



ORIGINAL RESEARCH PAPER

Psychiatry

EVALUATION OF PATIENTS FOR ANXIETY AND DEPRESSION POST OCCULOPLASTY- A CROSS SECTIONAL STUDY

KEY WORDS:

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ABSTRACT

Oculoplasty is a rapidly evolving procedure of late owing to increased desire for aesthetic enhancement and appealing facial features. The aim of this study was to find out the anxiety and low self-esteem and confidence regarding their appearance due to their ocular manifestations in performing day to day activities. Even after undergoing oculoplasty, some of the patients do have residual body image issues in the form of low self-confidence, anxiety and distress.

INTRODUCTION

Oculoplasty is a rapidly evolving procedure of late owing to increased desire for aesthetic enhancement and appealing facial features^[1]. Oculoplasty typically means implantation of an artificial eye prosthesis in place of the normal anatomical eye ball. Patients with congenital ocular disorders such as retinoblastoma, retinitis pigmentosa, congenital cataract, strabismus have been offered oculoplasty as treatment options. Along with this patient's of ocular tumours, glaucoma and trauma, endophthalmitis undergoing enucleation, evisceration have significant anxiety and depression, and lower quality of life that worsens after surgery^[2]. This Area of the face is always exposed to others, the mirror and the mind, besides being subjected to comparison and criticism, also the desire for aesthetic enhancement has been increasing all over the country with media and glamour playing important role in aesthetic enhancement^[3]. The increased awareness of other plastic surgeries and other body enhancing surgeries have paved the way for people to more readily come forward and enhance their appearance. All of us might have come across a smile on the face of a person who was given prosthesis to conceal his or her disfigured eye. Treating these patients with oculoplasty as treatment options can at least improve a patient's appearance if not completely solve their functional deficit.

The aim of this study was to find out the anxiety and low self-esteem and confidence regarding their appearance due to their ocular manifestations in performing day to day activities.

Review Of Literature

In some studies done^[4,5,6] it was postulated that eyes and the periocular region are crucial for inter-personal communication. Although prosthetic eye wearers mostly express high levels of satisfaction with their eye prosthesis, living with an ocular prosthesis has a significant impact on psychosocial factors and social interactions^[5,6].

Most psychological studies regarding prosthetic eye wearers focused on concerns of anophthalmic patients or quality of life-affecting issues in this ordinary population^[6,7]. The eye loss itself, a potential malignant eye disease, the health of the fellow eye, potential discharge at the anophthalmic socket, dry socket symptoms, altered visual perception, and changes of the appearance have been already reported as relevant life-affecting and distress-causing factors

Methodology

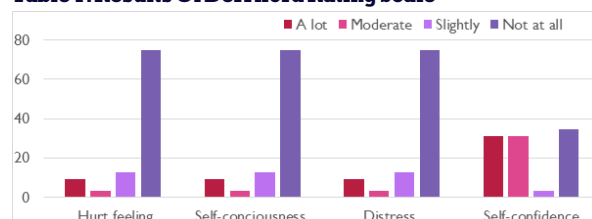
29 patients who had undergone oculoplasty were assessed

through one-on-one oral interview for any anxiety or psychological impact upon themselves and their daily lives regarding their perceived body image using Derriford Rating Scale^[4]. Data and responses were collected online in google forms and stored in MS-Excel Format.

RESULTS

Majority reported no self-confidence at all (34.38%) , a lot of self-confidence and moderate self-confidence were reported by 31.25% respectively. Majority did not feel anxious/distressed while looking in the mirror (71.88%) or while going outside in public places .A small percentage (15.7 % to 28.8 %) reported slight to moderate self-consciousness while around half of the people felt distress upon getting remarked by people about their features (Table 1).

Table 1: Results Of Derriford Rating Scale



DISCUSSION

In a similar study done in covid times, there was an increased social appearance and anxiety, among subjects having facial pressure ulcers^[8]. 25% of the subjects with facial injury studied in a Nigerian hospital showed psychological distress showing presence of anxiety^[6]. Earlier research has been done on anxiety and depression following facial injuries^[7]. It is commonly acknowledged that patients with facial injuries may have difficulty with psycho-social adjustments, which can be profound and long-lasting^[7,8]. Because of this, any change in facial injury can cause problems in adjustment and adaptation. Any pre-existing psychiatric illness present in the patient can cause residual body image issues^[8,10].

CONCLUSION

Ocular problems can lead to many psychological distress in different domains of life. In our study it was evident that even after undergoing oculoplasty, some of the patients do have residual body image issues in the form of low self-confidence, anxiety and distress.

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