



# Incidence and Outcomes of Exposure to Trauma in a Behavioral Weight Loss Sample

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## Introduction

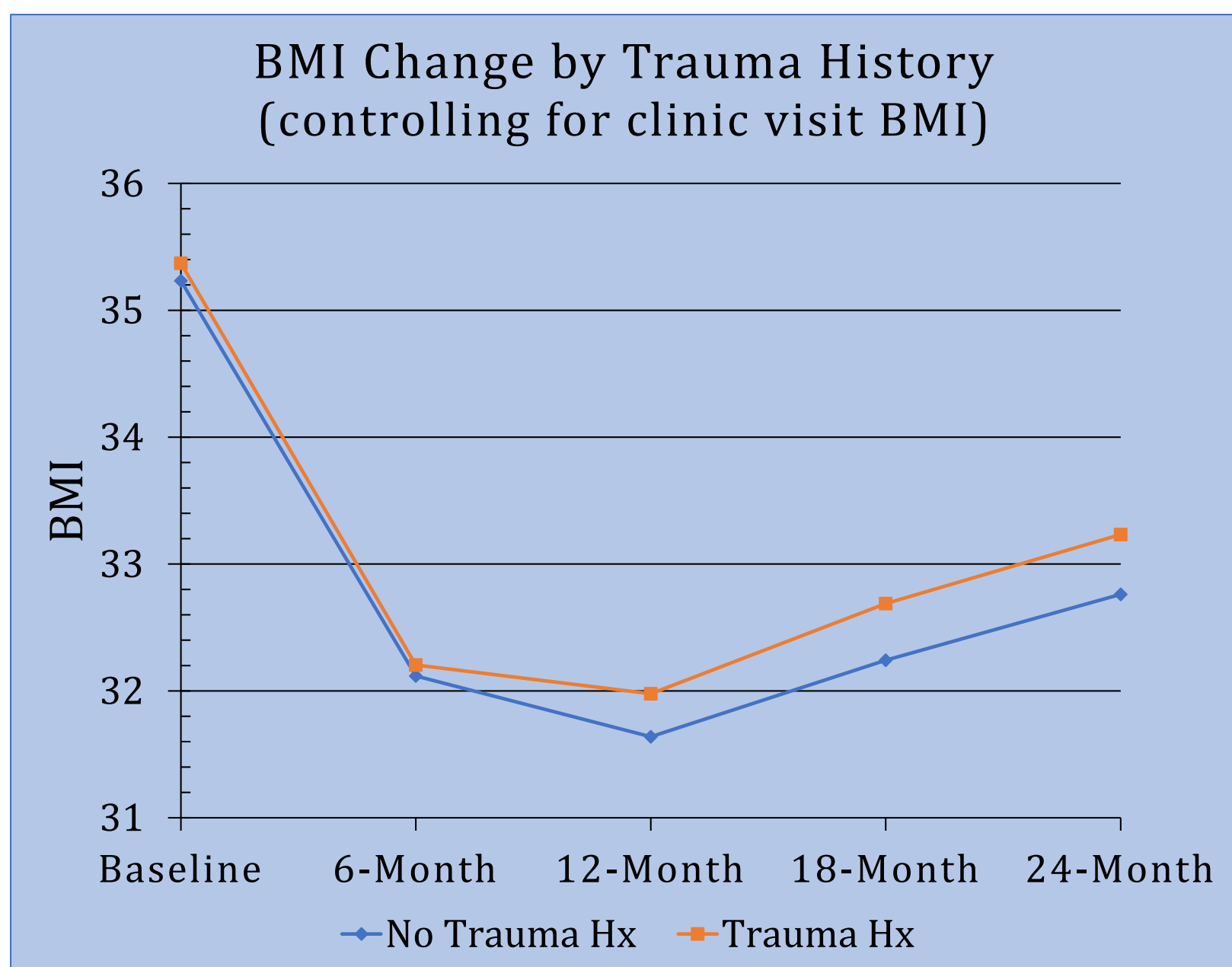
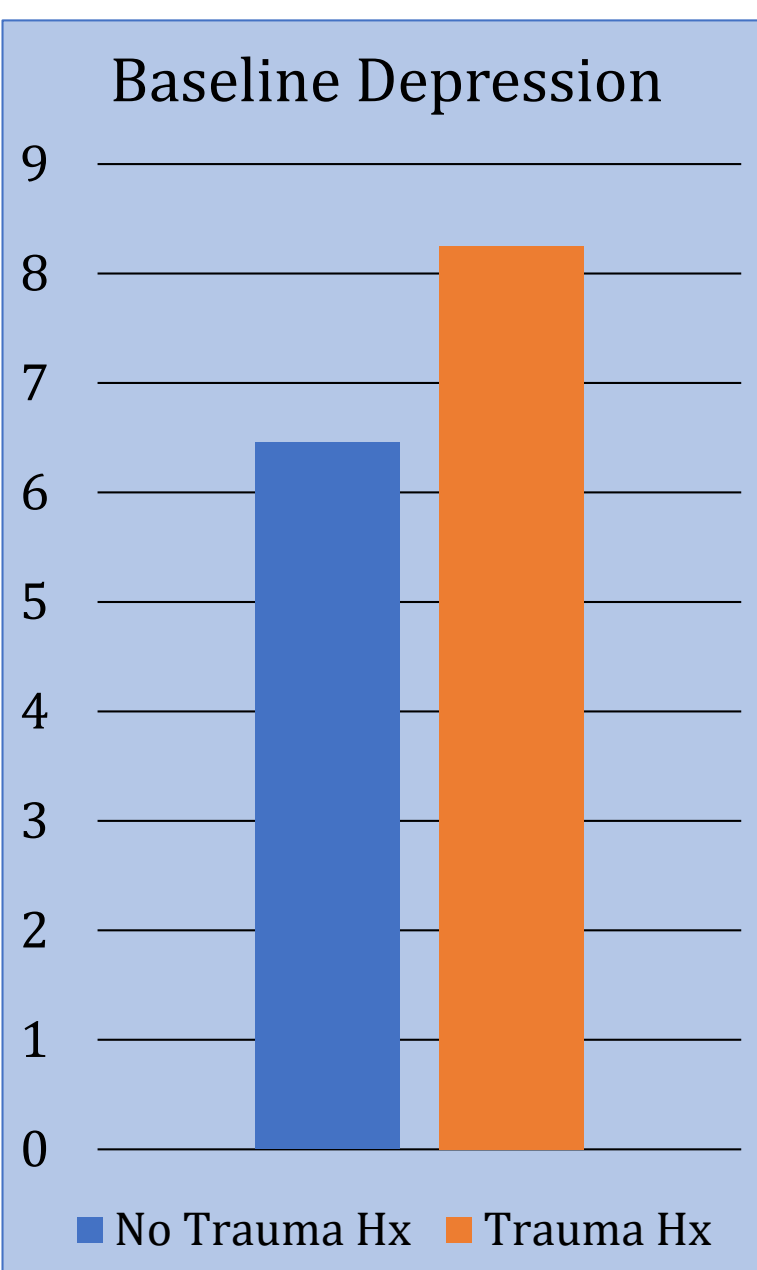
- Trauma history is linked to elevated risk of obesity in longitudinal studies.
- Research on trauma and behavioral weight loss (BWL) outcomes is limited and mixed.
- Depression symptoms significantly predict weight loss outcomes and are associated with trauma history.
- Aim: To investigate relationships between trauma history, weight loss, and depressive symptoms in women during BWL.

## Methods

- Overweight and obese adults were enrolled in a BWL program in Philadelphia (n=445).
- Very few men endorsed trauma (n=7) and were excluded.
- Measures: Sexual and physical trauma (Yes/No) assessed by Weight and Lifestyle Inventory; Depression assessed by Beck Depression Inventory.
- 20% of women in the sample (n=70) endorsed trauma.

## Results

- Participants with trauma reported higher depressive symptoms at baseline (p=.034), and higher depressive symptoms were associated with smaller weight losses at 24-months (p=.028).
- There was a trend-level association (p=.051) between weight change over time and trauma history when controlling for baseline BMI.
- When also controlling for baseline depression, this effect no longer approached significance (p=.105).



## Conclusion

- Trauma showed a trend-level association with weight loss trajectory.
- When controlling for depressive symptoms, this effect disappeared.
- Future research should seek to clarify trauma-related factors that may make weight control challenging (such as recency, symptom severity, treatment history, and type).

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