# MAFS Star Andrea Thompson Opens Up About Mental Health Struggles and Weight Loss



Andrea Thompson, known for her appearance on the 2024 series of "Married At First Sight" (MAFS) on Channel Nine, has recently discussed the impact the show has had on her mental health and physical well-being. At 51, the professional photographer participated in the reality TV show where she entered into a marriage with Richard Sauerman. Despite initial compatibility, their relationship faced numerous conflicts, leading to their eventual separation.

Since the show's filming, Thompson has reportedly battled anxiety, which she claims has contributed to her significant weight loss of 13 kilograms. In a candid Instagram Q&A session, she revealed that her weight loss was largely due to anxiety but also credited her gym routine, which she had maintained for 1.5 years.

A friend of Thompson confirmed that she began working out over a year ago, losing 5 kilograms during the show's filming and continuing to shed weight due to anxiety about the show airing. In the same Q&A session, Thompson addressed rumors about her relationship with co-star Timothy Smith, affirming that they are merely close friends. Smith had been paired with Lucinda Light on MAFS but the two opted to remain friends.

Thompson and Smith have spent considerable time together recently, with Thompson staying at Smith's house, further fueling dating speculations. Both have denied these rumors, insisting their relationship is purely platonic. Thompson emphasized that Smith reminds her of her brother and reassured fans that there would never be any romantic involvement between them.

Thompson praised the experience for forming lasting friendships with some cast members, including Smith's ex, Lucinda Light. Thompson's transparency about her mental health struggles has added a personal dimension to her public persona since her stint on reality TV.