

Weight bias reduction in health professionals: a systematic review

This review aims to assess the impact of interventions designed to reduce weight bias in students or professionals in a health-related field.

Overall, four categories of approaches to reduce weight bias in HCPs were identified:

- Try to improve intellectual understanding of overweight, obesity, and weight-related stigma through the provision of information to HCPs
- Target HCPs' emotions and focus on empathy through the provision of lived experience stories from patients
- Emphasise self-awareness through guiding self-reflection and an understanding of individual's own attitudes/biases
- Use the influence of respected and trusted leaders to influence others

The results of the review revealed a lack of current effective interventions that address weight bias reduction amongst students and health professionals.

Despite the fact that many of the studies reported alterations in health professionals' beliefs and knowledge about obesity aetiology, evidence of long-term effects of weight-bias reduction is still unknown. Many of the studies were also limited in their small sample sizes, lack of randomisation and control groups.

Alberga, A. S., et al. "Weight Bias Reduction in Health Professionals: A Systematic Review." *Clinical Obesity*, vol. 6, no. 3, 10 May 2016, pp. 175–188, 10.1111/cob.12147.