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## GENERAL HEALTH EVALUATION OF THOSE WHO SEEK RHINOPLASTY IN ARDEBIL PRIVATE HOSPITALS

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### ABSTRACT

**Background & Objective:** Every year, ten of thousand people undergo cosmetic surgery to have beautiful appearance. Rhinoplasty constitutes about 70% of plastic surgeries in Iran. People who do rhinoplasty have more mental instability and personality disorders. Moreover, they have much concern about themselves that leads to waste of time, confusion and dissatisfaction. The purpose of this study was to evaluate the relationship between general health and seeking rhinoplasty in Ardabil Surgery Centers. **Method:** This is a descriptive study that was conducted on 50 participants seeking rhinoplasty in Ardebil private hospitals. The instrument applied in the study was GHQ-28 questionnaire (contained 28 demographic questions and Milon3 questionnaire). Besides, the collected data were analyzed with SPSS software. **Results:** Based on the statistical results, 43 participants (86%) were female and 7 participants (14%) were male. According to the results obtained from general health of participants, total score average was  $17.94 \pm 10.44$ . The survey of sub-categories of general health showed that 30 participants (60%) had social function disorders and 4 participants (8%) had depression, also 35 participants (70%) had histrionic personality disorder and 18 participants (36%) had obsessive character. **Conclusion:** According to the results, few of those who seek rhinoplasty have general health disorder, mostly social function disorder and most of them had histrionic personality disorder.

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### Introduction

In the recent years, request for rhinoplasty is increasing among different ages in Iran [1]. Every year thousands of people have cosmetic surgery to make their body and appearance more beautiful. These surgeries were mostly done for reducing dissatisfaction of their appearance and sometimes for increasing their self-confidence [2]. In 2003 for example, 8.3 million people had cosmetic surgery in America. This number was doubled in comparison with 1997 [3]. The members of America Society of Plastic and Reconstructive Surgery reported that they have had more than 390000 cosmetic surgeries such as liposuction, breast augmentation, rhinoplasty and facelift [2]. Rhinoplasty comprise about 70% of all surgeries in Iran. In relation to rhinoplasty surgery, Iran is ranked first in world and other countries such as America, England, and French are ranked second [4]. Since rhinoplasty is for changing appearance, increasing self-confidence and satisfaction, this issue is known as special psychological patterns [5]. Psychological studies show that those who seek cosmetic surgeries have personality disorders [6-8]. It was suggested that those who seek rhinoplasty have more instability and mental disorders. Psychologists believe that most of them have body dysmorphic disorder that causes wasting their time, confusion and dissatisfaction [9]. A study by Malik on cosmetic surgery volunteers, found that 47.7% had psychological disorders, such as body dysmorphic disorder, narcissistic personality disorder, and histrionic personality disorder; and that these types of disorders also affected on their post-surgery dissatisfaction. Thus, preoperative assessment of these people is essential [10]. The healthy mental state is a key factor of post-cosmetic surgery satisfaction that is more important than surgery technics. Based on the studies, some psychological problems such as stress, psychosis, schizoid, hysterical, and depression are

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contraindications for cosmetic surgery. Cosmetic surgery of those who have mental state problems leads to complications for both patient and surgeon [5]. In this respect, Kisely found that dysmorphic and other psychological disorders are more common among those who seek rhinoplasty [11]. Mental health is a feeling people have about themselves, and their world especially their responsibility of others and how to compromise with incomes and knowing how to compromise with their position in time and place [12]. Every part of the body may cause body dysmorphic disorder. Major complaints are about face and skin defects such as acne, brittle hair, wrinkles, scars, pale skin and skin redness. Sometimes, also there are serious complaints about being ugly and some face defects [13]. Usually, face is an important part of the body that shows the feelings and nose is the most important part of face. The most body dysmorphic disorder is related to the nose. Thus, rhinoplasty is one of the most common cosmetic surgeries. According to past studies, about 5% of those who seek cosmetic surgery have dysmorphic disorder. In some patients, the symptoms of dysmorphic disorders do not change after surgery but become worse [13]. The existing data about the psychological situation of rhinoplasty patients is uncertain [14]. Since 70th decade, the demand for cosmetic surgery has been increasing by about 80% and this statistics is increasing in Iran [15]. Regarding the present contradictions, the relationship between general health and personality disorder with rhinoplasty demands has been investigated in Ardebil Surgery Centers.

### Method

This descriptive study was conducted on 50 persons who seek rhinoplasty in Ardebil private hospital. The inclusion criteria were their willingness to participate and no medical reason for rhinoplasty. The used instrument was GHQ-28 questionnaire (contained questions of demographic information). The questionnaire included 4 subscales including Somatic complaints, anxiety and insomnia symptoms, social functioning markers and symptoms of depression with 28 items. In Iran, the questionnaire validated by Yaghubi in 2007. Its reliability and validity was determined 0.7-0.9 and 0.55, respectively. Also, the sensitivity and specificity of this questionnaire were evaluated as 82% and 84%, respectively. [16]. This questionnaire is scored based on the Likert scale 3-0. The obtained maximum score was 84 while the lower score showed more mental health. Moreover, the determined cut-off point was estimated as 23. Besides, the determined cut-off point was 7 for each subscale. Each participant with the score of 23 or higher was considered as a patient and then the participants with the score lower than 23 considered as a healthy. The Milon-3 questionnaire was also applied to determine the personality of participants. The questionnaire is a self-evaluated that included 175 yes/no items for adults over than 18 years that assess 14 clinical personality patterns and 10 clinical syndromes. Patients with the score higher than 85 known as patients with personality disorders and those with the score lower than 85 known as healthy [17]. This questionnaire has been validated twice in Iran. The second and third version of it were validated by Khajemoghi in Tehran and Sharifi in Esfahan respectively. [18, 19]. The reliability of the questionnaire was calculated by test-retest of personality disorder scales with average correlation of 87%, and for clinical scales with average of 80%. It should be mentioned that the results were analyzed by a psychologist. The collected data were analyzed with SPSS software version 21.

### Results

43 participants (86%) were female and 7 participants (14%) were male. Most of them (23 participants-58%) were 20-25 year old. The results showed that most of them (31 person- 62%) were unemployed. Demographic characteristics of the participants are shown in (Table 1) According to the results, 25 participants (50%) had a cosmetic surgery history or its history in their family. 18 participants (36%) thought that they will be more beautiful after rhinoplasty with probability of 30%-50%, and 22 participants (64%) thought that they will be more beautiful with probability of 75%.

**Table 1.** Demographic Characteristics of Participants

Variable	No	Percentage
Sex	Male	7
	Female	43
Age	<20	4
	20-25	28
	26-30	11
	31-36	4
	>35	3
Marital status	Unmarried	35
	Married	15
Education	Lower Diploma	3
	Diploma	7
	Student	17
	Bachelor Degree	20
	Higher than Bachelor Degree	2
Job	Self-employment	3

	Housewife	7	14
	Clerk	9	18
	Unemployed	31	62

According to statistical results of participants' general health, total mean score  $\pm$ SD was  $17.94 \pm 10.44$  (minimum 4, Maximum 49). 39 participants (76%) score were less than 23, and 11 participants (76.5%) score were higher or equal to 23. Regarding the examined items of the statistical results of general health, 12 participants (24%) had physical problems with scored higher or equal to 7. 30 participants (60%) had stress and insomnia problems and scored higher or equal to 7; 4 participants (8%) had depression and scored higher or equal to 7. Every 4 items of general health were divided base on age, sex, education and marital status (Table 2, 3).

Investigating the personality disorders of the participants showed that 35 participants (6%) had histrionic personality disorder, 18 participants (36%) had obsessive characters, 13 participants (26%) had narcissistic personality disorder, 3 participants (6%) had narcissistic-histrionic personality disorder, 2 participants (4%) had histrionic-obsessive-narcissistic personality disorder and only one participant (2%) for each dependent, avoidance, pessimistic and normal personalities.

**Table 2.** the Participants Number of Each Sub-group of General Health in respect of Education

General Health Sub-groups	Education					total
	Lower Diploma	Diploma	Student	Higher than Diploma & Bachelor Degree	Post-educated	
<b>Physical Disorders</b>						
Positive	2	10	11	13	2	
Negative	1	1	1	9	0	
<b>Stress</b>						
Positive	2	9	11	14	2	50
Negative	1	2	1	8	0	
<b>Depression</b>						
Positive	3	11	12	18	2	50
Negative	0	0	0	4	0	
<b>Social function Disorder</b>						50

**Table 3.** the Participants Number of Each Sub-group of General Health in respect of Sex and Marital Status

General Health Sub-groups	Marital Status			Sex		
	Unmarried	Married	Total	Female	Male	Total
<b>Physical Disorders</b>						
Positive	24	14	50	31	7	50
Negative	10	2		11	1	
<b>Stress</b>						
Positive	24	14	50	32	6	50
Negative	10	2		10	2	
<b>Social function Disorder</b>						
Positive	14	6	50	14	6	50
Negative	20	10		28	2	
<b>Depression</b>						
Positive	30	16	50	38	8	50
Negative	4	0		4	0	

## Discussion

The purpose of this study was the survey of general health and personality disorders of those who seek rhinoplasty. The results showed that 11 participants (21.6%) had general health disorder and they scored higher than 23. According to Masoudzadeh, s study [20], 13 participants (26%) out of 50 suspected to mental health disorder and they scored higher than 23. The results of Zahirodin study [14] showed that 8 participants (15%) out of 52 had mental health disorder. Moreover, according to Mokhtari study [21], 5 participants (17%) out of 30 had general health disorder. Investigating the sub-categories related to general health showed that the majority of participants (30) (60%) had social functions disorder and the minority of participants (4) (8%) had depression. Mokhtari study showed that the majority of participants (66.7%) had social

functions disorder and the minority of participants (15%) had somatic symptoms [21]. Moreover, according to Zahirodoleh study, the majority of participants (15%) had social functions disorder. In this case, further investigations are required to solve this problem. Investigating demographic characteristics of participants showed that most of them were female, unmarried, and at the age of 20-25. Furthermore, most of them were student and unemployed. This means being unmarried is an important factor for seeking rhinoplasty. Zahirodin also found that most of the participants were female, 24 years old, unmarried, educated, middle level of society, unemployed with a negative history of cosmetic surgery [14]. In this regard, Mokhtari showed that there is no difference between the number of each gender who seek rhinoplasty— half male and half female. The difference of the number of each gender arising from cultural difference of the cities in Iran. Moreover, it is found that most of those who seek rhinoplasty were female, educated with an average age of 25 years [6]. In other studies of this issue, similar results were obtained- most of them were female [1, 7, 13, 22, 23]. 95% of those who desire rhinoplasty and hair transplantation are females at the age of 14 to 45 years old and 5% of them are male. This is why the young women at the age of about 25 and educated seek rhinoplasty. In Iran, regarding the cultural situation of the society and women clothing, females focus on their face more than the males. Babuccu [7] also found that education is an important factor in taking a decision about rhinoplasty. Probably the educated people have financial independence and they afford the surgery costs. Thus there is a relationship between education and increasing rhinoplasty demands. Investigating the personality disorders of participants showed that those who seek rhinoplasty had histrionic, obsessive, narcissistic, and depressed personality disorders, also allopathic, dependent, avoidance, and pessimistic personality disorders were found, only 1 case for each personality. Base on this study, most of them had histrionic personality then, obsessive and narcissistic personality disorders. Histrionic personality disorder (HPD) is characterized by a pattern of excessive attention seeking and excessive enthusiastic. Obsessive compulsive personality disorder is characterized by a general pattern of concern with orderliness, perfectionism, excessive attention to details, mental and interpersonal control. Narcissistic personality disorder (NPD) characterized is a personality disorder in which a person is excessively preoccupied with personal adequacy, power prestige and vanity [24]. According to Moheb study, the average of people with obsessive personality disorder, antisocial, narcissistic, and dependent personality disorders have more tendency to have rhinoplasty than normal people [23]. Hereof, Khagani, Saba, Melik studies showed that narcissism personality disorder is the most common personality disorder among those who seek cosmetic surgeries [10, 25]. Narcissism personality disorder is an excessive focus on the appearance that is the symptoms of psychological factors and personal characteristics of those who are volunteers for cosmetic surgeries [25]. Sclafani and Ishigooka found that narcissism personality disorder is the most common disorder among those who seek rhinoplasty [26, 27]. Perfectionism is one of their main characteristics to increase their beauty. They have an excessive desire for different cosmetic surgeries to reach an ideal face [25].

It should be mentioned that results of the study obtained from the participants of rhinoplasty in Ardebil were generalizing in terms results obtained other societies so more investigation are needed. Besides, the results are not supposed to generalize to those who had rhinoplasty because the psychological state of patients might change after surgery. Moreover, this study was not the comparison of two groups. It is recommended to conduct further studies in other societies and compare the results with normal people.

## Conclusions

According to the obtained results, those who seek rhinoplasty do not have a general health problem, but some of them have personality disorders. Moreover, based on the research of general health, social functions disorder is the most important aspect of their personality disorder. Therefore more studies are required to find solutions to solve the problem. Besides, a demographic study of participants showed that most of those who seek rhinoplasty are female, unmarried, student and unemployed that is recommended to do more researches to find appropriate solutions. Investigating the personality of participants showed that most of them had histrionic personality disorder then, obsessive and narcissism personality disorders respectively. The number of other personality disorders was only one person. According to the obtained results, each person who seeks rhinoplasty may not be a good candidate for surgery, and more studies required in respect of general health and personality disorders.

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