



Social Support Correlates With Self Image And Maintenance Of Weight Loss Following Body Contouring Procedures



Anne E. **Glenney**, BA¹; Joseph **Mocharnuk**, BA¹; Pooja **Humar**, BS¹; J. Peter **Rubin**, MD¹; Jeffrey A. **Gusenoff**, MD¹

1. University of Pittsburgh Medical Center (UPMC), Department of Plastic Surgery

Background

- An estimated 46,000 patients undergo body contouring procedures in the U.S. each year following massive weight loss through either diet and exercise or bariatric surgery.
- A wide range of procedures including breast lifts, lower body lifts, abdominoplasty, thigh lights, and arm lifts are considered body contouring procedures.
- Despite the increasing popularity of these procedures, there is limited research on social factors, such as social support, age at obesity, and family history, which may impact patient satisfaction and outcomes following body contouring procedures.
- The objective of this study was to investigate the relationships between social support and age at onset of obesity and patient self image, psychiatric history, and maintenance of weight loss following body contouring procedures.

Methods

- A retrospective review was performed of patients who presented to a single institution for body contouring procedures between 2002 and 2018.
- Variables studied included demographic information, medical and psychiatric history, smoking and drinking history, self-image, social support, procedure history, outcomes and follow up.
- Univariate analysis, two-sample t-tests, and multinomial logistic regressions were performed using R statistical software

Table 1. Demographics

Study Population	1187
Males	118 (9.9%)
Females	1069 (90.1%)
Mean Age at Presentation	50.08 ± 0.78
Mean BMI at Presentation	31.21 ± 10.49

Figure 1. Social Support

Social Support was Reported in 30% of Body Contouring Patients

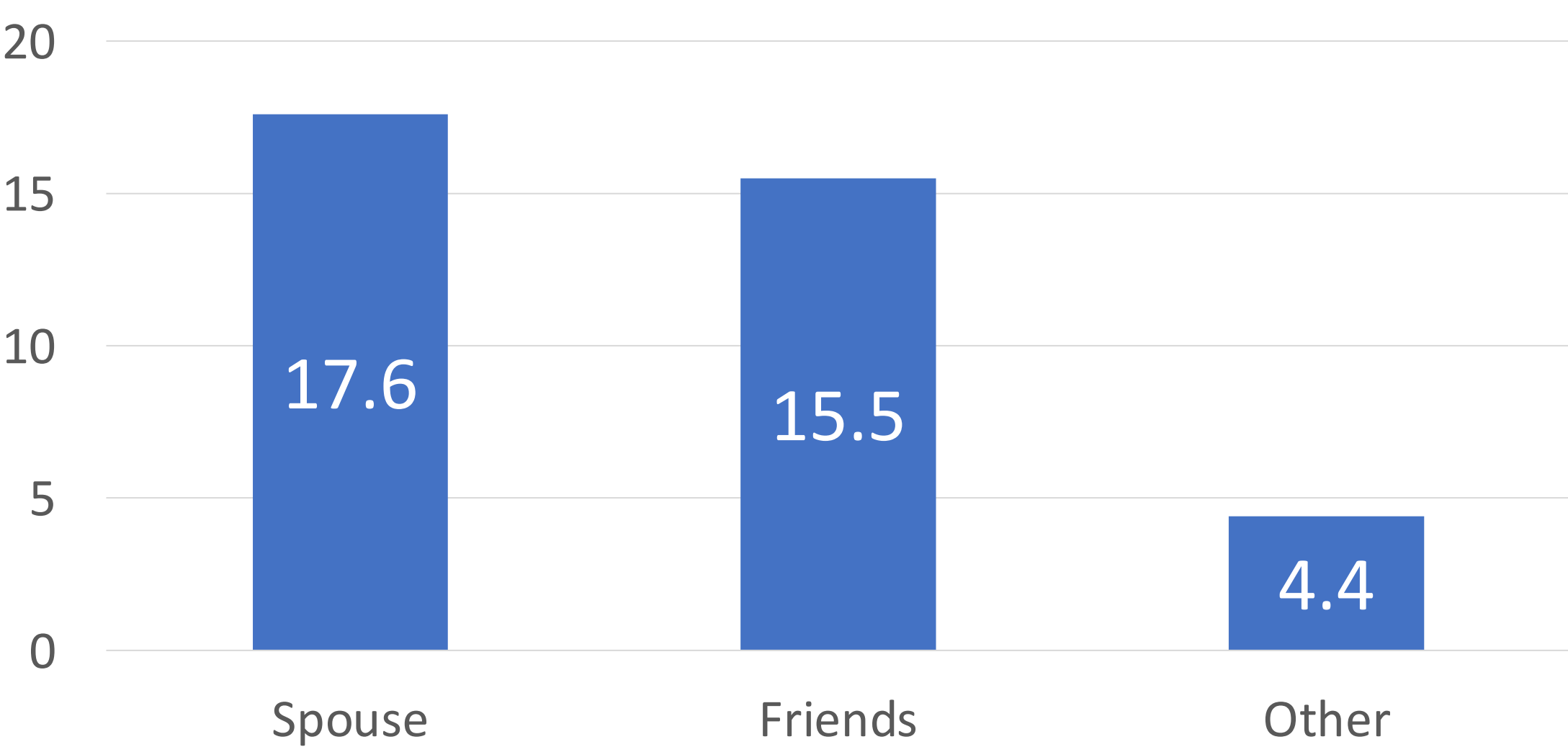
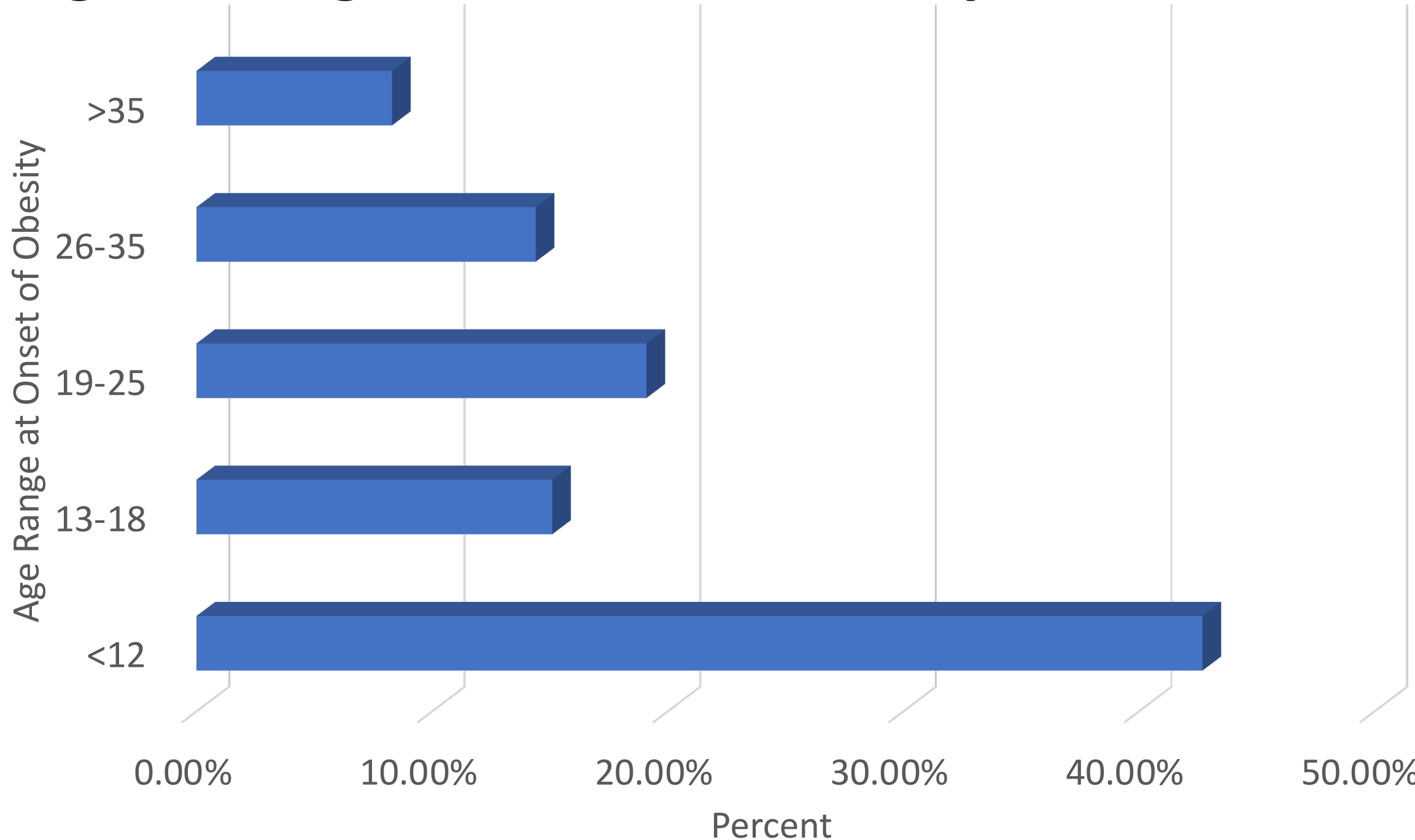


Figure 2. Age at Onset of Obesity



Results

Figure 3. Spousal Support Reduces Odds of Psychiatric Comorbidity and Increases Odds of Positive Self-Image

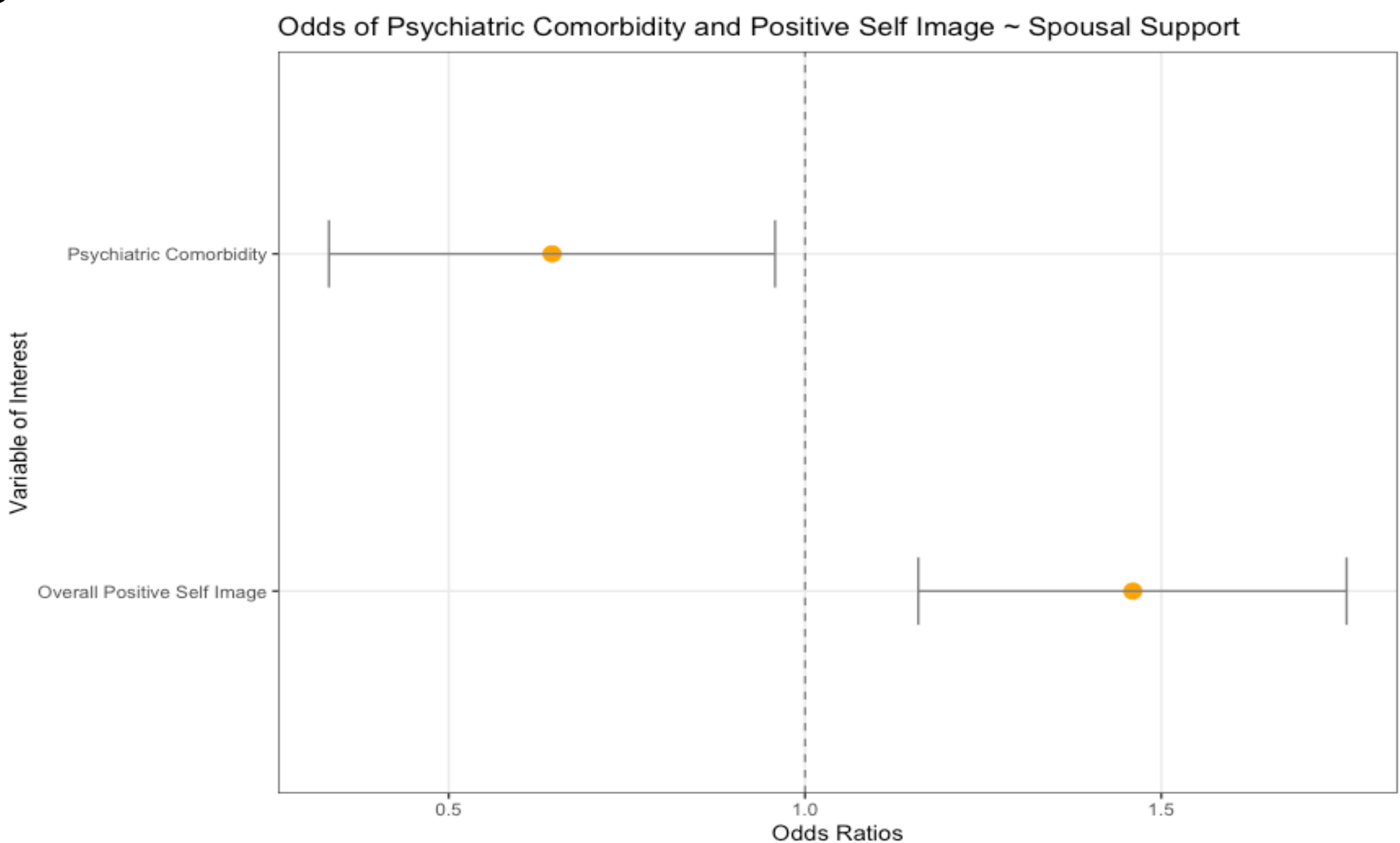


Figure 4. Earlier Onset of Obesity is Associated with Higher Odds of Psychiatric Diagnosis

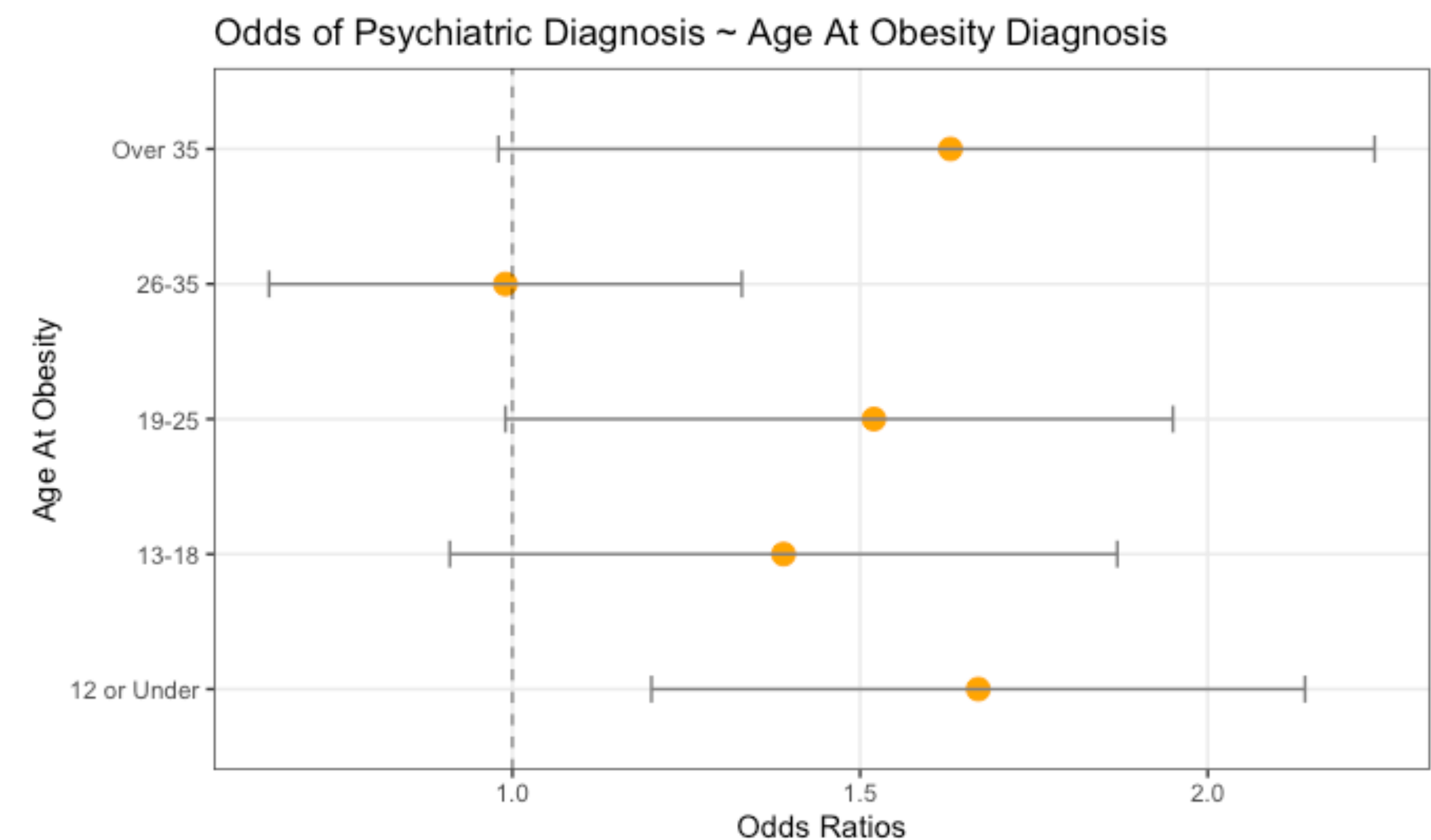
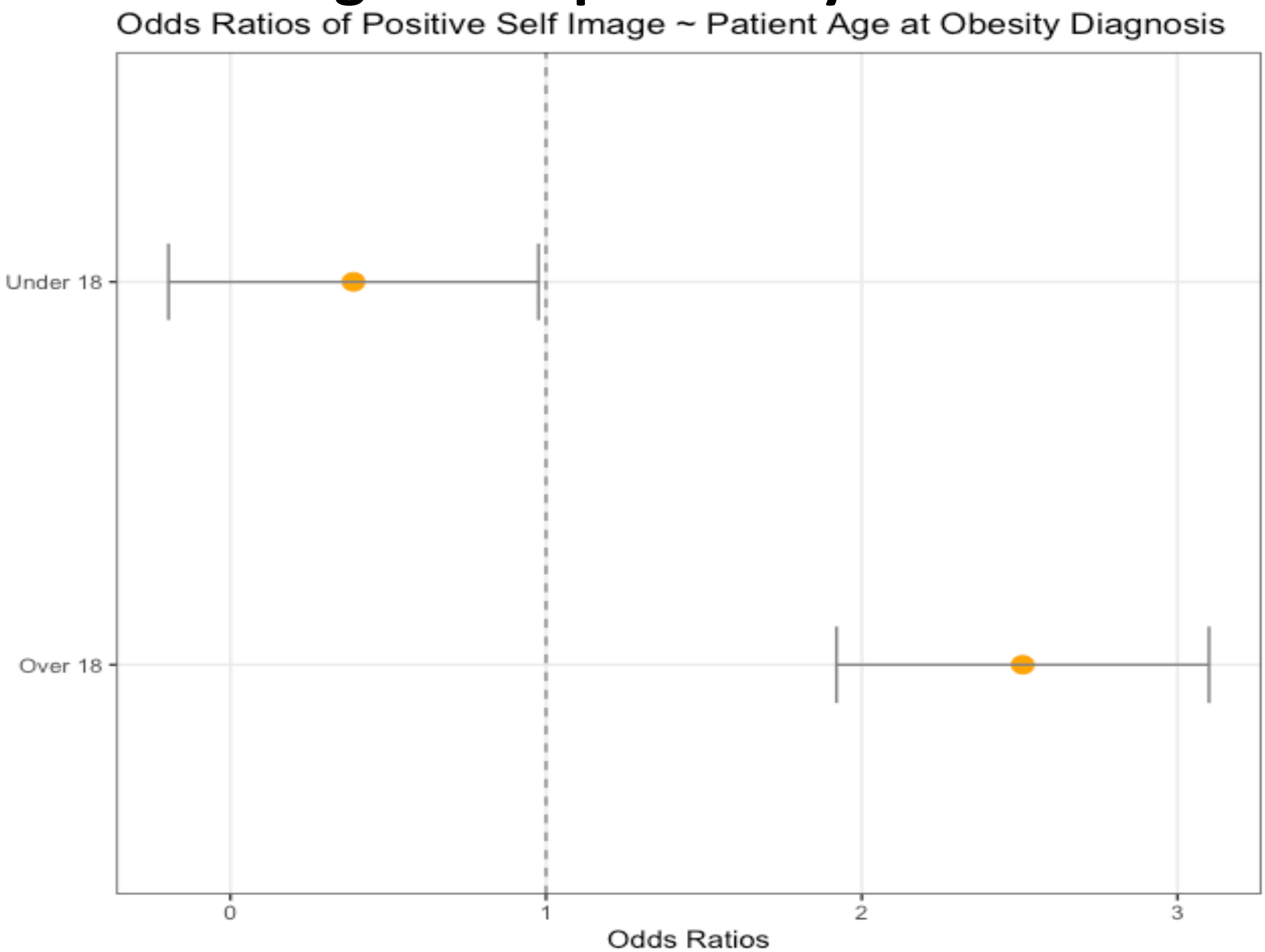


Figure 5. Earlier Onset of Obesity is Associated with Poorer Self-Image Pre-Operatively



Conclusions

- Social support is associated with significantly more positive pre-operative self-reported self-image, and significantly fewer psychiatric comorbidities.
- Spousal support has the strongest positive correlation with self image and the strongest negative correlation with psychiatric comorbidities.
- Earlier onset of obesity is associated with increased psychiatric comorbidities and poorer ratings of self-image.
- Psychiatric comorbidities are associated with poorer maintenance of weight loss following body contouring procedures.
- It is critical to further investigate factors which impact patient outcomes following body contouring procedures.