

# Postgraduate Diploma

## Obesity Comorbidities and Prevention. Psychological Aspects





## Postgraduate Diploma Obesity Comorbidities and Prevention. Psychological Aspects

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-obesity-comorbidities-prevention-psychological-aspects](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-obesity-comorbidities-prevention-psychological-aspects)

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# 01

# Introduction

With this high-level training, the student will acquire the necessary professional competencies for an updated and quality praxis based on the latest scientific evidence in Obesity.

A unique opportunity to specialize in Obesity Comorbidities and Prevention, from experts with extensive experience in the sector.







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*Improve the quality of care for your patients  
with this innovative training in Obesity”*

Obesity, the true epidemic of the 21st century until the arrival of COVID-19, represents a major global health problem. The WHO estimates that it could affect 650 million people worldwide, with a mortality rate of some 2.8 million people each year.

It is a heterogeneous syndrome whose pathophysiology and etiopathogenesis (genetics, epigenetics, new hormonal control mechanisms, nutrigenomics, microbiomics, etc.) are continuously advancing. These advances are allowing us to better understand the factors that affect the processes involved in energy homeostasis and in the development of obesity.

Obesity is a permanent focus of concern due to the ever-increasing number of cases and the related comorbidities. These lead to a significant increase in death, especially from cardiovascular illnesses and cancer. Furthermore, the various medical and surgical treatments available and the exponential increase in health care costs related to obesity also makes it a focus of attention.

With this in mind, preventing obesity is essential. Through the use of a multidisciplinary approach, the aim is to implement lifestyle changes, especially physical activity and dietary patterns, and should be introduced as early on in the process as possible.

Professionals should know how to correctly diagnose obesity and the associated complications and propose appropriate treatment strategies for the three main areas of action: nutrition, physical exercise and attitudes towards food. Drugs and bariatric surgery may be added to this list for patients who demonstrate appropriate indications for such treatments.

In the last decade, there have been enormous advances in the understanding of obesity. This has brought Precision Medicine to the forefront of treatment, requiring the professional to be adequately prepared to provide new therapeutic responses. The enormous development of new technologies such as health apps, brought about by COVID-19, allows patient empowerment and decision support.

This **Postgraduate Diploma in Obesity Comorbidities and Prevention. Psychological Aspects** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ Practical cases presented by experts in Obesity
- ◆ The graphic, schematic, and eminently practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ◆ The latest information on Obesity
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ A special emphasis on innovative methodologies in Obesity
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work.
- ◆ Content that is accessible from any fixed or portable device with an internet connection



*This training is the best option you can find to specialize in Obesity Comorbidities and Prevention. Psychological Aspects”*

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*This Postgraduate Diploma is the best investment you can make when selecting an up-to-date program for two reasons: in addition to updating your knowledge of Obesity, you will obtain a qualification endorsed by the largest digital university in the world. TECH Technological University"*

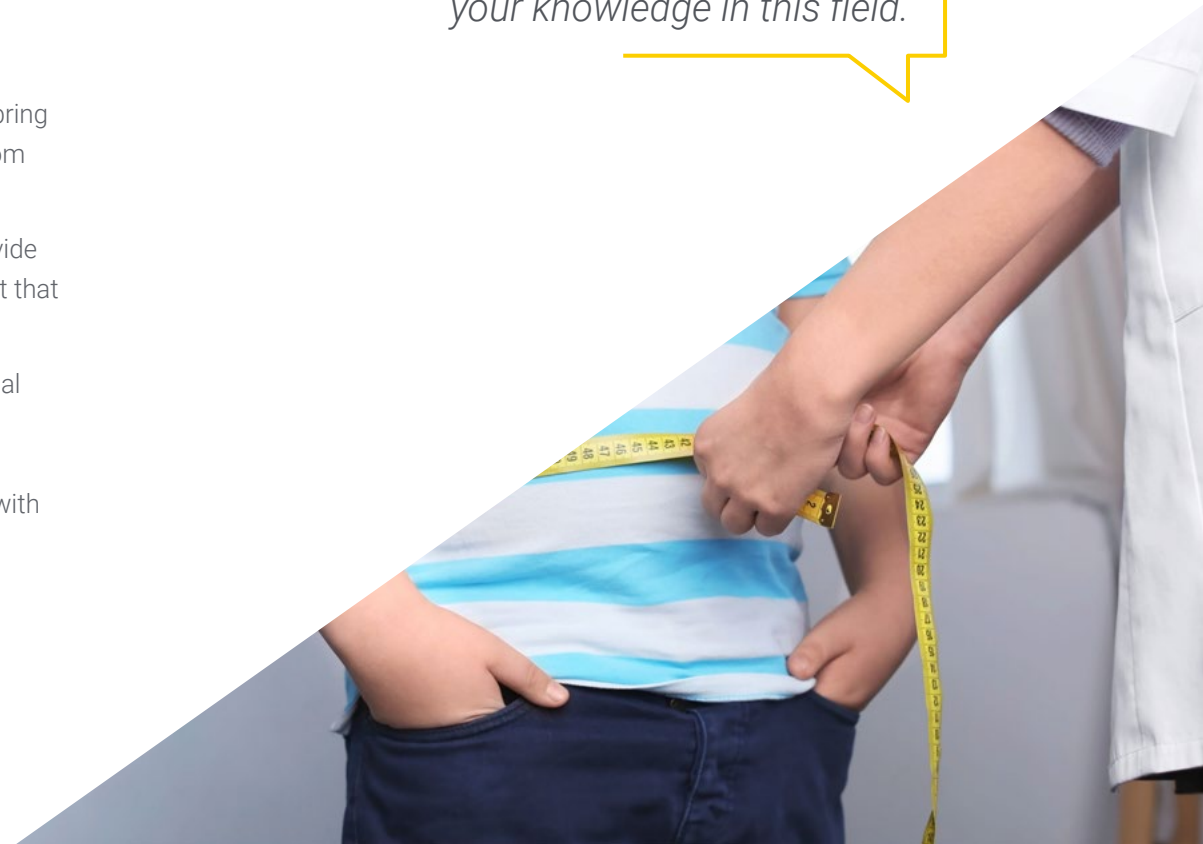
Its teaching staff includes professionals belonging to the field of psychology, who bring to this training the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Obesity with extensive medical experience.

*Step up and join the team. You will find the best educational material to enhance your studies.*

*This 100% online Postgraduate Diploma will allow you to combine your studies with your professional work while increasing your knowledge in this field.*



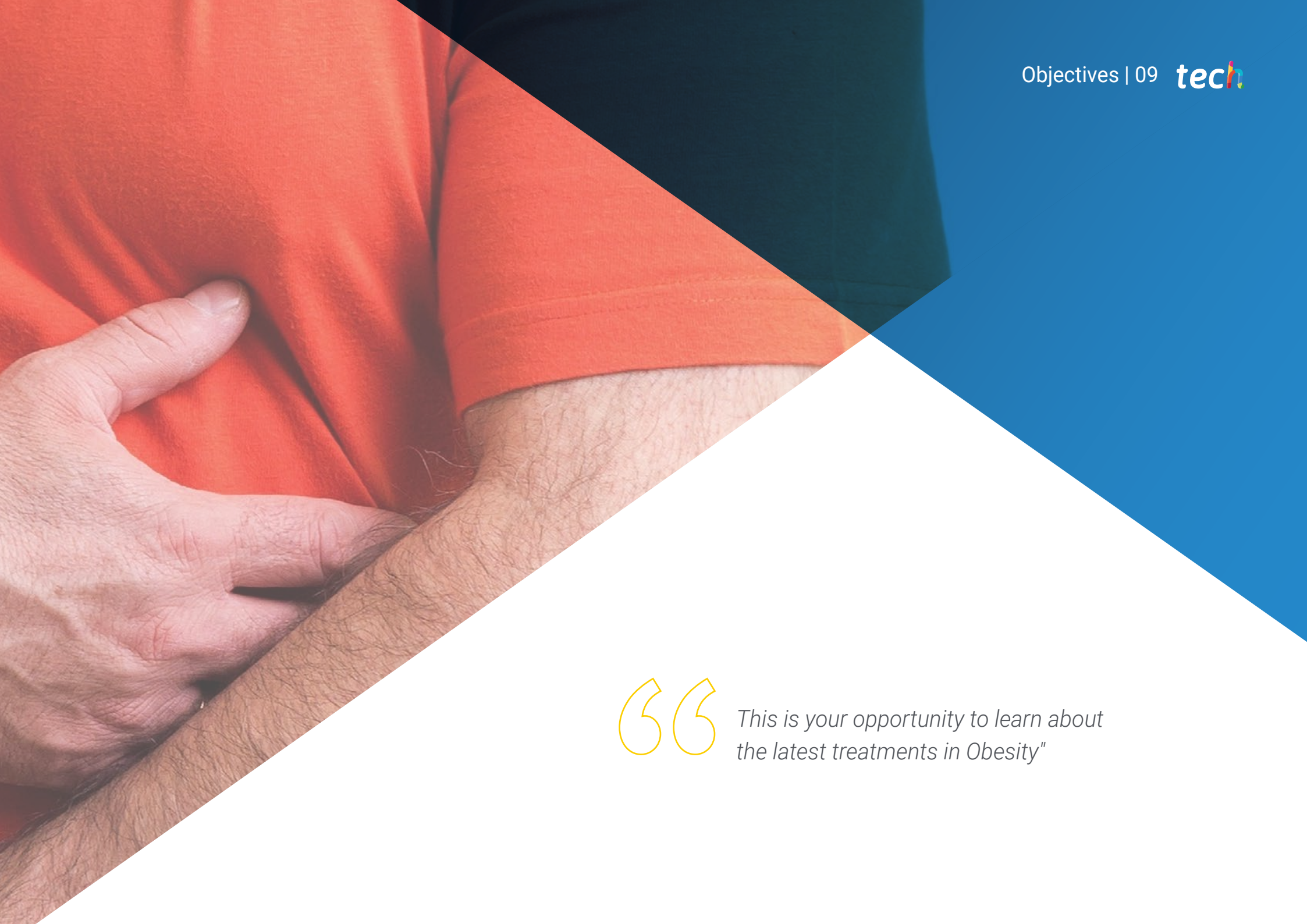


# 02 Objectives

This Postgraduate Diploma in Obesity Comorbidities and Prevention. Psychological Aspects is aimed at facilitating the medical professional's performance with the latest advances and most innovative treatments in the sector.







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*This is your opportunity to learn about the latest treatments in Obesity”*



## General objectives

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- ◆ Update the physician's knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and adult pathologies, where nutrition plays a fundamental role in treatment
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- ◆ Encourage professional stimulation through continuous education and research



*Take advantage of the opportunity and take the step to get up to date on the latest developments in Obesity Studies*





## Specific objectives

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### Module 1. The Comorbidities of Obesity

- ◆ Familiarize yourself with the concept of comorbidity associated with obesity
- ◆ Gain a deeper understanding of the pathophysiology of these comorbidities
- ◆ Study the different endocrine-metabolic and cardiovascular comorbidities
- ◆ The close relationship between type 2 diabetes mellitus and obesity has led to the emergence of the term "diabesity". This module identifies this relationship and how obesity, mainly visceral, is a cause of insulin resistance, like type 2 diabetes. The risk of suffering from diabetes increases in direct proportion to the magnitude of body overweight
- ◆ Identify the pathophysiological mechanisms linking hypertension to obesity
- ◆ Recognize the relationship between lipid disorders and obesity, especially atherogenic dyslipidemia
- ◆ Specialize in the non-metabolic and non-cardiovascular comorbidities associated with obesity, especially respiratory, digestive comorbidities etc
- ◆ Review of the basic concepts on the available scientific evidence of these pathologies, especially the relationship between obesity and cancer
- ◆ Finally, we will review the most up-to-date knowledge on COVID-19 infection in obese patients

### Module 2. Prevention of Obesity and its Comorbidities

- ◆ Identify the high prevalence of overweight and obesity in childhood and its importance because of the association with other diseases, such as hypertension and diabetes
- ◆ Establish recommendations for a healthier lifestyle which helps prevent overweight and obesity in childhood
- ◆ Analyze peculiarities in obesity in women

- ◆ Review the costs of obesity in different countries and the strategies for obesity prevention in different health systems
- ◆ Focus on the interaction between obesity and type 2 diabetes mellitus
- ◆ Gain a comprehensive understanding of the therapeutic approach, insisting on the importance of a multidisciplinary approach

### Module 3 Psychological and Psychiatric Aspects of Obesity

- ◆ Obtain an overview of the contributions from the psychological field, aimed at increasing the chances of success in multidisciplinary intervention in overweight and obesity
- ◆ Conduct a brief historical review of the different social and cultural considerations of the phenomenon of obesity from prehistoric times to the present day
- ◆ Recognize the major comorbid psychiatric disorders associated with obesity and the psychopathology related to eating disorders
- ◆ Gain a deeper understanding of the management of a binge eating disorder and its relationship with obesity and overweight
- ◆ Learn techniques to encourage a change in the patients in terms of living a healthier lifestyle
- ◆ Broaden knowledge of psychological examinations before and after bariatric surgery
- ◆ Present the psychotherapeutic approach from the cognitive behavioral therapy point of view, which has been demonstrated as being the most effective treatment for addressing obesity in both adults and children
- ◆ Emphasize the importance of early detection of psychological and educational variables that contribute to the development of eating disorders and obesity in order to carry out preventative activities



03

# Course Management

The program's teaching staff includes leading experts in Obesity who contribute their vast work experience to this training program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.







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*Leading professionals in the field  
have come together to teach you  
the latest advances in Obesity”*

## Management



### Dr. Puigdevall Gallego, Víctor

- ◆ Doctor of Medicine and Surgery.
- ◆ Specialist in Endocrinology and Nutrition in Soria Hospital Complex.
- ◆ Associate Professor in Valladolid University (academic courses 2005-2021)

## Professors

### Mr. Ortega Sanchez, Higinio

- ◆ Degree in Medicine and Surgery
- ◆ Specialist in Endocrinology and Nutrition at Marqués de Valdecilla (Santander)

### Ms. León Tellez, Marta

- ◆ Degree in Medicine and Surgery
- ◆ Specialist in Internal Medicine in Soria Hospital Complex.

### Ms. Cepero Andrés, Ana Belén

- ◆ Specialist in Clinical Psychology at Soria Hospital Complex.
- ◆ Associate Professor at the University of Valladolid (2009-2010) and at the Complutense University of Madrid (2014-2015).
- ◆ Degree in Psychology.





# 04

# Structure and Content

The structure of the content has been designed by leading professionals in the Obesity Sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new technologies applied to anesthesiology.







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*This Postgraduate Diploma contains the most complete and up-to-date scientific program on the market”*

## Module 1. The Comorbidities of Obesity

- 1.1. Diabetes Mellitus type 2 and Obesity
  - 1.1.1. Diabesity.
  - 1.1.2. Pathophysiology
  - 1.1.3. Prediabetes.
- 1.2. Arterial Hypertension and Obesity
  - 1.2.1. Mechanisms
- 1.3. Dyslipidemia and Obesity
  - 1.3.1. Atherogenic Dyslipidemia.
  - 1.3.2. Pathogenesis.
- 1.4. Metabolic Syndrome. Heart Disease Peripheral Vascular Disease and Peripheral Venous Insufficiency
  - 1.4.1. Diagnostic Criteria in Metabolic Syndrome.
- 1.5. Obesity and Cancer
  - 1.5.1. Molecular Mechanisms.
- 1.6. Respiratory Disorders and Obesity.
  - 1.6.1. Apnea-Hypopnea Syndrome Associated with Obesity.
  - 1.6.2. Obesity Hypoventilation Syndrome.
  - 1.6.3. Bronchial Asthma.
- 1.7. Digestive Diseases and Obesity.
  - 1.7.1. Non-alcoholic Steatohepatitis.
  - 1.7.2. Gastroesophageal Reflux Diseases.
  - 1.7.3. Cholelithiasis
- 1.8. Hypothalamic-Pituitary-Gonadal Axis and Obesity.
- 1.9. Other Pathologies Associated with Obesity (, etc.)
- 1.10. Obesity and the COVID-19 Pandemic.

## Module 2. Prevention of Obesity and its Comorbidities

- 2.1. Childhood Obesity.
- 2.2. Prevention of Childhood Obesity: (i) Importance of Physical Exercise.
- 2.3. Prevention of Childhood Obesity: (ii) Importance of Education and Treatment.
- 2.4. Women and Weight Control.
- 2.5. Strategies for the Prevention of Obesity and Overweight.
  - 2.5.1. International Strategies.
- 2.6. The Heart and Diabetes.
  - 2.6.1. Evaluation of Cardiovascular Risk.
- 2.7. Basis of the Therapeutic Approach.
- 2.8. Multidisciplinary Team in Obesity Treatment.
- 2.9. Health Service Costs of Obesity.
- 2.10. Cities and Obesity: City Alliance Against Obesity.

## Module 3. Psychological and Psychiatric Aspects of Obesity.

- 3.1. Body Image, Social Stereotypes and the Stigmatization of Obesity
  - 3.1.1. Obesity Through History.
  - 3.1.2. *Dieting* and the Weight Loss Industry.
- 3.2. The Role of Emotional Factors, Anxiety Disorders, State of Mind and ADHD in Obesity
  - 3.2.1. Eating to Alleviate Psychological Distress.
  - 3.2.2. Anxiety
  - 3.2.3. Depression
  - 3.2.4. ADHD.
  - 3.2.5. Other Psychological Factors.
- 3.3. Eating Disorders and Food Intake (DSM 5)
  - 3.3.1. Pica.
  - 3.3.2. Rumination Disorder.
  - 3.3.3. Food Avoidance/Restriction of Food Intake Disorder.
  - 3.3.4. Anorexia Nervosa
  - 3.3.5. Bulimia Nervosa
  - 3.3.6. Binge Eating Disorder
  - 3.3.7. Other Disorders: Night Eating Syndrome



- 3.4. Explanatory Models, Differential Diagnosis and the Treatment of Eating Disorder Comorbidities in Obesity
  - 3.4.1. Obesity, Binge Eating Disorder and the Food Restriction Theory
- 3.5. Techniques to Promote Motivation to Change
  - 3.5.1. Importance of the Therapeutic Relationship.
  - 3.5.2. Transtheoretical Model of Prochaska and Di Clemente.
  - 3.5.3. Motivational Interview of Miller and Rollnick.
- 3.6. Psychological Assessment in Bariatric Surgery
  - 3.6.1. Areas of Evaluation and Contraindications
- 3.7. Psychological Intervention in Obesity Treatment
  - 3.7.1. Cognitive-Behavioural Treatment Program. Efficient Techniques.
  - 3.7.2. Relapse Prevention
- 3.8. Group Treatment Programs
  - 3.8.1. Intervention Focused on Cognitive Distortions
  - 3.8.2. Self-Help Groups.
- 3.9. Psychological Intervention in Childhood Obesity
  - 3.9.1. Habit and Behaviour Modifications.
- 3.10. Prevention of Obesity and Eating Disorders
  - 3.10.1. Early Identification of Risk Factors.
  - 3.10.2. Prevention Workshops.

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*This training will allow you to advance in your career in a seamless way”*



# 05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.





## Relearning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250.000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts: The system termed Learning from an Expert strengthens knowledge and recall capacity, and generates confidence in the face of difficult decisions in the future.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

This Postgraduate Diploma in Obesity Comorbidities and Prevention. Psychological Aspects guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University



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*Successfully complete this training and receive your university degree without travel or laborious paperwork”*



This **Postgraduate Diploma in Obesity Comorbidities and Prevention. Psychological Aspects** contains the most complete and updated program on the market.

After the student has passed the evaluations, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** by tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Obesity Comorbidities and Prevention. Psychological Aspects**

Official N° of hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

health future confidence people education information tutors guarantee accreditation teaching institutions technology learning community commitment personalized service innovation knowledge preservation online development languages virtual classroom



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