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**Abstract**

Report on inter-professional collaboration with psychologists for a client with severe obesity

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Inter-professional collaboration is considered important in healthcare to ensure client safety and provide effective treatment. This study aimed to provide a case report on inter-professional collaborations for the treatment of a client with obesity and assess its effectiveness on client behavior and weight loss. It also sought to examine the role of psychologists in such collaborations. In this case study, the physician chose the treatment approach, the nutritionist provided practical guidance on dietary control, and the psychologist tried to increase motivation and encourage behavioral change. The psychologist also shared her observations with the team about the client's behavior. The results indicated that inter-professional collaborations are effective for lifestyle improvement and weight loss. The psychologist's approach was useful in making the team aware of the client's perspective, outlining the direction of support, and resolving conflicts between the participating professionals. Future studies should conduct psychological and behavioral investigations to determine the degree of inter-professional collaboration necessary for effective treatment, and the effect of the collaboration on the client's behavior.

**Keywords:** inter-professional collaboration, motivation, behavior change, weight loss

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