

## Effect of Mindfulness-Based Self-Care Training on Self-Esteem and Body Image Concern on Candidate Patients of Orthognathic Surgery

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**Abstract :** Background and Objective: Despite the merits behind orthognathic surgery, self-care training in such patients seems logical. The current research was performed pursuing the goal of outlining the effect of training mindfulness-based self-care on Self-Esteem (SE) and Body Image Concern (BIC) of orthognathic surgery candidate patients. Material and Methods: The present study was performed using a semi-experimental method with pre-and post-design in the control and intervention groups. The eligible patients to enter the Babol-based Shahid Beheshti Orthognathic Surgery Clinic were conveniently divided into two 25-person groups. The variables of Self-Esteem and Body Image Concern were measured before and after executing the eight 90-minute training sessions and in the follow-up period done three months after executing the intervention using Cooper Smith's Self-Esteem Inventory (CSEI) and Body Image Concern Inventory (BICI). The data were analyzed using ANOVA and the independent t-test and using SPSS-26, the data were analyzed at a 0.05 level. Results: As a result of the intervention, the intervention group's SE score critically changed on average from  $25.4 \pm 7.31$  in the pre-intervention to  $31.16 \pm 7.05$  in the post-intervention and to  $40.45 \pm 3.51$  in the follow-up period ( $P=0.01$ ), the intervention group's BIC score changed on average from  $60.28 \pm 16.47$  in the pre-intervention to  $47.15 \pm 80.47$  in the post-intervention and to  $32.20 \pm 10.73$  in the follow-up period. This difference was meaningful ( $P=0.001$ ). But due to time and the intervention interaction, the control group underwent this significant reduction with a delay. The study revealed the scores of the SE as  $32 \pm 6.84$  and that of the BIC as  $43.32 \pm 10.64$  in the control group didn't result in any meaningful statistical difference ( $P<0.05$ ). Conclusion: Training mindfulness-based self-care exerts an effect on the SE and BIC of the patients undergoing orthognathic surgery. Therefore, it's recommended to train mindfulness-based self-care for orthognathic surgery candidate patients.

**Keywords :** self-care, mindfulness, self-esteem, body image concern, orthognathic surgery

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