



Handbook of Obesity Treatment

Thomas A. Wadden, Albert J. Stunkard

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This volume brings together an array of leading experts to discuss the causes and consequences of obesity today and present a comprehensive framework for treatment. Following on the success of the editors' earlier influential volume, *Obesity: Theory and Therapy*, the *Handbook* reflects tremendous recent advances in research and practice. It is uniquely structured not only to offer a comprehensive review of the knowledge base, but also to guide the user through the entire process of planning and delivering clinical services. Cohesive and up-to-date, the book will help mental health, medical, and allied health practitioners provide the best possible care to obese patients.

Reviewing the nature and scope of the current obesity epidemic, the volume first examines the role of the "toxic environment" and presents exciting recent discoveries about the neural and hormonal factors involved in regulating body weight. Chapters then provide readily applicable, empirically based guidelines for assessing the health risks associated with an individual's excess weight and identifying possible mood or eating disorders, including the newly defined night eating syndrome. Next, treatment algorithms are supplied to facilitate selection of the most appropriate interventions, ranging from self-help for individuals who are only slightly overweight, to surgery for those who are extremely obese. Other approaches described and evaluated include diet, physical activity, behavior modification, and pharmacotherapy. The *Handbook* also addresses cultural issues in treatment, as well as strategies for maintaining weight loss over time. Special topics covered include improving self-esteem and body image in overweight individuals, treatment of childhood obesity, service provision in the primary care setting, and the need for preventive interventions and policy initiatives.

This timely and practical resource will be of value to a broad audience, including psychologists, psychiatrists, social workers, counselors, dietitians, exercise specialists, nurses, and primary care physicians, as well as students and researchers in these fields. It will also serve as a core graduate-level text.

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