Chest Wall International Group
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Body Image in Pectus Disorders

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Disclosures

Michele Lombardo, MD
None

James Paulson, PhD
None
Objectives

- Assess body image in pectus patients
- Discuss body image issues as they relate to quality of life
- List the downstream consequences of body image disturbances
- Review previous and current research in pectus body image disorders

Body Image in Pectus Disorders: Historical Perspective

Robert Gross, MD, DSc
The Surgery of Infancy and Childhood, 1953

“Psychologic disturbances occur rather frequently. Playmates tease and torture the unfortunate child, who is therefore apt to become introverted, self-conscious, and shy.”
Body Image in Pectus Disorders: Historical Perspective

Mark Ravitch, MD
Pediatric Surgery, 1962

“Subject to more argument, perhaps, is the psychologic importance of the essentially cosmetic deformity…very rare for patients to present the psychologic effects as reason for operation…they want the operation only if it is indicated “for reasons of health.” But after operation, attention is centered almost entirely on the visible correction of the deformity and the relief it gives.”

Body Image in Pectus Disorders: Historical Perspective

Lacquet LK, Morshuis WJ, Folgering HT

“The psychologic results were usually striking. In many cases it was only after the operation that patients admitted to having been distressed by their deformity.”
Body Image in Pectus Disorders: Historical Perspective

Thomas Cash, PhD
Professor Emeritus of Psychology
Old Dominion University

People who believe themselves to be less attractive are less social, self-accepting and independent.

Video Interviews
Defining Body Image


Body image encompasses one’s body-related self-perceptions and self-attitudes, including thoughts, beliefs, feelings, and behaviors.

- General self-image
- Discrepancy between *ideal* and *perceived*
- Specific impairments in appearance
- Perceived or actual social costs
- Broad assignments of personal value
The Developmental Context of Body Image

- Self-esteem
- Social perceptions (self and others)
- Social and achievement behaviors
  - Sports
  - Dating
  - Play activities
- Later onset of deformity → greater disturbance


Outcomes in Children with Body Image Disturbance

- A major factor in adolescent risks for
  - Major depression
  - Anxiety disorders
  - Self-esteem disturbance
- Romantic relationships
- Social drift
- PE: insecurity, anxiety, denigration of body
- PE: correction improved body image


Measuring Body Image in PE

- Global v. Disease-Specific
- Child and parent impact
- Pectus Excavatum Evaluation Questionnaire (PEEQ)
  - Psychosocial ($\alpha_{\text{child}} = .80 \ \alpha_{\text{parent}} = .80$)
  - Physical ($\alpha_{\text{child}} = .80 \ \alpha_{\text{parent}} = .70$)

“If I had to spend the rest of my life with my chest as it looks now, I would be happy.”
“I often felt tired because of my chest.”


Measuring Body Image in PC

- Item pool
  - Expert input
  - Existing scales (including PEEQ)
- Phase I: Scale refinement
  - Patient: 63 items; Parent: 30 items
  - Patients (N=96); Parents (N=91)
- Phase II: Scale validation
  - Patient: 23 items; Parent: 16 items
  - Patients (N = 75); Parents (N = 71)
Measuring Body Image in PC

- **Patient Scales**
  - Self-Consciousness ($\alpha = .87$) \(\text{...bothered by the way my chest looks.}\)
  - Treatment Engagement ($\alpha = .77$) \(\text{...wish I had this treatment earlier.}\)
  - Physical ($\alpha = .77$) \(\text{...often felt tired...}\)
  - Treatment Concerns ($\alpha = .71$) \(\text{...hurts or is uncomfortable.}\)

- **Parent Scales**
  - Child Distress ($\alpha = .93$) \(\text{...my child is sad or depressed.}\)
  - Limitations ($\alpha = .93$) \(\text{...my child hides his/her chest ...}\)
  - Treatment Engagement ($\alpha = .94$) \(\text{...happy with the treatment.}\)

Incorporating Body Image Assessment into Practice
Concluding Remarks