

Abstract

Introduction: Obesity has become a global issue with an increasing prevalence. It is a condition that burdens healthcare systems and reduces the quality of life for patients. It predisposes individuals to various chronic complications, which account for more than 50% of deaths worldwide. One such complication of obesity is obstructive sleep apnea (OSA). The incidence of psychiatric disorders, which are more common in obese individuals compared to the healthy population, is also on the rise.

Objectives: The main objective of the theoretical part was to understand the complex relationships between obesity and psychiatric disorders, and between obesity and sleep apnea. The practical part focused on the impact of these two comorbidities on weight loss during the first year after bariatric surgery.

Methodology: The research sample consisted of 58 patients monitored at the III. Internal Clinic of the General University Hospital in Prague, who underwent bariatric surgery between 2018 and 2023. Data on patients' maximum weight, weight at the time of surgery, and weight at 3, 6, and 12 months post-surgery were collected. Patients were divided into groups based on the presence of OSA and depression. Weight loss between groups with comorbidities and the control group without these diagnoses was compared using paired t-tests at a significance level of 0.05.

Results: The study did not demonstrate statistically significant differences in weight loss between patients with OSA and the control group, nor between patients with depression and the control group. Repeating the research with a larger sample size might be considered.

Keywords: Bariatric surgery, depression, obstructive sleep apnea, weight loss