

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 ± 7.31 in the pre-intervention to 31.16 ± 7.05 in the post-intervention and to 40.45 ± 3.51 in the follow-up period ($P=0.01$), the intervention group's BIC score changed on average from 60.28 ± 16.47 in the pre-intervention to 47.15 ± 80.47 in the post-intervention and to 32.20 ± 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 ± 6.84 and that of the BIC as 43.32 ± 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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