

The Relationship between Body Image, Self-esteem, and Quality of Life among Jordanian Adult Patients Post-Bariatric Surgery

By

Safaa Ayoub Mohammad Al-Qiam

Supervisor

Prof. Malakeh Malak

Al-Zaytoonah University of Jordan, 2024

Abstract

Introduction: Obesity has become a global health concern, leading to an increase in individuals seeking bariatric surgery as a solution for this problem. Also, obesity is high among Jordanian people, which promotes bariatric surgery as a treatment. Body image and self-esteem have a significant role in enhancing the quality of life among adults post-bariatric surgery. Unfortunately, there is a lack of studies examining the relationship between the aforementioned variables.

Aim: This study aimed to assess the relationship between body image, self-esteem, and quality of life in Jordanian adult patients post-bariatric surgery.

Method: A descriptive correlational design was adopted and convenience sampling was utilized to recruit 230 adult participants post-bariatric surgery. The data were gathered utilizing a self-reported questionnaire consisting of the Body Image Scale, Rosenberg Self-Esteem Scale, and World Health Organization Quality of Life (WHOQOL-BREF), in

addition to demographic factors and surgery-related factors. Data collection took place between January and March 2024.

Results: Overall, the majority of the participants had a satisfied body image (97.8%), normal self-esteem (59.6%), and high quality of life (91.3%). A positive relationship was found between quality of life and marital status ($p.b.r = 0.302$, $p < 0.001$), age ($r = 0.274$, $p < 0.001$), duration of surgery in months (0.649 , $p < 0.001$), body image ($r = 0.301$, $p < 0.001$), self-esteem ($r = 0.696$, $p < 0.001$), and monthly income ($r = 0.169$, $p < 0.05$). A negative relationship between quality of life and body mass index post-surgery ($r = -0.676$, $p < 0.001$). The predictors of quality of life included marital status, post-surgery duration, income, body mass index post-surgery, body image, and self-esteem.

Conclusion: There was a relationship between body image, self-esteem, and quality of life in Jordanian adult patients post-bariatric, which emphasized the necessity of comprehensive pre- and post-operative assessments for optimal quality of life and correlated factors.

Recommendations: Healthcare professionals need to develop interventions for improving quality of life among adults post bariatric surgery considering body image and self-esteem, in addition to other correlated factors.

Keywords: Bariatric surgery; Body image; Quality of life, Self-esteem.