

American Board of Obesity Medicine (ABOM) 2025 Test Content Outline and Content Coverage for the Bray Review Course and Obesity Symposium

The new ABOM certification exam for 2025 will be based on all information provided in the 2025 Content Outline as shown in the first column below under “2025 Content Outline Task”. The second column below indicates whether the Bray Review Course or the Bray Obesity Symposium contains content covering the 2025 exam material. Together the Bray Review Course and the Bray Obesity Symposium covers all the topic areas for the new 2025 ABOM exam.

A. Evaluating, Examining & Diagnosing Patients

2025 Content Outline Task	Bray Review Course or Bray Obesity Symposium
1. Weight History	Yes – Bray Review Course
2. Nutrition History	Yes- Bray Review Course
3. Eating Behavior History	Yes- Bray Review Course
4. Physical Activity History	Yes – Bray Review Course
5. Sleep History	Yes- Bray Obesity Symposium, P. Singh, PhD
6. Medication & Supplement History	Yes-Bray Review Course
7. Neuropsychiatric History	Yes- Bray Review Course
8. Social History & Social Determinants of Health	Yes- Bray Review Course – Assessment of the Patient with Obesity, Vance Albaugh MD PhD
9. History of Weight-Related Metabolic & Biomechanical Complications	Yes- Bray Obesity Symposium, infertility, obstructive sleep apnea, type 2 diabetes,
10. Diagnose Weight-Related Metabolic & Biomechanical Complications	Yes- Bray Obesity Symposium, infertility, obstructive sleep apnea, type 2 diabetes,
11. Diagnose Secondary Causes of Weight Gain or Obesity	Yes, Bray Review Course
12. Diagnose Genetic or Syndromic Causes of Obesity	Yes, Bray Review Course
13. Diagnose Obesity & Characterize Its Severity	Yes, Bray Review Course

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B. Treating Patients with Obesity

2025 Content Outline Task	Bray Review Course or Bray Obesity Symposium
1. Discuss Obesity as a Complex Chronic Disease	Yes, Bray Review Course
2. Behavior Modification Counseling	Yes, Bray Review Course
3. Nutrition Counseling	Yes, Bray Review Course
4. Physical Activity Counseling	Yes, Bray Review Course
5. Anti-Obesity Medications	Yes, Bray Review Course
6. Bariatric Devices & Non-Surgical Procedures	Yes, Bray Obesity Symposium, Cathren Hudson MD
7. Metabolic & Bariatric Surgery	Yes, Bray Review Course
8. Tailor Treatment for Special Populations with Obesity	Yes, Bray Review Course
9. Manage Weight-Related Conditions	Yes, Bray Review Course
10. Formulate an Effective Treatment Plan	Yes, Bray Review Course
11. Manage the Obesity Treatment Plan Long-Term	Yes, Bray Review Course

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C. Practicing Obesity Medicine with Professionalism

2025 Content Outline Task	Bray Review Course or Bray Obesity Symposium
1. Maintain Professional Competence in Obesity Medicine	Yes, Bray Review Course
2. Manage the Obesity Medicine Clinical Practice	Yes, Bray Review Course
3. Reduce Weight Bias & Stigma	Yes, Bray Obesity Symposium, J Nadglowski
4. Advocate for Patients with Obesity within the Health System	Yes, Bray Obesity Symposium, J Nadglowski
5. Raise Public Awareness of Obesity	Yes, Bray Obesity Symposium, J Nadglowski