

Dear Psychiatrist/Psychologist,

Thank you for taking the time to see our patients for a pre-operative psychological evaluation for bariatric surgery. Elements that we use in screening patients for bariatric surgery include:

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|---------------------------------------|--|
| 1. Intake Assessment:                 | Social network: Marital status / children / current living situation |
| Identifying data                      | Medical History (Include emergencies, head trauma, etc.)             |
| Reason for pursuing surgery           | Allergies  |
| History of present illness            | Family History   |
| Weight loss history                   | Medications  |
| Typical eating patterns               | Social and development history                                       |
| Exercise and leisure time activities  | Abuse / Neglect history  |
| Coping skills                         | Education  |
| Substance abuse                       | Employment   |
| Prescription and OTC medication/herbs | Legal history  |
| Alcohol and related substances        |  |
| Nicotine                              | 2. MMPI  |
| Caffeine/Pop                          |  |
| Gambling/Shopping                     | 3. Summary of current findings                                       |
| Psychiatric History                   |  |
| Mental Status                         | 4. Emotional Stability   |
| Appearance / Behavior                 |  |
| Mood and affect                       | 5. Conclusions and recommendations                                   |
| Thought content                       |  |
| Thought process                       | 6. Follow-up visit to discuss the results of the MMPI or other test. |
| Level of functioning                  |  |

The evaluation must confirm that the patient is emotionally stable to proceed with the surgery, cognitively capable of understanding the risks and realistic goals of the surgical procedure, and prepared to comply with long-term aftercare and with the behavioral changes expected after surgery. We feel that it is important that our patients establish a relationship with a mental health provider prior to surgery since the changes they experience post-operatively can be overwhelming. Therefore, having an established relationship is essential to help them cope effectively with these life-altering changes.

Sincerely,

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University of Minnesota Medical Center, Fairview  
Department of Surgery  
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Please fax the evaluation to 612-625-3206