

Obesity treatment and mental health: what do we know and where are we going

Join us to explore current literature on the association between weight management and mental health.

Wednesday 28 September 2022, 7.00-8.00pm AEST

What role does mental health play in adult behavioural weight management interventions?	Dr Rebecca Jones Programme Manager, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine
Surviving obesity – a lived experience perspective	Ann Vincent Specialist Mentor in Mental Health Trustee and Steering Committee Member, Obesity Empowerment Network UK
Q&A discussion	Dr Amy Ahern Principal Research Associate and Programme Leader, Prevention of Diabetes and Related Metabolic Disorders in High Risk Groups, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine

About the speakers



Dr Rebecca Jones

Dr Rebecca Jones is the Programme Manager of an NIHR-funded programme at the University of Cambridge (UK) on scalable behavioural weight management programmes. Before completing her PhD at University of Cambridge, Rebecca worked in weight management services for many years and developed a strong interest in the relationship between weight management and mental health. Her PhD built on this experience and investigated the role of mental health in behavioural weight management interventions. Rebecca has lived experience of obesity and mental ill-health.



Ann Vincent

Ann Vincent is a member of Obesity Empowerment Network UK. She sits on the board of trustees, the steering group and is their lead champion for Wales. Ann works professionally as a Specialist Mentor in Mental Health, supporting University Students with various mental health conditions and neurodiversity. Ann refers to herself as a survivor of obesity, existing in a world at odds with people living in larger bodies. She speaks publicly and contributes to research on various aspects of obesity. Ann's passion is educating society on the causes and the treatments available for obesity, and she hopes to see both fully accessible to all in her lifetime.



Dr Amy Ahern

Dr Amy Ahern is a Principal Research Associate and Programme Leader for the Prevention of Diabetes and Related Metabolic Disorders in High Risk Groups in the MRC Epidemiology Unit at the University of Cambridge. Amy leads research developing and evaluating interventions to prevent and treat obesity, diabetes, and related metabolic disorders, with a focus on scalable, cost-effective interventions that can improve physical and mental health. Amy has a specific interest in understanding more about the determinants of weight loss and weight loss maintenance in order to improve the long-term efficacy of existing behavioural programmes and to develop new ones.