

Negotiating an intensive weight loss intervention

The intensive weight-loss intervention in the LightCOM project combines total meal replacement (Nupo), behavioral support, advice on physical activity, and potentially weight loss medication. The primary aim is for participants to achieve and maintain a 20% weight loss over two years. The program is delivered by dietitians with a higher education qualification equivalent to a high school degree and 3½ years of practical and theoretical training in nutrition.

Background on the clip: This extract is from a 47-minute consultation between a participant and a dietitian at a municipal health center in Denmark. The clip starts around 18 minutes in. Before the clip begins, the participant has been weighed, completed a symptoms questionnaire (e.g., feeling tired and exhausted, poor sleep, nausea in the last week), and discussed their weight loss progress. This recording is from the 12th consultation, where the participant is transitioning to regular food. The participant has had the same dietitian since the third consultation, so they know each other well. The participant has lost about 1 kilo in the last two weeks but mentions that these past two weeks have been the hardest, as she has been constantly thinking about food.

I am particularly interested in the negotiation of the request for an adaptation of the intervention. Other insights or observations are also welcome.

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Participants: Participant (Par); Dietitian (Dit)

Extract 1: 17:44-19:13

- 01 Par: .h ka vi (.) ka vi la:ve (0.4) [eh en deal;
can we make a deal
- 02 Dit: [man kan jo si:ge du
one can say you
- 03 ska-
should
- 04 Par: prøv lige at høre her [at vi]
just listen here that we
- 05 Dit: [du ska] jo stadigvæk ha en til
you still need to have one to
- 06 to (.) ø:h nupo ø:h produkter dagligt
two uh nupo uh products daily
- 07 [så vi er ikke he:lt] tilba:ge på øh normal kost
so we are not completely back to uh a normal diet
- 08 Par: [ja men] nej
yes but no
- 09 **men men det >jeg ville spørge dig om<**
but what I wanted to ask you
- 10 Par: **((tager kuglepen og peger på papiret))**
((grabs the pen and points to the paper))



11 Dit: ja
yes

12 Par: det var .h er det her du (.)
it was is this you

13 [prø:ver at lægge op til Ligesom tre måltiderç]
are trying to suggest like three meals

14 Dit: [(nikker)]
(*nods*)

15 mm ((dybt nik))
mm ((deep nod))

16 Par: og så tænker jeg nu:po
and then I think nupo

17 (1.5)

18 Dit: >°ka være dine mellem[måltider°<]
can be your snacks

19 Par: [formiddag]
morning

20 Dit: [°jah°↑ ((ryster på hovedet))] og eftermiddag
yeah ((shakes head)) and afternoon

21 Par: [formiddag eller eftermiddag]
morning or afternoon

22 Dit: ja eftermiddag eller senere på aftenen
yes afternoon or later in the evening

23 Par: ja
yes

24 Dit: det er hvad du har lyst til °nemlig°
it's what you want exactly

25 Par: ja ja men fordi jeg godt kan mærke at det her (.)
yes yes but because I can feel that this

26 det er ↑meget udfordrende for mig
this is very challenging for me

27 >hvor jeg samtidig tænker< det er fuldstændig åndssvagt
where at the same time I think it's completely

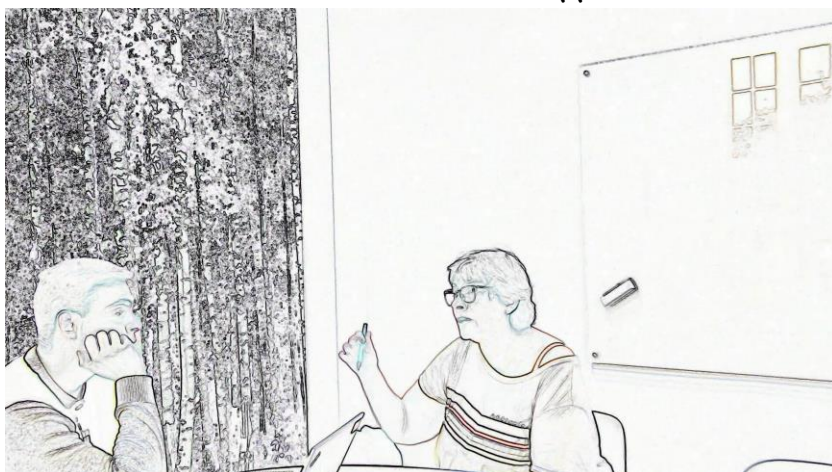
28 det er .h
it is

29 **men kunne vi si:geç når jeg nu der går fjorten dage**
but could we say when now there are fourteen days

30 **inden vi skal ses**
before we meet

31 Dit: mm

mm
32 Par: så jeg i en uge: må prøve det jeg (.) vil gøre
so for a week I can try what I want to do
33 med to rene nu:po og fem da:ge
with two days only on nupo and five days where I eat
what I want
34 for ligesom at få [nulstillet det der cra:ving]
to kind of curb that craving
35 [((skriver i luften med kuglepen))]
((writes in the air with the pen))



36 Dit: men er det me:re i forho- [prøv li:ge øh
but is it more in relation just try uh
37 [((rækker ud efter kuglepen))]
((reaches for the pen))



38 Par: undskyld ja [😄hæhæhæ ((trækker sig tilbage i
39 stolen))
sorry yes haha ((leans back in the chair))
40 Dit: [det gør ikke no:get
it's okay
41 men er det mere i forhold til at du tænker
but is it more related to you thinking
42 at du gerne vil ta:be dig noget me:re:
you want to lose some more weight
43 Par: nej [det egentlig for]
no it's actually to
44 Dit: [ne:ej eller er det mere]
no or is it more

45 Par: det er for egentlig at få ro
it's actually to find peace
46 fra det der med hva hv det der med du skal du skal
from that thing about you have to you have to
47 Dit: hvad tænker du så hvis det ikke lykkes efter to uger↓
what do you think if it doesn't work after two weeks
48 (.)
49 Par: nej nej nej nej så er det jeg tænker
no no no no then I think
50 jeg forstår godt hvad du mener
I understand what you mean
51 med at jeg skal prøve at være bevidst
with me trying to be aware
52 om nogle andre ting
of other things
53 så jeg tænker om jeg kan tage en u:ge
so I think if I can take a
54 hvor jeg gør det jeg gør
week where I do what I do
55 og så en u:ge hvor vi gør det hvor jeg gør det her
and then a week where we follow your plan
56 sådan så når jeg kommer til di:g igen
so when I come to you again
57 så har jeg både prøvet min egen strategi
I have tried both my own strategy
58 og så har jeg prøvet din
and yours
59 fordi du siger .h hvis du gør det med nu:po
because I understand if you do this with nupo
60 og bare spiser hvad du vil (.)
and just eat what you want
61 jamen så kan du gå og blive ved med at småspise
well then you can keep snacking
62 hele dagen ik (.)
all day right
63 hv hvor du gerne vil have mig hen til at være
64 mere reelt [på måltiderne
where you want me to eat proper meals

((omitted text)) - Discussing a Danish reality TV show
and the topic of eating what you want versus what the
body needs))

20:26-21:09

65 Par: så jeg tænker (.) jeg kunne godt tænke mig lige at
prø:ve at nulstille mig selv
so so I think I would like to try to reset myself
66 Dit: mm men det tænker jeg ikke du skal
mm but I don't think you should
67 Par: nå heh
oh heh
68 Dit: desværre ja min faglig vurdering m: mener egentlig at
unfortunately yes my professional assessment is that
69 det er den [her
this here
70 Par: [at det er sådan vi skal gøre

that this is how we should do it

- 71 Dit: ja
yes
- 72 Par: okay
Okay
- 73 Dit: ø:h du du kommer stadig til at supplere med nupo
uh you will still need to supplement with nupo
sta:dig en til to øh breve dagligt
one to two packets daily
- 74 Par: ja så du siger okay nu s så du siger
yes so you say okay now, so you say
- 75 Dit: så jeg tænker vi skal have fokus på
so I think we should focus on
- 76 Par: fjo- fjo:rten dage sådan
fourteen days like that
- 77 Dit: fjorten dage sådan så morgen
fourteen days like that, so morning
- 78 Par: **du giver dig ikke [diætistens navn] ((kigger på dit))**
you don't give in [dietitian's name] ((looks at the dietitian))
- 79 Dit: jeg giver mig ikke
I don't give in
- 80 Par: nej
no
- 81 Dit: **hæhæ .h og så aftensmad**
haha and then dinner
- 82 Par: ja
yes
- 83 (1.0) ((diæ noterer på papiret))
((dietitian notes on the paper))
- 84 Dit: det er (.) reelle måltider så tre hovedmåltider
it's real meals so three main meals
- 85 skal du have [for
you should have for
- 86 Par: [men der skal jeg sætte mig ned og spise
but then I have to sit down and eat and
- 87 og det er det jeg ikke gør hvis jeg er ale:ne
and I don't do that if I am alone
- 88 Dit: jah
yes
- 89 Par: så sætter jeg mig ikke ned og spiser
then I don't sit down and eat
- 90 Dit: nej men det man så kan gøre det er måske
no but what you can do is maybe set a timer
- 91 at sætte en timer på

((omitted text)) - The dietitian is suggesting how to set up the morning routine

21:20-21:52

- 92 Par: **men det er du beder mig om at lave struktur (.)**
but you're asking me to make structure
- 93 **u::h [diætistens navn]**
uh [dietitian's name]
- 94 Dit: ja men jeg tænker mere også i forhold til
yes but I think more also in relation to it in

95 at det på den lange bane
the long run

96 Par: ja
yes

97 Dit: også kan være med til at give dig den fornemmelse af
can also help give you that feeling of

98 om morgenen at nu er jeg egentlig sulten
in the morning that now I'm actually hungry

99 Par: ja
yes

100 Dit: fordi nu spiser jeg egentlig på faste tidspunkter
because now I actually eat at set times

101 Par: ja
yes

102 Dit: det lyder ikke til at du spiser på faste tidspunkter
it doesn't sound like you eat at set times

103 Par: nej det gør jeg da ikke (.) jeg småspiser
no I don't I snack

104 Dit: du småspiser
you snack

105 og det er den egentlig øh det er lidt mere mekanisk
and that's actually uh it is a bit more mechanical

106 Par: ja
yes

107 Dit: fordi det er på nogle faste tidspunkter
because it is at fixed times

108 Par: ja
yes

109 Dit: men det vil altså også give dig noget struktur
but it will also give you some structure

110 og lidt o:verblik over hvad du spiser
and a better overview of what you eat

111 Par: men du men du er godt klar over med min personlighed
but you but you are aware of my personality

112 Dit: ja:h JA MEN DET KAN GODT CLASHE
yeah but it can clash

113 Par: det clashe heheh
it clashes heheh

114 Dit: men det er jo måske også i den positive retning
but it can also be in a positive direction