

Body Image and Self-Esteem among Women post Mastectomy Surgery

Thesis

Submitted for Partial Fulfillment of the Requirement
Of Master Degree in Psychiatric Nursing

Zeinab Yehia Abdel-NabyMorsy

B.Cs of Nursing-Ain Shams University

Faculty of Nursing

Ain Shams University

2017

Body Image and Self-Esteem among Women post Mastectomy Surgery

Thesis

Submitted for Partial Fulfillment of the Requirement of
Master Degree in Nursing Administration

Supervisors

Dr. Zeinab Abdel Hamid Loutfi

Professor of Psychiatric- Mental Health Nursing
Faculty of Nursing- Ain Shams University

Dr.Hany Mohamed Abdel-Aziz

Professor of Clinical Oncology and Nuclear Medicine -
Faculty of Medicine –Ain Shams University

Dr.Galila Shawky Elganzory

Assistant Professor of Psychiatric Mental Health Nursing
-Faculty of Nursing-Ain Shams University

**Faculty of Nursing
Ain Shams University
2017**



وَقُلْ رَبِّ

زِدْنِي عِلْمًا

صدق الله العظيم

سورة طه الآية (١١)



First and for most I feel always indebted to Allah, The most kind and most merciful.

*I wish to express my deepest thanks and sincere appreciation to **Dr. Zeinab Abdel Hamid Toutfi**, Professor of Psychiatric- Mental Health Nursing, Faculty of Nursing Ain Shams University for her great support and advice, her valuable remarks that gave me the confidence and encouragement to fulfill this work.*

*I express my special gratitude and appreciation to **Dr. Hany Mohamed Abdel-Aziz**, Professor of Clinical Oncology and Nuclear Medicine, Faculty of Medicine, Ain Shams University for his contractive supervision, co-operation and direction that extended throughout this work.*

*I wish to express my deepest thanks and sincere appreciation to **Dr. Galila Shawky Elganzory**, Assistant Professor of Psychiatric- Mental Health Nursing, Faculty of Nursing Ain Shams University for her great support and advice, her valuable remarks that gave me the confidence and encouragement to fulfill this work.*

I wish to convey my thanks to all women who gave some time to fill up the forms of this study

List of Contents

Title	Page No.
List of Contents	I
List of Tables	II
List of Figures	III
Abstract	IV
Introduction	1
Aim of the Study	3
Literature Review	4
Part I. Body image.....	4
Concept of body image:	4
Dimensions of body image:.....	5
Body image includes two dimensions:	5
Body Image of Women	6
Body Image after Mastectomy	7
Mastectomy impacts on body image	9
Improved body image.....	11
Part II. Self-esteem.....	11
Concept of Self-esteem:	12
Important of Self-Esteem after Mastectomy	15
Part III Mastectomy.....	19
Part IV. Nursing Care to Improve Body Image and Self-esteem after Mastectomy	26
Subject & Methods	34
Results	42
Discussion	62
Conclusion	88
Recommendations	89
Summary	91
References	101
Protocol	129
Appendices	145
العربي الملخص	1

List of Tables

Table No.	Title	Page No.
	Table (1): Number and percentage distribution of the studied women according to their socio-demographic characteristics (N=200).....	43
	Table (2): Number and percentage distribution of the studied women according to their clinical data (N=200).....	45
	Table (3): Number and percentage distribution of the studied women according to their body image scale (N=200)	47
	Table (4): Number and percentage distribution of the studied women according to their self-esteem scale (N=200).....	49
	Table (5): Relation between age of the studied women and their body image (N=200)	51
	Table (6): Relation between level of education of the studied women and their body image (N=200).....	52
	Table (7): Relation between occupation of the studied women and their body image (N=200)	53
	Table (8): Relation between residence of the studied women and their body image (N=200)	54
	Table (9): Relation between clinical data of the studied women and their body image (N=200)	55
	Table (10): Relation between age of the studied women and their self-esteem (N=200).....	56
	Table (11): Relation between level of education of the studied women and their self-esteem (N=200)	57
	Table (12): Relation between occupation of the studied women and their self-esteem (N=200)	58
	Table (13): Relation between residence of the studied women and their self-esteem (N=200)	59
	Table (14): Relation between clinical data of the studied women and their self-esteem (N=200)	60
	Table (15): Correlation between body image of the studied women and their self-esteem scale	61

List of Figures

Figure No.	Title	Page No.
Figure (1):	Number and percentage distribution of the studied women according to their occupation (N=200).....	44
Figure (2):	Number and percentage distribution of the studied women according to their residence (N=200)	44
Figure (3):	Number and percentage distribution of the studied women according to their receive chemotherapy (N=200)	46
Figure (4):	Number and percentage distribution of the studied women according to their receive radiotherapy (N=200).....	46
Figure (5):	Number and percentage distribution of the studied women according to their total body image score (N=200)	48
Figure (6):	Number and percentage distribution of the studied women according to their total self-esteem score (N=200).....	50

Abstract

Background, Women with breast cancer can experience changes in body image, self-concept, emotions, behaviors, family dynamics, and the roles of the patient and her family . **This study aimed** to assess the body image and self-esteem among women post mastectomy surgery. **Subjects & Methods;** Descriptive design was used in carrying out this study was conducted at oncology center of Ain shams University; the study sample consisted of 200 women with mastectomy. **Tools;** Interview questionnaire sheet for women, medical history sheets, body image questionnaire, and self-esteem questionnaire. **Results:** The majority of the studied women have moderate concerns of their body image and three quarters of them have moderate self-esteem. **Conclusion:** Based on the study finding it was concluded that, there was positive correlation between body image among women after mastectomy and their self-esteem with statistical significant difference. **Recommendation:** It is recommended Health care organizations should develop inters. professional collaborative care models for the delivery of comprehensive care for women post mastectomy.

Key words: Breast cancer, Body image, Self-esteem, Mastectomy

Introduction

Breast cancer is the most common malignant tumor. It occurs when the cells lining the breast lobules or ducts grow abnormally and out of control. A tumor can form in the lobules' or ducts of the breast.. **(Australian Institute of Health and Welfare& Cancer Australia, 2012)**

In Egypt, according to the results of the population-based cancer registry, the estimated incidence rates of breast cancer among females in Lower, Middle and Upper Egypt is 33.8%, 26.8% and 38.7% respectively **(Mikhail, et al., (2014).**

Worldwide, breast cancer is the leading type of cancer in women, accounting for 25% of all cases. In 2012, it resulted in 1.68 million new cases and 522,000 deaths. It is more common in developed countries and is more than 100 times more common in women than in men **(Eliassen, et al., 2010).**

The emotional impact of cancer diagnosis, symptoms, treatment, and related issues can be severe. Larger hospitals are associated with cancer support groups, which provide a supportive environment to help women cope and gain perspective from cancer survivors **(Hayes, et al., 2013).**

Breast cancer produces a significant negative effect on a women's body image, self-confidence, self-esteem, emotional

status and relationship with her families and friends especially after operation of mastectomy **(Gulseren &Aysun, 2011)**.

Body image is a construct impacted by physical and psychological changes experienced because of breast cancer treatment. Surgeries leave scars, alter sensation, and may cause shoulder morbidity. **(Dahl, et al., (2008)**.

Self -esteem is another aspect of self-concept, referring to a positive or negative attitude/feeling toward oneself, based on the assessment of one's own characteristics, and includes feelings of satisfaction with oneself. **(Hatcher, et al., 2009)**.

During the treatment process of breast cancer, woman body image and concerns related to their situation can affect both their physical and emotional health. Thoughts about body image, life, the possibility of metastasis, or the reconstruction of the breast can dominate woman daily lives **(Tonelli et al., 2011)**.

Providing professional psychosocial support for the patients after mastectomy is one of the important responsibilities of the nurse. Among the psychosocial problems that emerge because of mastectomy is the patient's experience of change in her body image **(Welch & Passow, 2013)**

Aim of the Study

This study aims to-

The aim of this study is to assess body image and self-esteem among women post mastectomy surgery.

Research Question:-

- What is the effect of mastectomy surgery on body image and self-esteem among women?

Literature Review

Part I. Body image

Body image is defined as the mental picture of one's body, an attitude about the physical self, appearance, and state of health, wholeness, normal function, and sexuality. For some individuals, a change in appearance can lead to a negative body image and various psychosocial problems . **(Sema & Ayla, 2016).**

Negative body image among breast cancer survivors includes dissatisfaction with appearance, perceived loss of femininity and body integrity, reluctance to look at one's self naked, feeling less sexually attractive, self-consciousness about appearance, and dissatisfaction with surgical scars **(Fobair , etal.,2011).**

The relevant literature emphasizes that patients with breast cancer can experience changes in body image, self-concept, emotions, behavior, family dynamics, and the roles of the patient and her family **(Fobair , etal.,2011).**

Concept of body image:

The concept of body image is used in a number of disciplines, including psychology, medicine, psychiatry, psychoanalysis, philosophy and cultural and feminist studies. The term is also often used in the media. Across these disciplines and media there

is no consensus definition. A person's body image is thought to be, in part, a product of their personal experiences, personality, and various social and cultural forces. A person's sense of their own physical appearance, usually in relation to others or in relation to some cultural "ideal," can shape their body image. A person's perception of their appearance can be different from how others actually perceive them.

Body image includes conscious and non-conscious ideas and feelings about one's body; in other words, it is a concept composed of personal feelings about body size, sex, and body function and ability to attain certain goals

Dimensions of body image:

Body image includes two dimensions:

- 1- **Cognitive**, including the patient's assessment from her body size.
- 2- **Emotional** imagination, including the patient's Imagination of her body form.(Esmaili, et.al.,2010) .

parts of body image:

The body image, consists of four important parts:

- 1- **Perception**, i.e. the way we construct our body.
- 2- **Cognition**, i.e. how we think about our body.

3- Social, i.e. our body image is something we share with other people.

4- Ecstatic, i.e. the experience of the body as something beautiful. **(Izadi, Bahmani & Ghanbari (2013)).**

There are many factors that lead to a person's body image, some of these include family dynamics, mental illness, biological predispositions and environmental causes for obesity or malnutrition, and cultural expectations (e.g., media and politics) **(Giovannelli, et al., 2008).**

Body Image of Women

Some girls and young women compare themselves to models in ads, in terms of their physical attractiveness. The emphasis in the media and in the fashion industry on thinness and on an ideal female body shape and size can be psychologically detrimental to the well-being of many young women; this includes their self-image, which can also give rise to excessive dieting or exercise **.(Serdar ,2016).**

woman's breast has a dramatic impact upon her body image, and depending on the woman, the loss of a breast through mastectomy will have multiple meanings and can trigger conflicting emotions. Thus, the scale of the psychological reaction to the removal of a breast closely related to the emotional

importance that the woman attaches to her breasts (**Pazhoohi, et al., 2012**).

The woman's breast is strongly associated, in our culture, with the sphere of sexuality and physical attractiveness; it is an element that is valued and appreciated for its sexual content and erotic qualities and for being a source of pleasure; finally, the breast is also associated with maternity and lactation, and for some women, suffering the illness means renouncing their desire to have children. Moreover, it should not be overlooked that, in Western societies, a woman's physical image constitutes an important part of how society appraises her, and is a substantial component of her identity. (**TaghilooS & Heydari H ,2013**).

Body Image after Mastectomy

After a mastectomy, the whole breast is gone, some women still enjoy being stroked around the area of the healed scar, others dislike being touched there and may no longer even enjoy being touched on the remaining breast and nipple. Some women who have had a mastectomy[^] may feel self-conscious in sex positions where the area of the missing breast is more visible (**Smith, Buchholz, Giordano *et al.*, 2013**).

In addition, some women who underwent mastectomy did not want their breasts to be touched and some husbands did not want to touch their woman's breasts, so that, couples experimented