

ORIGINAL ARTICLE / ОРИГИНАЛНИ РАД

Body image dissatisfaction, temperament traits, and self-esteem in patients with multiple minimally invasive cosmetic procedures

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SUMMARY

Introduction/Objective The development of safer cosmetic medical procedures has led to an increase in the number of minimally invasive esthetic procedures.

The main aim of the current paper is to examine the connection of the number/location of esthetic procedures with the overall body image dissatisfaction, affective temperament traits, and the index of self-esteem in persons who have undergone several minimally invasive cosmetic procedures for esthetic reasons. The subsidiary aim is to compare the predominance of the above-mentioned traits in the sample with the results in the general population.

Methods The study included 228 participants, aged from 21 to 73 years, who had multiple minimally invasive cosmetic procedures, purely for esthetic reasons. Data were collected using a socio-demographic questionnaire, medical documentation, the Body Image Assessment Scale-Body Dimensions, TEMPS-A temperament scale, and Rosenberg Self-Esteem Scale.

Results Overall body image dissatisfaction was moderate in our patients (11.56 ± 11.877). With an increase of dissatisfaction, the number of procedures did not grow ($r = 0.075$, $p = 0.263$); however, the number of body parts on which the procedures had been performed did. The patients who had their body parts altered most were found to have deeper dissatisfaction with their overall body image ($F(2,225) = 4.963$, $p = 0.008$, $\eta^2 = 0.04$), and the most prominent temperament was found to be hyperthymic ($F(2,225) = 3.408$, $p = 0.035$, $\eta^2 = 0.03$), similar to the Serbian general population.

Conclusion Through establishing potential relations between physical, social, and psychological variables, like body image dissatisfaction, temperament, and self-esteem, we could provide a better insight into a mental state of individuals who frequently undergo minimally invasive cosmetic procedures.

Keywords: minimally invasive cosmetic procedures; body image dissatisfaction; temperament; self-esteem

INTRODUCTION

Minimally invasive cosmetic procedures

Over the recent decades, minimally invasive cosmetic procedures have become an important and challenging area in the continued expansion [1]. The development of safer cosmetic medical procedures with shorter recovery time and lower prices for the treatments has led to an increase in minimally invasive cosmetic procedures [2, 3, 4]. Intense sociocultural pressure to achieve body image ideals and the increase in media coverage of esthetic procedures reduce clients' anxiety over cosmetic treatments [5, 6]; therefore, these treatments are becoming more and more common. For instance, American Society of Plastic Surgeons reported an increase of 186% in minimally invasive cosmetic procedures from 2000 to 2017 [1].

Body image dissatisfaction

The core of dissatisfaction with the image of one's own body makes a gap between the body as we see it and what we would like it to be, whether it is our inner ideal or the ideal imposed by the society [7]. The majority of disorders pertaining to the perception of physical appearance are based on a negative evaluation of one's own body, which is triggered by the information processing about one's own physical appearance and consequent reactions of their social environment [5]. The constant drive to achieve the beauty ideal and the conflicting demands on what an ideal male and particularly female body is can lead to greater stress, frustration, and anxiety [8]. This evaluation is indisputably modified by subjective mental processes, and is affective and motivational by nature, which results in the fact that the evaluation is not always an objective assessment of one's appearance. Many studies showed that the majority of patients reported higher satisfaction

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Table 1. Sample demographics

Education	%	Marital status	%	Employment status	%	Economic status	%	Children	%
Secondary education	20.6	married	45.2	working	81.6	lower middle	4.4	none	46.1
Students	4.8	with a partner	24.1	unemployed	8.3	middle	28.1	one	19.3
Graduates	74.6	single	18.9	students	2.2	upper middle	36	two	30.7
		other	11.8	retired	7.9	high	31.6	three +	3.9

with their overall body image, appearance, and a specific body feature altered by surgery, as well as that this satisfaction is present years after the surgery [5, 6, 9].

Temperament

Excessive emotionality and attention seeking are also some of the common conditions found in patients seeking cosmetic surgery [10]. Emotional reactivity and affective dispositions can be predispositions underlying the mood and affective disorders, and at the same time potential factors determining whether a client would be satisfied with the effects of an esthetic procedure [11].

The temperament concept has been researched in a patient who had cosmetic surgery procedures (rhinoplasty) and the results showed a significant difference between the case and control groups with respect to the temperament traits of novelty, harm avoidance, and persistence [12]. In addition, Turhan-Haktanir et al. [13] compared the temperament traits of women admitted for breast reduction surgery with those of healthy volunteers. They found that the persistence subscale was significantly lower for the patients and only the reward dependence subscale was significantly higher for the patients.

Effects of cosmetic interventions on psychological outcomes are mixed; some findings indicated that satisfaction and self-esteem were positively associated with the minimally invasive cosmetic interventions, while in some studies no change in self-esteem was reported [14, 15].

There is a research gap between the number of studies that examined the influence of cosmetic surgery on self-esteem and body image satisfaction, and the number of papers that examined the correlation between minimally invasive procedures, self-esteem, and body image satisfaction [14]. Few studies examined the connection between temperament traits and cosmetic surgery, but, to the best of our knowledge, there is no research about the relation between temperament traits and minimally invasive cosmetic procedures [12, 13].

Therefore, the main aim of the current paper is to examine the correlation between the number/location of minimally invasive esthetic procedures and the overall body image dissatisfaction, affective temperament traits, and the index of self-esteem in persons who have undergone several minimally invasive cosmetic procedures for esthetic reasons. The subsidiary aim is to compare the predominance of the above-mentioned traits in the sample with the results in the general population.

METHODS

This retrospective cross-sectional study included individuals who had two or more minimally invasive cosmetic procedures for esthetic reasons.

The first inclusion criterion was that patients were over 18 years of age. The second was that they had undergone those procedures in the previous seven years; also, the patients completed the questionnaires at least a month upon their most recent procedure. The third was that they had their treatments performed only at the center in which we conducted the study. The last criterion was applied with the aim to have full control over the precise number and type of treatments through the medical data, as reliably as possible. Thus, we did not have to rely on the patients' responses, but on actual medical records instead.

The exclusion criteria were that the procedure had been performed due to health issues, that an individual had some type of eating disorder or body dysmorphic disorder diagnosed, and that they had a similar procedure performed at some other esthetic medical center.

Participants

A total of 228 individuals took part in this study (Table 1), 6% male and 94% female, aged from 21 to 73 years ($M = 42.8 \pm 11.88$).

Mean body mass index (BMI) in the study group was 21.98 ± 3.23 , with the minimum value being 16.3 and the maximum being 34.6. According to the BMI category, 9.9% of the participants were underweight, 72.8% had normal weight, 4.8% were overweight, while 2.5% had mild obesity. Around a quarter of the patients were or had been on a diet (26%) and they significantly differed in higher values of BMI ($t(162) = -3.42, p = 0.001, \eta^2 = 0.07$).

Measures

Body-Image Assessment Scale (BIAS-BD) measures overall body dissatisfaction (the discrepancy between perceived body image and self-determined ideal body image) [16]. The scale consists of 17 male and 17 female contour-line drawings, ranging from 60% below the known average of body weight to 140% above average. The participants had to mark the drawings that represented their current and their desired appearance. The BIAS-BD showed good test-retest reliability, both by patients' self-evaluation and by the test administrator [16]. The scale also showed satisfactory concurrent validity with the correlation between the current body image and BMI score of around 0.80.

Temperament Evaluation of Memphis, Pisa, Paris and San Diego – Auto-questionnaire (TEMPS-A), Serbian version [11], measures the prevalence of depressive, cyclothymic, hyperthymic, irritable, anxious-cognitive and anxious-somatic temperament traits (41 true/false items). It has good internal consistency and construct validity ($\alpha = 0.83$). The average test-retest coefficient ($\rho = 0.82$) suggests a stable reliability over time. External validation of the scale showed a high correlation with the TCI-R temperament scale, and validity with other personality scales (e.g. NEO-PI-R) has also been confirmed [11].

Rosenberg Self-Esteem scale – a one-dimensional scale measuring global self-esteem or general evaluative orientation of an individual towards themselves [17, 18]. The scale includes 10 items, five of which pertain to positive and five to negative self-evaluation. A higher score indicates a greater level of self-esteem. A range of studies with a great number of different samples have confirmed good validity and reliability of the scale, ranging from $\alpha = 0.81$ to $\alpha = 0.84$ [17, 18].

Socio-demographic questionnaire – the following data were collected from the participants: sex, age, self-reported, height and weight (BMI), level of education, economic status, employment and marriage status, number of children.

Medical history and anamnestic data – the following data were collected: BMI, menstrual cycle characteristics, use of medications and/or other chemical substances, dietary habits, history of chronic diseases, previous medical procedures, type, number and location of esthetic treatments.

Procedure

The study was approved by the Ethical Committee of the Faculty of Medical Sciences, University of Kragujevac, Serbia. This study has been carried out in accordance with the Code of Ethics of the World Medical Association (Declaration of Helsinki). The study was conducted at the Aesthetic Medical Centre in Belgrade, Serbia, within a testing period of three months, April–June 2017. All the participants had given prior written informed consent to take part in the research, and they had been informed about the purpose of the research through the cover letter. All the participants were tested individually. The questionnaire took about 20 minutes to be completed.

Statistical analysis

Normal distribution was calculated by means of the Kolmogorov–Smirnov test. The following analyses were used for determining statistical differences: t-test for independent samples and ANOVA. For the purposes of determining the relation between the variables and its significance, we used Pearson's coefficient of correlation. The stated statistical analyses were conducted in IBM SPSS Statistics, Version 20.0 (IBM Corp., Armonk, NY, USA) statistical program.

RESULTS

Number and location of minimally invasive cosmetic procedures

The number of total treatments per person ranged 2–9 ($M = 9.26$, $SD = 9.29$). Owing to the fact that some patients had just undergone their first procedures, while others had been having their procedures done in the course of the last seven years, we calculated the average number of procedures per year. During the first 12 months, the annual average value equals $M = 4.76$ ($SD = 3.334$), in the second year it slightly drops to $M = 4.35$ ($SD = 2.446$) per year, and after that period it is further reduced to $M = 3.12$ ($SD = 2.24$) a year.

The procedures were most frequently performed in the group of patients aged from 51 to 60 years (Table 2), but age groups do not differ by these numbers ($F(4,223) = 1.181$, $p = 0.320$).

Table 2. Differences (Tukey's B) in the number of treatments per year between age groups

Age groups	n	Mean
		1
> 61	28	3.0683
31–40	82	3.5847
41–50	49	3.9228
21–30	33	3.9361
51–60	36	4.4672

The only demographic variable that was singled out was economic status, whereby those with better status had more treatments performed. Nonetheless, this positive correlation was shown to be of weak intensity ($r = 0.159$, $p = 0.016$).

With regard to location of treatments, the most frequent treatments were expectedly performed in the face area ($F(2,225) = 32.443$, $p = 0.000$, $\eta^2 = 0.22$). Somewhat more than 19% of the patients had treatments in all body areas (Table 3), and those patients had undergone the highest number of treatments as well ($M = 17.66$), followed by the patients who had treatments done in two ($M = 10.58$), and finally one body area ($M = 6.17$).

Table 3. Location of treatments

Location	Frequency	Percentage
Face	120	52.6
Torso	1	0.4
Legs	5	2.2
Face and torso	29	12.7
Face and legs	26	11.4
Torso and legs	3	1.3
All areas	44	19.3

Body image dissatisfaction

Body image dissatisfaction (i.e. discrepancy between current and ideal body image given in body mass percentage) was moderate in our patients ($M = 11.56$, $SD = 11.877$, $KS(228) = 0.135$, $p = 0.000$), and ranged from a minimum

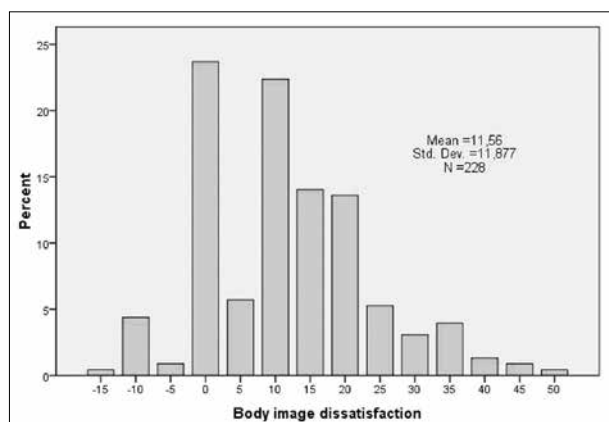


Figure 1. Body image dissatisfaction; figures to the left of 0 – subjects have fewer kilograms than they would want; to the right of 0 – subjects have more kilograms than they would want

of -15%, in persons who would like to gain some weight, to a maximum of +50%, in persons who would like to lose weight (Figure 1). A quarter of the sample did not express any overall body image dissatisfaction (the deviation from the ideal body image was 0%); 4.4% of the patients wanted to gain some weight, whereas as much as 50% wanted to lose weight to the extent of 10–20%.

With age, body dissatisfaction significantly rose ($r = 0.179$, $p = 0.007$), especially with the increase of BMI ($r = 0.475$, $p = 0.000$). Other differences in demographic variables were not significant, except in economic status, whereby those with better status had more treatments performed. Nonetheless, this correlation was shown to be of weak intensity ($r = 0.159$, $p = 0.016$).

Temperament and self-esteem

The basic data on the measured types of temperaments and self-esteem index are presented in Table 4. The mean values for depressive temperament were extremely low, (0.0902) followed by cyclothymic (0.2218) and irritable (0.2177) types; the values for anxious types were slightly higher (0.4079), while the values for the hyperthymic type (0.7657) were grouped towards higher values. The self-esteem index also showed relatively high values.

Table 4. Descriptive data on temperament types and self-esteem index

Temperament type	Min.	Max.	Mean	Std. dev.	α	z^{**}
Depressive	0.00	0.71	0.0902	0.162	0.70	0.383
Cyclothymic	0.00	1.00	0.2218	0.289	0.83	0.275
Hyperthymic	0.00	1.00	0.7657	0.243	0.70	0.221
Irritable	0.00	0.75	0.2177	0.191	0.65	0.174
Anxious-cognitive	0.00	1.00	0.4079	0.355	0.83	0.186
Anxious-somatic	0.00	1.00	0.3472	0.278	0.70	0.211
Self-esteem	26	45	38.35	4.02	0.81	0.095

z – Kolmogorov–Smirnov;
 $**p < 0.01$

Since it has been established that temperament traits differ according to sex, and the sample included an insufficient number of male subjects, we have excluded them

from further analyses on the temperament subscales. If we compare the mean values of our female patients with the mean values in women belonging to the general adult non-clinical population in Serbia [11], we may notice that our sample reported rather lower scores than the general population on the depressive ($t(213) = -8.805$, $p < 0.01$), cyclothymic ($t(213) = -9.185$, $p < 0.01$), and irritable temperament ($t(213) = -4.712$, $p < 0.01$), and higher on the hyperthymic temperament ($t(213) = 9.765$, $p < 0.01$), while there were no differences found on anxious-somatic and anxious-cognitive temperaments ($t_{as}(213) = -0.826$, $p > 0.05$; $t_{ac}(213) = -1.614$, $p > 0.05$). The index of self-esteem did not differ from the values reported in the adult female population ($t(213) = 1.710$, $p > 0.05$).

Number/location of interventions and psychological features

With an increase of dissatisfaction, the number of treatments did not rise ($r = 0.075$, $p = 0.263$). However, with respect to the location of treatments, i.e. whether the patients repeated procedures in one body area or different body areas, certain differences were found (Table 5). First of all, the patients who altered all parts of the body were also reported to be dissatisfied with their body image the most ($F(2.225) = 4.963$, $p = 0.008$, $\eta^2 = 0.04$); in addition it was shown that the hyperthymic type is the prevailing temperament type ($F(2.225) = 3.408$, $p = 0.035$, $\eta^2 = 0.03$).

Table 5. Body image dissatisfaction and hyperthymic temperament in relation to the location of treatments

Body image dissatisfaction			
Body areas	n	Subset for alpha = 0.05	
		1	2
one	125	10.48	
two	59	10.59	
three	44		16.59
Hyperthymic temperament			
Body areas	n	Subset for alpha = 0.05	
		1	2
two	59	0.7094	
one	125	0.7680	0.7680
three	44		0.8344

DISCUSSION

The results of the present study extend work examine the relation between aesthetic procedures, self-esteem and body image dissatisfaction [15], while also added new findings about temperaments traits in patients with minimally invasive cosmetic procedures.

The results of our study showed that the presence of the overall body image dissatisfaction was moderate, that dissatisfaction grows with age and becomes more prominent with an increase of BMI, which is in line with numerous previous studies [19]. Body image dissatisfaction is often associated with maladaptive behaviors, such as self-induced vomiting, excessive exercise, psychological distress, and

social avoidance [20]. In addition, body image dissatisfaction impacts self-esteem and the quality of life, and it is believed to be a motivational catalyst for a range of appearance-enhancing behaviors, including restrictive diets, physical activity and a wide range of body altering procedures [19, 21]. One of these behaviors is positive attitude and acceptance of minimally invasive cosmetic procedures.

The results of our study showed that the number of minimally invasive cosmetic procedures does not necessarily rise with the increase of the overall dissatisfaction. However, the number of body areas where procedures are performed does rise with the increase of the overall dissatisfaction, and, on average, clients who have procedures done in all body areas undergo the greatest number of procedures. Available data show that cosmetic surgery patients rather express dissatisfaction with a specific feature being considered for surgery [22], and that those who express general body dissatisfaction normally undergo more procedures in different body areas [23], as it has been confirmed in our study with minimally invasive procedures.

Regarding the temperament types, the only difference was found within the higher level of the hyperthymic temperament. The individuals with a high index of hyperthymic temperament are typically said to be outgoing, optimistic, confident, full of ideas, tireless, but also single-minded and prone to risk-taking [11]. If we add proactive forms of behaviour (usually associated with the hyperthymic temperament), optimism, and risk-taking to that apprehension, we may easily expect a greater predisposition towards taking concrete and practical steps (e.g. undergoing some cosmetic procedures) in people with more dominant hyperthymic temperament.

There are findings indicating a positive connection between global self-esteem and inner locus of control (persons who regard life circumstances as being related to their own actions and personal characteristics, and who believe that they can influence events and their outcomes) [24]. This may pinpoint why patients with higher level of self-esteem and higher scores on hyperthymic temperament are more likely to take concrete actions when they do not feel comfortable with some aspect of their physical appearance.

As already stated, the current satisfaction with the effects of some procedures most frequently does not last long in minimally invasive cosmetic procedures. Thus, some clients rather search for some other ways to reduce their 'core' dissatisfaction, or simply have the procedures repeated more often, which will most typically be done by persons who are by nature and temperament proactive, outgoing and determined. Moreover, the positive attitude to esthetic procedures may be connected with social motives and the need for acceptance [6]. It is persons with prevailing hyperthymic temperament who are most open to other people and who have strong social motives [11].

It is important to point to the differences found in temperament traits in our sample and general non-clinical population of women. Namely, when we compared the gathered scores with the results of our general population, we noticed lower values in depressive, cyclothymic, and irritable traits. This finding also supports the previous theses

concerning the impact of hyperthymic temperament on the choice of an esthetic procedure, because this temperament is normally regarded as an opposite to the depressive one and characteristics such as apathy, lethargy, delaying decisions, etc. Anxiety temperament traits, which are relatively low in our sample and do not deviate from the average in the general population, also corroborate the findings that individuals with higher anxiety indices find it more difficult to undergo this type of procedure due to greater concern about its outcomes, as it is the case with surgical procedures [5].

Our research showed the index of self-esteem was the lowest in clients who had been undergoing minimally invasive cosmetic procedures for more than four years. Similar findings have been obtained in another study, in which changes in these indicators of human well-being were monitored postoperatively [9]. In this study, no significant improvements in patients' general self-esteem or depressive symptoms (postoperatively) were reported. The authors of the study maintained that the benefits of cosmetic surgery may be more limited to specific body parts, physical appearance and body image, and may not influence more general self-esteem or quality of life [9]. If we take into consideration the transient effects of minimally invasive procedures, it comes as no surprise that clients cannot gain satisfaction that is more permanent and a change of self-esteem.

Concerning demographic variables, better financial situation is also an important factor when it comes to making a decision to undergo procedures repeatedly – this is why persons with better economic status had more procedures done.

The present study has certain limitations. Firstly, the majority of the patients were female, as is often observed in esthetic-focused practice. Furthermore, it would be reasonable in future research to compare a group which has undergone only minimally invasive esthetic procedures, a group which has undergone esthetic surgery procedures, and those who have never undergone any esthetic procedures, as well as to include body image assessment regarding specific body parts and not the whole body.

CONCLUSION

The present study contributes to understanding that the increase of dissatisfaction with one's body image does not significantly increase the number of treatments, but that it does increase the number of different body areas that are treated.

Our findings point out that despite the feeling of an enhanced body image that is followed by an esthetic procedure, changes in appearance do not necessarily lead to more general improvements in psychosocial functioning and self-esteem.

Finally, the present study revealed a correlation between different temperament traits and minimal invasive cosmetic procedures. Individuals with the hyperthymic temperament trait are persons who are proactive and prosocial, and less prone to depressive reactions, apathy, and lethargy, and are, therefore, more likely to be open to a minimally invasive cosmetic procedure.

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Незадовољство сликом тела, црте темперамента и самопоуздање код пацијената са вишеструким минимално инвазивним естетским захватима

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САЖЕТАК

Увод/Циљ Развој безбедних минимално инвазивних естетских захвата довео је до пораста њиховог броја. Главни циљ овог рада је да испита повезаност броја/локализације минимално инвазивних естетских захвата са незадовољством сликом тела, афективним цртама темперамента и индексом самопоштовања код особа које су се више пута подвргле минималним инвазивним процедурама због естетских разлога. Циљ је и да се упореди доминантност наведених карактеристика у узорку са резултатима из опште популације.

Метод Студија је обухватила 228 учесника, старости од 21 до 73 године, који су били вишеструко подвргнути минимално инвазивним естетским процедурама искључиво из естетских разлога. Подаци су прикупљани коришћењем социодемографског упитника, медицинске документације, скале за процену слике тела – димензије тела, скале TEMPS-A за процену темперамента и Розенбергове скале самопоштовања.

Резултати Укупно незадовољство сликом тела било је умерено код наших пацијената (11,56 ± 11,877). Са повећањем незадовољства није растао број процедура ($r = 0,075$, $p = 0,263$), међутим, порастао је број делова тела на којима су рађене процедуре. Утврђено је да су пацијенти којима је тело више измењено били незадовољнији укупном сликом тела ($F(2,225) = 4,963$, $p = 0,008$, $\eta^2 = 0,04$), а најистакнутији темперамент био је хипертимични темперамент ($F(2,225) = 3,408$, $p = 0,35$, $\eta^2 = 0,03$), што је у складу са резултатима из српске опште популације.

Закључак Кроз утврђивање могућих односа између физичких, социјалних и психолошких варијабли, као што су незадовољство телом, темперамент и самопоуздање, могли бисмо пружити бољи увид у ментално стање појединаца који се често подвргавају минимално инвазивним естетским процедурама.

Кључне речи: минимално инвазивне естетске процедуре; незадовољство сликом тела; темперамент; самопоуздање