicians.

A systematic literature review of online databases including PubMed, PsycINFO, and Proquest was conducted with the assistance of a librarian. Search terms included: health communication, training, physician training, weight, and obesity. Studies were selected based on the following inclusion criteria: physicians are post-graduate medical doctors; trainings encompassed weight-related communication; and outcomes were tied to physician uptake of skills, knowledge, and self-efficacy, or patient-related outcomes. Two coders reviewed studies using detailed inclusion criteria. Disagreements were resolved by consensus among authors.

Half of studies assessed outcomes in both patients and physicians. Trainings including motivational interviewing (MI) assessing patient outcomes found increases in patient knowledge, satisfaction, motivation, and weight loss, respectively. Whereas, non-MI trainings assessing patient outcomes found an increase in patient weight loss, confidence and motivation, or no changes in patient outcomes.

This review was the first to examine programs aimed to teach physicians to communicate with patients about weight. Future studies should examine the effect of physician communication on BMI.

### References

- Bennett, G. G., P. Foley, E. Levine, J. Whiteley, S. Askew, D. M. Steinberg, B. Batch, M. L. Greaney, H. Miranda, T. H. Wroth, M. G. Holder, K. M. Emmons & E. Puleo (2013) Behavioral treatment for weight gain prevention among black women in primary care practice: a randomized clinical trial. *JAMA Intern Med*, 173, 1770-7.
- Bravender, T., J. A. Tulskey, D. Farrell, S. C. Alexander, T. Østbye, P. Lyna, R. J. Dolor, C. J. Coffman, A. Bilheimer, P. H. Lin & K. I. Pollak (2013) Teen CHAT: Development and utilization of a web-based intervention to improve physician communication with adolescents about healthy weight. *Patient Educ Couns*, 93, 525-31.
- Burton, A. M., A. A. Agne, S. M. Lehr, N. J. Davis, L. L. Willett & A. L. Cherrington (2011) Training residents in obesity counseling: incorporating principles of motivational interviewing to enhance patient centeredness. *J Grad Med Educ*, 3, 408-11.

- Burton, A. M., C. M. Brezaussek, A. A. Agne, S. L. Hankins, L. L. Willett & A. L. Cherrington (2016) Evaluation of a workshop to improve residents' patient-centred obesity counselling skills. *Postgrad Med J*, 92, 455-9.
- Christian, J. G., T. E. Byers, K. K. Christian, M. G. Goldstein, B. C. Bock, B. Prioreshi & D. H. Bessesen (2011) A computer support program that helps clinicians provide patients with metabolic syndrome tailored counseling to promote weight loss. *J Am Diet Assoc*, 111, 75-83.
- Davis, C., K. Patte, R. Levitan, C. Reid, S. Tweed & C. Curtis (2007) From motivation to behaviour: a model of reward sensitivity, overeating, and food preferences in the risk profile for obesity. *Appetite*, 48, 12-9. Epub 2006 Jul 26.
- Finkelstein, E. A., J. G. Trogon, J. W. Cohen & W. Dietz (2009) Annual medical spending attributable to obesity: payer-and service-specific estimates. *Health Aff (Millwood)*, 28, w822-31.
- Goldberg, A., K. S. Rickler, G. Sullivan & M. Nothnagle (2012) Putting residents in the driver's seat: a new approach to teaching group medical visits. *Fam Med*, 44, 431-5.
- Jay, M., S. Schlair, R. Caldwell, A. Kalet, S. Sherman & C. Gillespie (2010) From the patient's perspective: the impact of training on resident physician's obesity counseling. *J Gen Intern Med*, 25, 415-22.
- Lin, P. H., W. S. Yancy, K. I. Pollak, R. J. Dolor, J. Marcello, G. P. Samsa, B. C. Batch & L. P. Svetkey (2013) The influence of a physician and patient intervention program on dietary intake. *J Acad Nutr Diet*, 113, 1465-75.
- Perrin, E. M., J. C. Vann, S. Lazorick, A. Ammerman, S. Teplin, K. Flower, S. E. Wegner & J. T. Benjamin (2008) Bolstering confidence in obesity prevention and treatment counseling for resident and community pediatricians. *Patient Educ Couns*, 73, 179-85.
- Pollak, K. I., C. J. Coffman, J. A. Tulskey, S. C. Alexander, T. Østbye, D. Farrell, P. Lyna, R. J. Dolor, A. Bilheimer, P. H. Lin, M. E. Bodner & T. D. Bravender (2016a) Teaching Physicians Motivational Interviewing for Discussing Weight With Overweight Adolescents. *J Adolesc Health*, 59, 96-103.
- Pollak, K. I., P. Nagy, J. Bigger, A. Bilheimer, P. Lyna, X. Gao, M. Lancaster, R. C. Watkins, F. Johnson, S. Batish, J. A. Skelton & S. Armstrong (2016b) Effect of teaching motivational interviewing via communication coaching on clinician and patient satisfaction in primary care and pediatric obesity-focused offices. *Patient Educ Couns*, 99, 300-3.
- Pollak, K. I., J. A. Tulskey, T. Bravender, T. Østbye, P. Lyna, R. J. Dolor, C. J. Coffman, A. Bilheimer, P. H. Lin, D. Farrell, M. E. Bodner & S. C. Alexander (2016c) Teaching primary care physicians the 5 A's for discussing weight with overweight and obese adolescents. *Patient Educ Couns*, 99, 1620-5.
- Rueda-Clausen, C. F., E. Benterud, T. Bond, R. Olszowka, M. T. Vallis & A. M. Sharma (2014) Effect of implementing the 5As of obesity management framework on provider-patient interactions in primary care. *Clin Obes*, 4, 39-44.
- Shue, C. K., J. K. Whitt, L. Daniel & C. B. Shue (2016) Promoting conversations between physicians and families about childhood obesity: evaluation of physician communication training within a clinical practice improvement initiative. *Health Commun*, 31, 408-16.
- Talwalkar, A. & F. McCarty (2016) Characteristics of Physician Office Visits for Obesity by Adults Aged 20 and Over: United States, 2012. *NCHS Data Brief*, 1-8.