

## **Correlation between Body Image, Self-esteem and Self-efficacy among Women with Mastectomy**

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### **Abstract**

**Background:** Women who undergoing mastectomy always exposed to a variety of emotional, physical, and psychological consequences that have a severe impact on their body image, self-efficacy and hence self-esteem. **Aim:** Assess the correlation between body image, self-esteem and self-efficacy among women with mastectomy. **Research question:** What is the correlation between body image, self-esteem and self-efficacy among women with mastectomy? **Design:** A descriptive correlational research design was used in this study. **Setting:** It was carried out at women surgery department at Benha university hospital, Benha City, Qalyubia governorate. **Sample:** A purposive sample of 100 mastectomy affected women was chosen from the above mentioned setting. **Tools:** Tool (I): A structured Interviewing Questionnaire Sheet, Tool (II): Body image scale, Tool (III): Rosenberg Self –esteem scale and Tool (V): Self-efficacy scale. **Results:** Findings reflected that nearly two thirds of studied mastectomy affected women had poor body image. In addition, more than half of them reported low levels of self-esteem and self- efficacy. **Conclusion:** There was a highly statistically significant positive correlation between mean scores of total levels of body image, self-esteem and self-efficacy among the studied mastectomy affected women. **Recommendation:** Enhancing body image, self-esteem and self –efficacy among mastectomy affected women by involving psycho -educational program as an integral entity of comprehensive care provided at all hospitals.

**Keywords:** Body image, Self-esteem, Self-efficacy, Mastectomy.

### **Introduction**

Breast cancer is the common prevalent malignant tumor among women that arises from cells in the breast. Being female is the basic risk determinants for evolving breast cancer. Although other risk factors include genetics, higher levels of certain hormones, certain dietary patterns, and obesity. Moreover, breast cancer associated of hormonal contraceptive- and appears to be dependent upon patient factors, formulations, and duration of use. Additionally, using hormone therapy after menopause as taking estrogen and progesterone after menopause

(sometimes called combined hormone therapy) increases the risk of getting breast cancer (Luehmann et al., 2022).

Mastectomy is a must and only treatment in many cases of breast cancer. Mastectomy is not an easy decision for any affected women as they would go through many physical and psychological changes before and after the surgery. Women with mastectomy may experience grief and sadness over the lost organ, shame of being less feminine, and discontent for the loss of sexual attraction. All of these negative feelings have negative impact on mastectomy

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affected women including their body image, self-esteem and self-efficacy (**Perera et al., 2021**).

Body image is usually defined as “a person’s own picture and self-observation toward physical appearance and by observing the reactions of others”. Mastectomy surgery may make a woman feel unattractive with negative body image concerns as it destroys the body image and the sense of the body's completeness and beauty. The affected woman would suffer a sense of sadness similar to that of the loss of a close and dearly loved friend or relative. In addition, feelings of guilt, shame, stigma, loss of dignity, embarrassment of body figure, depression, fear of unknown, low self-esteem, low self-efficacy and feeling inadequate in their roles as a woman and wife (**Gulseren & Aysun, 2021**).

Furthermore, self-esteem is generally defined when the emotional responses are stable over a period of time, women reflects acceptance of her self- image, become feel positively satisfied with her self, life and the affections related to her body, as well as the adaptation processes arising from her life cycle and social relationships. Furthermore, self- esteem is indicators of personal satisfaction with own self tolerance, and acceptance. For many mastectomy affected women, self-esteem is based on perception their own body exclusively. So negative perception of their body lead to low self-esteem and produce many cognitive behavioral and emotional alterations which negatively affect not only the wellbeing of women but also, self –esteem and self-efficacy (**Cohen & Paul, 2020**).

Moreover, self-efficacy usually identified as women beliefs toward their abilities to produce designated levels of achievement,

self-care behavior, exercise influence over events, and self-management that affect their lives. Other medical conditions as diabetes, hypertension and chronic lung disease had adequate level of self- efficacy than women with mastectomy t h a t is more impaired. In this context, there is growing evidence that self- efficacy among mastectomy affected women is correlated with coping with illness, improving symptoms control, enhancing sense of wellbeing , adaptive functioning increasing control and autonomy (**Zientek et al., 2020**).

Finally, marital relationships and sexual life among mastectomy affected women undergo significant negative changes as a result of woman’s disturbed body image, low self- esteem and self-efficacy. The absence of a breast and its importance attached to body image may elicit various and negative reactions from others, especially the spouses, which have to be dealt with. Therefore the role of mastectomy women in social, sexual and interpersonal situations may be disturbed in various ways after the operation which necessitate that women must knew how to cope not only with herself but also with the negative reactions of others, especially her male counterpart (**Taib &Farizahl , 2020**).

Psychiatric and mental health nurse is considered the most important person who gives psychological care for these mastectomy affected women before and after the surgery and later on at the follow-up periods. Preoperative nursing measures include implementing psycho education in order to reduce fear and anxiety, improve their abilities toward coping with illness and decision-making. The postoperative nursing measures toward women include managing post-operative sensations, improving self-esteem and self- efficacy,

enhancing positive body image, achieving positive adjustment and coping ability. In addition, helping these affected women to practice stress management mechanism, managing potential complications, taking health diet, achieving house- and community-based care, involving affected women in their care plan and assess level of patients satisfaction toward the care provided (Hashem et al., 2020).

#### **Significance of the study:**

The higher epidemiology of breast cancer having a negative psychological or physical consequences that associated with mastectomy operation including feelings of anxiety, depression, desperation, denial, isolation, shame, guilt, fear of recurrence, and fear of death, which impaired their body image and disturbed their self-esteem and self-efficacy, indicate the importance of doing many research to support these women (Gamal, 2020). In Egypt, the prevalence of breast cancer accounting for 38,8% of total cancer cases in this population , with the estimated number nearly 22,700 in 2022 and forecasted to be approximately 64,000 in 2050 (International Agency for Research on Cancer, 2022). Furthermore, reports from statistical department at Benha university hospital said that there are 265 women perform mastectomy surgery at 2022. So, there is a critical need for researchers to carry out this study .

#### **Aim of the study:**

This study aimed to assess the correlation between body image, self-esteem and self-efficacy among women with mastectomy.

#### **Research questions:**

What is the correlation between body image, self-esteem and self-efficacy among women with mastectomy?

This can be implemented through the

following two questions:

1- What are the levels of body image, self-esteem and self-efficacy among women with mastectomy?

2- What is the correlation between body image, self-esteem and self-efficacy among women with mastectomy?

#### **Theoretical & Operational definitions:**

**Breast cancer** is usually known as the being second cancer with the highest projected death in 2023 in the US behind lung cancer and because it the most common cancer among women and accompanied by emotional and psychological consequences (Taparra et al., 2023).

**Mastectomy** is generally defined as breast cancer operation including removing the entire breast. A mastectomy might be done; when a woman cannot be treated with breast-conserving surgery (Kaidar et al., 2022).

**Body image** refers to one's mental picture toward the body. Body Image involving three major components: the physiological structure, the libidinous structure, and the sociological structure" (Sebri et al., 2021). It will be measured in the present study by using body image scale to assess the level of body image among the studied women with mastectomy.

**Self-esteem** refers to how we value and perceive ourselves that based on our opinions and believes about ourselves. Self- esteem is indicators of personal satisfaction with own self, tolerance and acceptance (Cohen & Paul, 2020). It will be measured in the present study by using self-esteem scale to assess the level of self-esteem among the studied women with mastectomy.

**Self-efficacy** defined as individual belief in his or her capacity to execute behaviors necessary to produce specific

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performance attainments. Self-efficacy refers to the ability to exert control over one's own motivation, behavior and social environment with success (**Zientek et al., 2020**). It was measured in the present study by using self-efficacy scale to assess the level of self-efficacy among the studied women with mastectomy.

### **Subject and Methods:**

**Design:** Descriptive correlational design was followed to achieve the aim of this study. **Setting:** The present study was implemented at women department of surgery (surgery building) at Benha university hospital, Benha City, Qalyubia governorate which affiliated to ministry of high education. The hospital involving two major building; medical and surgical building. Women surgery department is located in the third floor of surgical building and it consists of 6 rooms (Each room consists of seven beds); three rooms specialized **only** for women with breast cancer surgery (mastectomy) and other three rooms specialized for other general surgeries.

### **Subjects:**

### **Sample Size:**

Based on the past review of literature that examined the same outcome and found significant differences, a sample size has been calculated using the following equation:-  $n = (z^2 \times p \times q) / D^2$  At power 80% and CI 95%. The calculated sample size was 100 women with mastectomy.

### **Sample Technique:**

A purposive sample of 100 affected mastectomy women was involved in this study according to the following inclusion and exclusion criteria:

### **Inclusion criteria:**

- 1- Breast cancer women with mastectomy surgery.
- 2-18-65 years old.
- 3-Has a desire to involve in the study.

### **Exclusion criteria:**

- 1- Women with psychotic symptoms or neurological disorders.
- 2- Women having hearing or visual impairment.

### **2. Tools of Data Collection:**

Four tools were followed for collecting data.

### **Tool (I): A Structured Interviewing Questionnaire Sheet:**

It was prepared by the researchers to fulfill the aim of this study after reviewing related literature and contains two parts; **Part (1)** socio-demographic characteristics of studied mastectomy affected women such age, marital status, residence, education level, occupation, number of family members and income. **Part (2)** Clinical data of the studied mastectomy affected women ; It was designed by the researchers and it involve information about disease history such as duration of disease, number of previous hospitalization, disease stage , type of treatment, suffering from any other type of cancer , previous surgical removal of any other tumors, family history of cancer .

### **Tool (II): Body Image Scale:**

This scale was originally designed by **Koleck et al., (2002)** and adapted, translated into Arabic language by the researchers. This scale used to assess the level of body image among mastectomy affected women. The scale was consisted of 12 items that contains positive and negative items. **Negative items** numbered from (1to 9) and responses for these negative items are strongly agree=1, agree=2, disagree=3, strongly disagree=4.

**While positive items** numbered (10, 11, 12) and responses for these positive items are strongly agree=4, agree=3, disagree=2, strongly disagree= 1.

**The total score were ranged from 12-48 degrees and it was categorized as the following:**

- Poor body image if score (12-24) degrees (<50%).
- Average body image if score (25-36) degrees (50 -%<75%).
- Good body image if score (37- 48) degrees ( 75 -% ≥ 100%).

**Tool (III): Rosenberg Self –esteem scale:**

This scale was originally designed by **Rosenberg, (1965)** and adapted by researchers. This scale used to assess the level of self-esteem among women with mastectomy. This scale involves 10 items and includes positive and negative items. **Positive items** numbered from (1-5) and responses for these positive items are strongly agree=3, agree= 2, disagree= 1, strongly disagree=0. **While negative items** numbered from (6-10) and responses for these negative items are strongly agree= 0, agree= 1, disagree= 2 , strongly disagree=3 . **The total score were ranged from (0-30) degrees and it was categorized as the following:**

- Low self - esteem if score (0-15) degrees (<50%).
- Moderate self-esteem if score (16-21) degrees (50 -% < 70%).
- High self-esteem if score (22-30) degrees (70 -% ≥ 100% ).

**Tool (V): Self Efficacy Scale:**

The self-efficacy scale was originally designed by **(Chen et al., 2001)** and adapted by the researchers. It was utilized to assess the level of self-efficacy among women with

mastectomy. It involves 10 questions. The scale is rated on a likert scale that ranges from 1 to 3 as the following: (3= always, 2= some times and 1=rarely). The total score ranged from 10 to 30 with higher total score reflects high self-efficacy. These scores were summed and were converted into a percent score.

**The scoring system** is categorized as following:

Low self-efficacy if the score (1-15) grades (< 50%)

Moderate self-efficacy if the score (16-21) grades (50% - < 70%)

High self-efficacy if the score (22-30) grades (70% - ≥ 100%)

**Administrative approval:**

An official permission was taken from the dean of Faculty of Nursing/Benha University, to the director of Benha university hospital and all authorized personal concerned the title, objective, tools to implement the proposed study. A full information about the aim of the study will be explored.

**Validity:**

To fulfill the criteria of trust and worthiness of the tools of data collection in this study, the tools were tested and evaluated for their face and content validity. Face and content validity were tested by five experts in psychiatric and mental health nursing field. As simple modifications was performed including re- arranging of some sentences at body image scale, changing Arabic and English translation of self-esteem scale and rephrasing of some sentences in self-efficacy scale to be simple, more easier and understandable .

**Reliability:**

Reliability (testing the internal consistency of the tools,) was implemented by the researchers, answers were compared

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(Test-re-Test reliability) by using Alpha Cronbach reliability. Then the used tools become strongly reliable at (0.92) for body image scale, (0.95) for self- esteem scale and (0.93) for self-efficacy Scale.

### **Ethical considerations:**

- An official approval was provided by the Ethical Committee of Scientific Research at the Faculty of Nursing, Benha University (REC.PSYN.P 25, 11-2-2024).
  - Approvals from the studied mastectomy affected women were obtained before data collection and after explaining the aim of the study.
  - Anonymity of the studied mastectomy affected women was assured as the filled questionnaire sheets were given a code number (not by names).
  - Questionnaire sheet used only for the purpose of the study and discarded at the end of this study.
  - The studied mastectomy affected women were informed about having the right to withdraw at any time without giving any reason.

### **A Pilot study:**

A pilot study was performed to test the clarity, reliability, and applicability of tools. To implement that, the study was tested on 10% of the total sample as (10) women with mastectomy. This sample was excluded later from the actual study sample

### **\*The results of the pilot study:**

After performing the pilot study, the following results reflected that:

- 1- The used tools were clear and applicable; however, simple modifications were made in rephrasing and re-translation of some sentences to be easier and understandable for the studied women with mastectomy.
- 2-Tools were relevant and valid.
- 3-No problem interferes with the process of data collection was detected.
- 4- After this pilot study the tools become ready for use.

### **Field work:**

The implementation phase of this present study was taken the average of 3 months starting from the beginning of March 2024 to the end of May 2024. The study setting was visited by the researchers two days (Sunday& Tuesday) per week at morning shift (10a.m-1p.m) to collect data. An individual interview was done with each mastectomy affected woman taken about 20-30 minutes for body image and self -esteem scale and about 10-15 minutes for self-efficacy scale as the researchers meet 4-5 women per day. Firstly, the researchers greeted the studied women, introduced herself to each women, explained the purpose of the study, took oral consent to participate in the study. Then filling interviewing questionnaire sheet and data collection tools.

### **Statistical analysis:**

The statistical analysis of data was performed by using the computer software of Microsoft Excel Program and Statistical Package for Social Science (SPSS) version (20). Data were formulated using descriptive statistics in the form of frequencies and percentage of categorical data, the arithmetic mean (X) and standard deviation (SD) for quantitative data. Qualitative variables were compared using chi square test (X)<sup>2</sup>, P-value to test association between two variables and R- test to the correlation between the study variables.

### **Indicators of the significance of results**

were categorized as follows :

- P- value > 0.05 Not significance ( NS)
- P- value < 0.05 Significant (S) .
- P- value < 0.000 Highly significance .

**Results:**

**Table (1)** demonstrated socio-demographic characteristics of the studied mastectomy affected women. While more than one third (40.0%) of them their aged was between 40 to 50 years, with Mean  $\pm$ SD age is  $42.30 \pm 8.05$ . More than two thirds (68.0%) of them are married. Regarding residence, more than three quarters (82.0%) of them reside in rural areas. Concerning education level, nearly two thirds (60.0%) of them have secondary education (diploma). As regard to occupation, nearly two thirds (66.0%) of them are not working. Moreover, the majority (85.0%) of them mentioned they don't have enough income.

**Table (2)** explains percentage distribution of clinical data of the studied mastectomy affected women in which that, more than half (60.0%) of them having breast cancer for more than one year. Concerning admission to hospital, half (50.0%) of them are admitted at hospital 4-6 times. Regarding disease stage, nearly half (45.0%) of them at the second disease stage and all (100.0%) are received surgical treatment. As well as, three quarters (75.0%) of the studied women had their family members suffered from cancer and nearly three quarters (73.3%) of them are first degree relatives.

**Figure (1)** illustrates percentage distribution of total body image among the studied mastectomy affected women. It reflects that, nearly two thirds (61.0%) of them had poor body image. While, nearly one third (31.0%) had average body image and minority (8.0%) of them had good body image.

**Figure (2)** reveals percentage distribution of total self-esteem among the studied mastectomy affected women. It demonstrates that, more than half (59.0%) of them had low self-esteem. As well as, nearly

one third (30.0%) had average self-esteem while the minority (11.0%) of them had high self-esteem.

**Figure (3)** explains percentage distribution of total self-efficacy among the studied mastectomy affected women according. It reports that, more than half (59.0%) of them had low self-efficacy, and nearly one third (31%) of them had moderate self-efficacy, while the minority (10%) of them had high self- efficacy.

**Table (3)** shows relationship between total body image and socio-demographic characteristics among the studied mastectomy affected women. It demonstrates that there is a highly statistically significant relation between ` total body image and their socio-demographic characteristics such as marital status and occupation at (p- value < 0.01\*\*). Also, there is a statistically significant relationship between studied women total body image and their age at (p-value < 0.05\*).

**Table (4)** reflects relationship between total self-esteem and socio- demographic characteristics among the studied mastectomy affected women that there is a highly statistically significant relation between studied women total self –esteem and their socio- demographic characteristics such as the women's age , marital status and education level at (P –value < 0.01\*\*).

**Table (5)** illustrates relationship between total self-efficacy and socio-demographic characteristics among the studied mastectomy affected women. Which that there is a highly statistically significant relation between total self-efficacy and educational level of studied women at (P-value < 0.01\*\*). In addition, there is a statistically significant relationship between total self-efficacy with their age, number of family members and their monthly income at

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(P-value < 0.05\*).

**Table (6)** explains relationship between total body image and clinical data among the studied mastectomy affected women which there is a highly statistically significant relation between total body image and disease stage at (P value < 0.01\*\*). Also, there is a statistically significant relation between total body image, disease duration and suffering from any other type of cancer at (P value < 0.05\*).

**Table (7)** clarifies relationship between total self – esteem and clinical data among the studied mastectomy affected women. That there is a statistically significant relation between total self – esteem and their clinical data such as disease stage and suffering from any other type of cancer at (P value < 0.05\*).

**Table (8)** reveals relationship between total self - efficacy and clinical data among

the studied mastectomy affected women in which a highly statistically significant relation between total level of self-efficacy and duration of disease of studied women's at (P value < 0.01\*\*). Moreover, a statistically significant relation between total level of self-efficacy and their disease stage and suffering from other types of cancer at (P value < 0.05\*).

**Table (9)** reports correlation between total levels of body image, self-esteem and self- efficacy among the studied mastectomy affected women.. which that there is a highly statistically significant positive correlation between mean score of total body image, total self- esteem and total self- efficacy among the studied women with mastectomy at (P value < 0.01\*\*).

Table (1): Percentage distribution of socio-demographic characteristics of the studied mastectomy affected women (n=100).

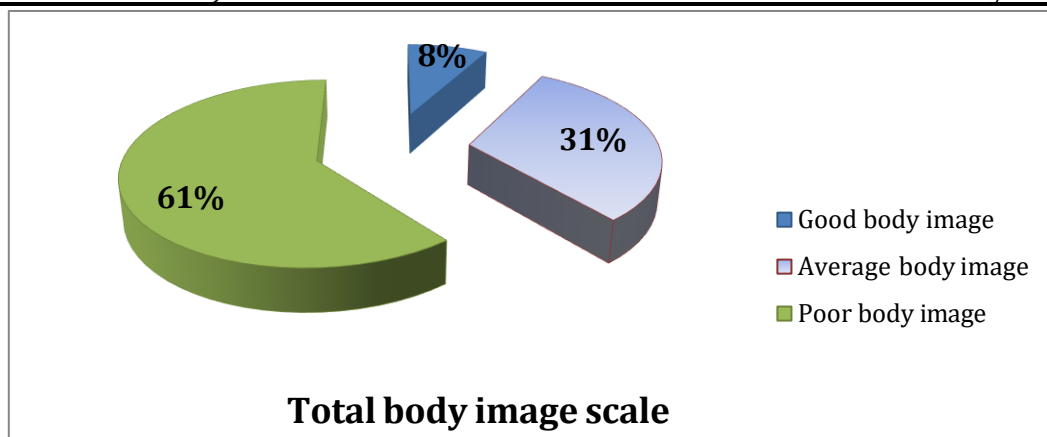
| Socio-demographic characteristics                 | Studied women (n=100) |             |
|---------------------------------------------------|-----------------------|-------------|
|                                                   | N                     | %           |
| <b>Age</b>                                        |                       |             |
| 18-<20 year                                       | 2                     | 2.0         |
| 20-<30 year                                       | 8                     | 8.0         |
| 30- <40 year                                      | 35                    | 35.0        |
| 40-<50 year                                       | <b>40</b>             | <b>40.0</b> |
| 50- <60year                                       | 12                    | 12.0        |
| 60 -≥65 years                                     | 3                     | 3.0         |
| $\bar{x} \pm SD$ 42.30 ± 8.05                     |                       |             |
| <b>Marital status</b>                             |                       |             |
| Single                                            | 21                    | 21.0        |
| Married                                           | <b>68</b>             | <b>68.0</b> |
| Divorced                                          | 8                     | 8.0         |
| Widow                                             | 3                     | 3.0         |
| <b>Residence</b>                                  |                       |             |
| Rural                                             | <b>82</b>             | <b>79.0</b> |
| Urban                                             | 18                    | 18.0        |
| <b>Education level</b>                            |                       |             |
| Illiterate                                        | 1                     | 1.0         |
| Read and write                                    | 4                     | 4.0         |
| Primary education                                 | 0                     | 0.0         |
| Preparatory education                             | 8                     | 8.0         |
| Secondary education(diploma)                      | <b>60</b>             | <b>60.0</b> |
| High education                                    | 23                    | 23.0        |
| Postgraduate                                      | 4                     | 4.0         |
| <b>Occupation</b>                                 |                       |             |
| Working                                           | 34                    | 34.0        |
| Not working                                       | <b>66</b>             | <b>66.0</b> |
| <b>If answer is working , type of work( n=34)</b> |                       |             |
| Employee at government sector                     | <b>18</b>             | <b>52.9</b> |
| Employee at private sector                        | 5                     | 14.7        |
| Free business                                     | 11                    | 32.4        |
| <b>Number of family members</b>                   |                       |             |
| 2-4 member                                        | 33                    | 33.0        |
| 4-6 member                                        | <b>60</b>             | <b>60.0</b> |
| 6-8 member                                        | 3                     | 3.0         |
| 8 Members or more                                 | 4                     | 4.0         |
| <b>Income</b>                                     |                       |             |
| Enough                                            | 15                    | 15.0        |
| Not enough                                        | <b>85</b>             | <b>85.0</b> |

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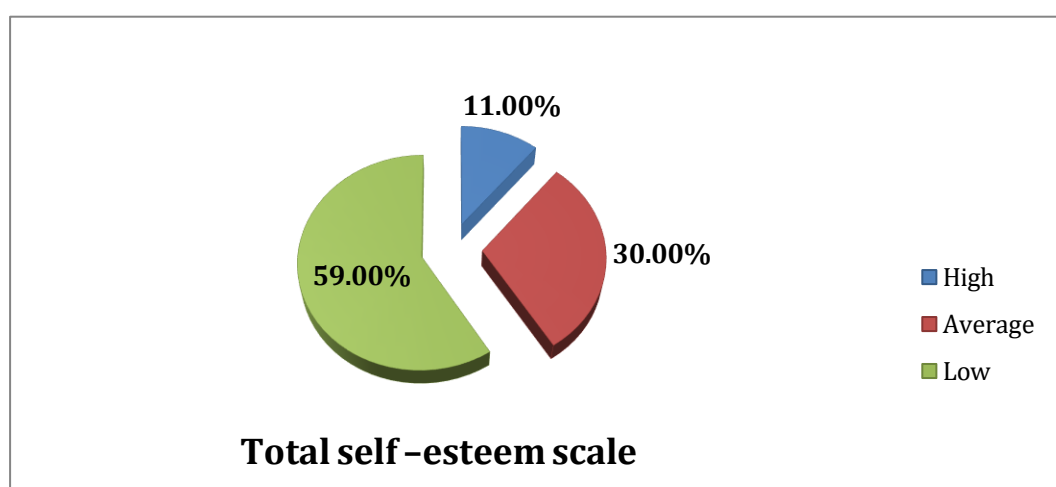
**Table (2): Percentage distribution of clinical data of the studied mastectomy affected women (n=100).**

| Clinical data                                             | Studied women (n=100) |              |
|-----------------------------------------------------------|-----------------------|--------------|
|                                                           | N                     | %            |
| <b>Duration of the disease</b>                            |                       |              |
| 6 months                                                  | 10                    | 10.0         |
| 6 months to one year                                      | 30                    | 30.0         |
| More than one year                                        | <b>60</b>             | <b>60.0</b>  |
| <b>Previous admission to hospital</b>                     |                       |              |
| Yes                                                       | <b>100</b>            | <b>100.0</b> |
| No                                                        | 0                     | 0            |
| <b>If yes, number of readmission to hospital (n=100 )</b> |                       |              |
| 1-2 times                                                 | 10                    | 7.0          |
| 2-4 times                                                 | 16                    | 16.0         |
| 4-6 times                                                 | <b>50</b>             | <b>50.0</b>  |
| 6 times or more                                           | 36                    | 36.0         |
| <b>Disease stage</b>                                      |                       |              |
| First stage                                               | 15                    | 15.0         |
| Second stage                                              | <b>45</b>             | <b>45.0</b>  |
| Third stage                                               | 28                    | 28.0         |
| Fourth stage                                              | 13                    | 13.0         |
| <b>*Types of treatment woman received</b>                 |                       |              |
| Surgical treatment                                        | <b>100</b>            | <b>100.0</b> |
| Radiation therapy                                         | 57                    | 57.0         |
| Chemotherapy                                              | <b>79</b>             | <b>79.0</b>  |
| Hormonal treatment                                        | 48                    | 48.0         |
| <b>Suffering from any other type of cancer</b>            |                       |              |
| Yes                                                       | 26                    | 26.0         |
| No                                                        | <b>74</b>             | <b>74.0</b>  |
| <b>Previous surgical removal of any other tumor</b>       |                       |              |
| Yes                                                       | 26                    | 26.0         |
| No                                                        | <b>74</b>             | <b>74.0</b>  |
| <b>If yes , number of surgical removal ( n=26)</b>        |                       |              |
| Once                                                      | <b>19</b>             | <b>73.1</b>  |
| Twice                                                     | 7                     | 26.9         |
| Three and more                                            | 0                     | 0            |
| <b>Family member history of cancer</b>                    |                       |              |
| Yes                                                       | <b>75</b>             | <b>75.0</b>  |
| No                                                        | 25                    | 25.0         |
| <b>If yes, the relation degree is ( n=75 )</b>            |                       |              |
| First degree relatives                                    | <b>55</b>             | <b>73.3</b>  |
| Second degree relatives                                   | 20                    | 26.7         |

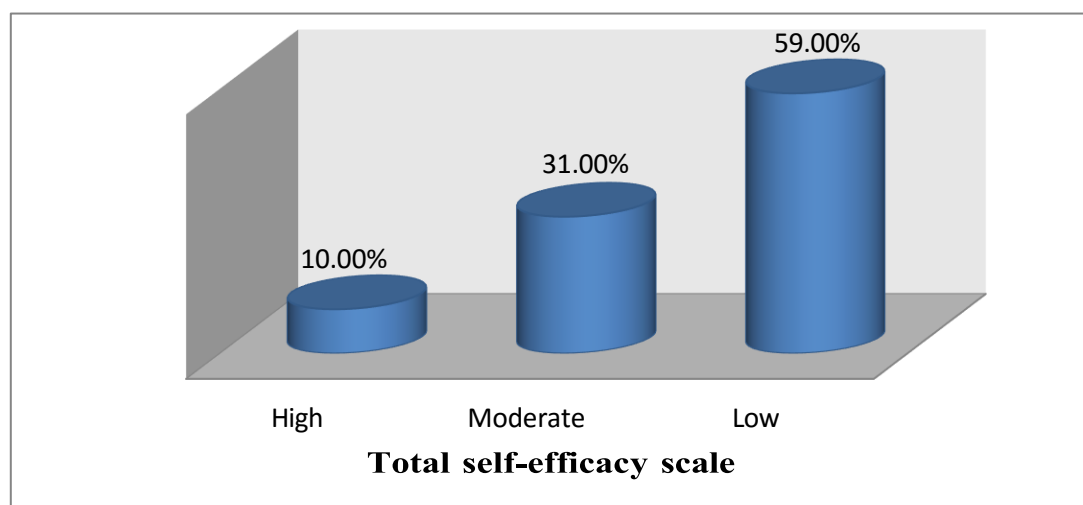
**\*More than one answer**



**Figure (1): Percentage distribution of total body image among the studied mastectomy affected women (n=100).**



**Figure (2): Percentage distribution of total self-esteem among the studied mastectomy affected women (n=100).**



**Figure (3): Percentage distribution of total self-efficacy among the studied mastectomy affected women (n=100).**

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**Table (3): Relationship between total body image and socio-demographic characteristics among the studied mastectomy affected women (n=100).**

| Socio-demographic characteristics |                       | Total level of body image of the studied women (n=100) |      |                |      |             |      | X <sup>2</sup> | P-Value |
|-----------------------------------|-----------------------|--------------------------------------------------------|------|----------------|------|-------------|------|----------------|---------|
|                                   |                       | Good (n=8)                                             |      | Average (n=31) |      | Poor (n=61) |      |                |         |
|                                   |                       | N                                                      | %    | N              | %    | N           | %    |                |         |
| Age                               | 18-<20 year           | 0                                                      | 0.0  | 0              | 0.0  | 2           | 3.3  | 13.35          | <0.05*  |
|                                   | 20-<30 year           | 0                                                      | 0.0  | 0              | 0.0  | 8           | 13.1 |                |         |
|                                   | 30- <40 year          | 0                                                      | 0.0  | 2              | 6.5  | 33          | 54.1 |                |         |
|                                   | 40-<50 year           | 0                                                      | 0.0  | 20             | 64.5 | 18          | 29.5 |                |         |
|                                   | 50- <60year           | 6                                                      | 75.0 | 6              | 19.3 | 0           | 0.0  |                |         |
|                                   | 60 -≥65 years         | 2                                                      | 25.0 | 3              | 9.7  | 0           | 0.0  |                |         |
| Marital status                    | Single                | 0                                                      | 0.0  | 2              | 6.5  | 25          | 41.0 | 25.12          | <0.01** |
|                                   | Married               | 7                                                      | 87.5 | 26             | 83.8 | 29          | 47.5 |                |         |
|                                   | Divorced              | 0                                                      | 0.0  | 1              | 3.2  | 7           | 11.5 |                |         |
|                                   | Widow                 | 1                                                      | 12.5 | 2              | 6.5  | 0           | 0.0  |                |         |
| Residence                         | Rural                 | 5                                                      | 62.5 | 23             | 74.2 | 51          | 83.6 | 7.270          | >0.05   |
|                                   | Urban                 | 3                                                      | 37.5 | 8              | 25.8 | 10          | 16.4 |                |         |
| Education level                   | Illiterate            | 0                                                      | 0.0  | 0              | 0.0  | 1           | 1.6  | 6.293          | >0.05   |
|                                   | Read and Write        | 0                                                      | 0.0  | 1              | 3.2  | 3           | 4.9  |                |         |
|                                   | Primary education     | 1                                                      | 12.5 | 1              | 3.2  | 3           | 4.9  |                |         |
|                                   | Preparatory education | 1                                                      | 12.5 | 2              | 6.5  | 5           | 8.2  |                |         |
|                                   | Secondary education   | 3                                                      | 37.5 | 15             | 48.3 | 37          | 60.7 |                |         |
|                                   | High Education        | 1                                                      | 12.5 | 10             | 32.3 | 12          | 19.7 |                |         |
|                                   | Postgraduate          | 2                                                      | 25.0 | 2              | 6.5  | 0           | 0.0  |                |         |
| Occupation                        | Working               | 1                                                      | 12.5 | 3              | 9.7  | 30          | 49.2 | 22.72          | <0.01** |
|                                   | Not working           | 7                                                      | 87.5 | 28             | 90.3 | 31          | 50.8 |                |         |
| Number of family members          | 2-4 member            | 2                                                      | 25.0 | 10             | 32.3 | 24          | 39.3 | 8.125          | >0.05   |
|                                   | 4-6 member            | 3                                                      | 37.5 | 19             | 61.3 | 35          | 57.4 |                |         |
|                                   | 6-8 member            | 2                                                      | 25.0 | 1              | 3.2  | 0           | 0.0  |                |         |
|                                   | 8 Members or more     | 1                                                      | 12.5 | 1              | 3.2  | 2           | 3.3  |                |         |
| Income                            | Enough                | 3                                                      | 37.5 | 7              | 22.6 | 9           | 14.7 | 2.074          | >0.05   |
|                                   | Not enough            | 5                                                      | 62.5 | 24             | 77.4 | 52          | 85.3 |                |         |

No significant at p>0.05. \*Significant at p < 0.05. \*\*highly significant at p < 0.01.

**Table (4): Relationship between total self-esteem and socio- demographic characteristics among the studied mastectomy affected women (n=100).**

| Socio –demographic characteristics |                       | Total level of self –esteem of the studied women (n=100) |      |                 |      |            |      | X <sup>2</sup> | P- Value |
|------------------------------------|-----------------------|----------------------------------------------------------|------|-----------------|------|------------|------|----------------|----------|
|                                    |                       | High (n=11)                                              |      | Moderate (n=30) |      | Low (n=59) |      |                |          |
|                                    |                       | N                                                        | %    | N               | %    | N          | %    |                |          |
| Age                                | 18-<20 year           | 0                                                        | 0.0  | 0               | 0.0  | 2          | 3.4  | 27.10          | <0.01**  |
|                                    | 20-<30 year           | 0                                                        | 0.0  | 0               | 0.0  | 8          | 13.6 |                |          |
|                                    | 30- <40 year          | 0                                                        | 0.0  | 4               | 13.3 | 31         | 52.5 |                |          |
|                                    | 40-<50 year           | 1                                                        | 9.1  | 20              | 66.7 | 17         | 28.8 |                |          |
|                                    | 50- <60year           | 9                                                        | 81.8 | 2               | 6.7  | 1          | 1.7  |                |          |
|                                    | 60 -≥65years          | 1                                                        | 9.1  | 4               | 13.3 | 0          | 0.0  |                |          |
| Marital status                     | Single                | 0                                                        | 0.0  | 0               | 0.0  | 27         | 45.8 | 31.01          | <0.01**  |
|                                    | Married               | 6                                                        | 54.5 | 25              | 83.3 | 31         | 52.5 |                |          |
|                                    | Divorced              | 2                                                        | 18.2 | 5               | 16.7 | 1          | 1.7  |                |          |
|                                    | Widow                 | 3                                                        | 27.3 | 0               | 0.0  | 0          | 0.0  |                |          |
| Residence                          | Rural                 | 7                                                        | 63.7 | 24              | 80.0 | 48         | 81.4 | 9.260          | >0.05    |
|                                    | Urban                 | 4                                                        | 36.3 | 6               | 20.0 | 11         | 18.6 |                |          |
| Education level                    | Illiterate            | 0                                                        | 0.0  | 0               | 0    | 1          | 1.7  | 29.64          | <0.01**  |
|                                    | Read and write        | 0                                                        | 0.0  | 1               | 3.3  | 3          | 5.1  |                |          |
|                                    | Primary education     | 0                                                        | 0.0  | 2               | 6.7  | 3          | 5.1  |                |          |
|                                    | Preparatory education | 1                                                        | 9.1  | 2               | 6.7  | 5          | 8.5  |                |          |
|                                    | Secondary education   | 1                                                        | 9.1  | 13              | 43.3 | 41         | 69.5 |                |          |
|                                    | High Education        | 5                                                        | 45.5 | 12              | 40.0 | 6          | 10.1 |                |          |
|                                    | Postgraduate          | 4                                                        | 36.3 | 0               | 0.0  | 0          | 0.0  |                |          |
| Occupation                         | Working               | 5                                                        | 45.5 | 12              | 40.0 | 17         | 28.8 | 9.015          | >0.05    |
|                                    | Not working           | 6                                                        | 54.5 | 18              | 60.0 | 42         | 71.2 |                |          |
| Number of family members           | 2-4 member            | 4                                                        | 36.3 | 13              | 43.3 | 19         | 32.2 | 7.687          | >0.05    |
|                                    | 4-6 member            | 3                                                        | 27.3 | 15              | 50.0 | 39         | 66.1 |                |          |
|                                    | 6-8 member            | 2                                                        | 18.2 | 1               | 3.3  | 0          | 0.0  |                |          |
|                                    | 8 Members or more     | 2                                                        | 18.2 | 1               | 3.3  | 1          | 1.7  |                |          |
| Income                             | Enough                | 4                                                        | 36.4 | 7               | 23.3 | 8          | 13.6 | 1.999          | >0.05    |
|                                    | Not enough            | 7                                                        | 63.6 | 23              | 76.7 | 51         | 86.7 |                |          |

**No significant at p>0.05. \*\*highly significant at p < 0.01.**

**Correlation between Body Image, Self-esteem and Self-efficacy among Women with Mastectomy**

**Table (5): Relationship between total self-efficacy and socio-demographic characteristics among the studied mastectomy affected women (n=100).**

| Socio-demographic Characteristics |                       | Total level of self-efficacy of the studied women (n=100) |      |                 |      |            |      | X <sup>2</sup> | P-Value |
|-----------------------------------|-----------------------|-----------------------------------------------------------|------|-----------------|------|------------|------|----------------|---------|
|                                   |                       | High (n=10)                                               |      | Moderate (n=31) |      | Low (n=59) |      |                |         |
|                                   |                       | N                                                         | %    | N               | %    | N          | %    |                |         |
|                                   |                       | N                                                         | %    | N               | %    | N          | %    |                |         |
| Age                               | 18-<20 year           | 6                                                         | 60.0 | 12              | 38.7 | 2          | 3.4  | 6.129          | <0.05*  |
|                                   | 20-<30 year           | 1                                                         | 10.0 | 8               | 25.8 | 11         | 16.9 |                |         |
|                                   | 30- <40 year          | 1                                                         | 10.0 | 2               | 6.4  | 20         | 33.9 |                |         |
|                                   | 40-<50 year           | 0                                                         | 0.0  | 5               | 16.1 | 11         | 18.6 |                |         |
|                                   | 50- <60year           | 1                                                         | 10.0 | 3               | 9.7  | 16         | 27.1 |                |         |
|                                   | 60 -≥65years          | 1                                                         | 10.0 | 1               | 3.2  | 1          | 1.7  |                |         |
| Marital status                    | Single                | 3                                                         | 30.0 | 15              | 48.4 | 16         | 27.1 | 1.250          | >0.05   |
|                                   | Married               | 2                                                         | 20.0 | 7               | 22.6 | 18         | 30.5 |                |         |
|                                   | Divorced              | 3                                                         | 30.0 | 6               | 19.4 | 20         | 33.9 |                |         |
|                                   | Widow                 | 2                                                         | 20.0 | 3               | 9.7  | 5          | 8.5  |                |         |
| Education level                   | Illiterate            | 2                                                         | 20.0 | 17              | 54.8 | 14         | 23.7 | 19.020         | <0.01** |
|                                   | Read and write        | 3                                                         | 30.0 | 6               | 19.4 | 28         | 47.5 |                |         |
|                                   | Primary education     | 1                                                         | 10.0 | 5               | 16.2 | 14         | 23.7 |                |         |
|                                   | Preparatory education | 0                                                         | 0.0  | 0               | 0.0  | 0          | 0.0  |                |         |
|                                   | Secondary education   | 2                                                         | 20.0 | 1               | 3.2  | 1          | 1.7  |                |         |
|                                   | High Education        | 2                                                         | 20.0 | 0               | 0.0  | 2          | 3.4  |                |         |
|                                   | Postgraduate          | 0                                                         | 0.0  | 2               | 6.4  | 0          | 0.0  |                |         |
| Residence                         | Urban                 | 3                                                         | 30.0 | 8               | 25.8 | 12         | 20.3 | 1.098          | >0.05   |
|                                   | Rural                 | 7                                                         | 70.0 | 23              | 74.2 | 47         | 79.7 |                |         |
| Occupation                        | Working               | 7                                                         | 70.0 | 25              | 80.6 | 22         | 37.3 | 5.908          | >0.05   |
|                                   | Not working           | 3                                                         | 30.0 | 6               | 19.4 | 27         | 45.7 |                |         |
| Number of family members          | 2-4 member            | 3                                                         | 30.0 | 15              | 48.4 | 16         | 27.1 | 1.250          | <0.05*  |
|                                   | 4-6 member            | 2                                                         | 20.0 | 7               | 22.6 | 18         | 30.5 |                |         |
|                                   | 6-8 member            | 3                                                         | 30.0 | 6               | 19.4 | 20         | 33.9 |                |         |
|                                   | 8 Members or more     | 2                                                         | 20.0 | 3               | 9.7  | 5          | 8.5  |                |         |
| Income                            | Enough                | 4                                                         | 40.0 | 30              | 96.8 | 23         | 38.9 | 5.838          | <0.05*  |
|                                   | Not enough            | 11                                                        | 60.0 | 2               | 3.2  | 37         | 61.1 |                |         |

No significant at p>0.05. \*Significant at p < 0.05. \*\*highly significant at p < 0.01.

**Table (6): Relationship between total body image and clinical data among the studied mastectomy affected women (n=100).**

| Clinical data                                |                    | Total level of body image of the studied women (n=100) |      |                |      |             |      | X <sup>2</sup> | P-Value |
|----------------------------------------------|--------------------|--------------------------------------------------------|------|----------------|------|-------------|------|----------------|---------|
|                                              |                    | Good (n=8)                                             |      | Average (n=31) |      | Poor (n=61) |      |                |         |
|                                              |                    | N                                                      | %    | N              | %    | N           | %    |                |         |
| Duration of disease                          | 6 months           | 6                                                      | 75.0 | 4              | 12.9 | 1           | 1.6  | 5.789          | <0.05*  |
|                                              | 6 months to 1 year | 2                                                      | 25.0 | 20             | 64.5 | 15          | 24.6 |                |         |
|                                              | ≥1 year            | 0                                                      | 0.0  | 7              | 22.6 | 45          | 73.8 |                |         |
| Admission to hospital                        | 1-2times           | 1                                                      | 12.5 | 2              | 6.4  | 4           | 6.6  | 1.567          | >0.05   |
|                                              | 2-4times           | 2                                                      | 25.0 | 5              | 16.1 | 9           | 14.8 |                |         |
|                                              | 4-6times           | 3                                                      | 37.5 | 15             | 48.4 | 23          | 37.7 |                |         |
|                                              | >6times            | 2                                                      | 25.0 | 9              | 29.1 | 25          | 40.9 |                |         |
| Disease stage                                | First              | 5                                                      | 62.5 | 12             | 38.7 | 3           | 4.9  | 11.098         | <0.01** |
|                                              | Second             | 3                                                      | 37.5 | 13             | 41.9 | 23          | 37.7 |                |         |
|                                              | Third              | 0                                                      | 0.0  | 3              | 9.7  | 25          | 40.9 |                |         |
|                                              | Fourth             | 0                                                      | 0.0  | 3              | 9.7  | 10          | 16.4 |                |         |
| Suffering from any other type of cancer      | Yes                | 3                                                      | 37.5 | 10             | 32.3 | 13          | 21.3 | 6.293          | <0.05*  |
|                                              | No                 | 5                                                      | 62.5 | 21             | 67.7 | 48          | 78.7 |                |         |
| Previous surgical removal of any other tumor | Yes                | 3                                                      | 37.5 | 10             | 32.3 | 13          | 21.3 | 2.009          | >0.05   |
|                                              | No                 | 5                                                      | 62.5 | 21             | 67.7 | 48          | 78.7 |                |         |
| Family history of cancer                     | Yes                | 6                                                      | 75.0 | 18             | 58.1 | 36          | 59.1 | 1.345          | >0.05   |
|                                              | No                 | 2                                                      | 25.0 | 13             | 41.9 | 25          | 40.9 |                |         |

No significant at  $p > 0.05$ . \*Significant at  $p < 0.05$ . \*\*highly significant at  $p < 0.01$ .

**Correlation between Body Image, Self-esteem and Self-efficacy among Women with Mastectomy**

**Table (7): Relationship between total self –esteem and clinical data among the studied mastectomy affected women (n=100).**

| Clinical data                                |                    | Total level of self –esteem of the studied women(n=100) |      |                 |      |            |      | X <sup>2</sup> | P-Value |
|----------------------------------------------|--------------------|---------------------------------------------------------|------|-----------------|------|------------|------|----------------|---------|
|                                              |                    | High (n=11)                                             |      | Moderate (n=30) |      | Low (n=59) |      |                |         |
|                                              |                    | N                                                       | %    | N               | %    | N          | %    |                |         |
| Duration of disease                          | 6 months           | 2                                                       | 18.2 | 3               | 10   | 6          | 10.2 | 1.004          | >0.05   |
|                                              | 6 months to 1 year | 4                                                       | 36.4 | 13              | 43.3 | 20         | 33.9 |                |         |
|                                              | ≥1 year            | 5                                                       | 45.4 | 14              | 46.7 | 33         | 55.9 |                |         |
| Admission to hospital                        | 1-2 times          | 1                                                       | 9.1  | 2               | 6.7  | 4          | 6.8  | 1.666          | >0.05   |
|                                              | 2-4times           | 2                                                       | 18.2 | 6               | 20.0 | 8          | 13.6 |                |         |
|                                              | 4-6times           | 4                                                       | 36.4 | 10              | 33.3 | 27         | 45.8 |                |         |
|                                              | >6times            | 4                                                       | 36.4 | 12              | 40.0 | 20         | 33.9 |                |         |
| Disease stage                                | First              | 7                                                       | 63.6 | 13              | 43.3 | 1          | 1.7  | 5.771          | <0.05*  |
|                                              | Second             | 1                                                       | 9.1  | 7               | 23.3 | 30         | 50.8 |                |         |
|                                              | Third              | 2                                                       | 18.2 | 6               | 20.0 | 20         | 33.9 |                |         |
|                                              | Fourth             | 1                                                       | 9.1  | 4               | 13.3 | 8          | 13.6 |                |         |
| Suffering from any other type of cancer      | Yes                | 4                                                       | 36.4 | 10              | 33.3 | 12         | 20.3 | 6.293          | <0.05*  |
|                                              | No                 | 7                                                       | 63.6 | 20              | 66.7 | 47         | 79.7 |                |         |
| Previous surgical removal of any other tumor | Yes                | 4                                                       | 36.4 | 10              | 33.3 | 12         | 20.3 | 2.304          | >0.05   |
|                                              | No                 | 7                                                       | 63.6 | 20              | 66.7 | 47         | 79.7 |                |         |
| family history of cancer                     | Yes                | 6                                                       | 54.5 | 19              | 63.3 | 35         | 59.3 | 1.090          | >0.05   |
|                                              | No                 | 5                                                       | 45.5 | 11              | 26.7 | 24         | 40.7 |                |         |

**No significant at p>0.05. \*Significant at p < 0.05.**

**Table (8): Relationship between total self –efficacy and clinical data among the studied mastectomy affected women (n=100).**

| Clinical characteristics                     |                    | Total level of self-efficacy of the studied women (n=100) |      |                 |      |            |      | X <sup>2</sup> | P-Value |
|----------------------------------------------|--------------------|-----------------------------------------------------------|------|-----------------|------|------------|------|----------------|---------|
|                                              |                    | High (n=10)                                               |      | Moderate (n=31) |      | Low (n=59) |      |                |         |
|                                              |                    | N                                                         | %    | N               | %    | N          | %    |                |         |
| Duration of disease                          | 6 months           | 2                                                         | 20.0 | 11              | 35.5 | 29         | 49.1 | 2.890          | <0.01** |
|                                              | 6 months to 1 year | 4                                                         | 40.0 | 10              | 32.3 | 21         | 35.5 |                |         |
|                                              | ≥1 year            | 4                                                         | 40.0 | 10              | 32.3 | 9          | 15.3 |                |         |
| Admission to hospital                        | 1-2 times          | 3                                                         | 30.0 | 12              | 38.7 | 14         | 23.7 | 1.007          | >0.05   |
|                                              | 2-4times           | 2                                                         | 20.0 | 7               | 22.6 | 21         | 35.6 |                |         |
|                                              | 4-6times           | 4                                                         | 40.0 | 10              | 32.3 | 20         | 33.9 |                |         |
|                                              | >6times            | 1                                                         | 10.0 | 2               | 6.4  | 4          | 6.8  |                |         |
| Disease stage                                | First              | 7                                                         | 70.0 | 3               | 9.7  | 0          | 0.0  | 7.332          | <0.05*  |
|                                              | Second             | 2                                                         | 20.0 | 28              | 90.3 | 54         | 91.5 |                |         |
|                                              | Third              | 1                                                         | 10.0 | 0               | 0.0  | 5          | 8.5  |                |         |
|                                              | Fourth             | 0                                                         | 0.0  | 0               | 0.0  | 0          | 0.0  |                |         |
| Previous surgical removal of any other tumor | Yes                | 4                                                         | 40.0 | 1               | 3.2  | 18         | 30.5 | 6.512          | >0.05   |
|                                              | No                 | 6                                                         | 60.0 | 30              | 95.8 | 41         | 69.5 |                |         |
| Suffering from any other type of cancer      | Yes                | 1                                                         | 10.0 | 3               | 9.7  | 12         | 20.3 | 8.002          | <0.05*  |
|                                              | No                 | 9                                                         | 90.0 | 28              | 90.3 | 47         | 79.7 |                |         |
| family history of cancer                     | Yes                | 2                                                         | 20.0 | 7               | 22.6 | 31         | 52.5 | 7.661          | >0.05   |
|                                              | No                 | 8                                                         | 80.0 | 24              | 77.4 | 28         | 47.5 |                |         |

No significant at  $p > 0.05$ . \*Significant at  $p < 0.05$ . \*\*highly significant at  $p < 0.01$ .

**Table (9): Correlation between total levels of body image, self-esteem and self- efficacy among the studied mastectomy affected women (n=100).**

| Variables                               | R.    | P value |
|-----------------------------------------|-------|---------|
| Total body image & Total self-esteem    | 0.381 | <0.01** |
| Total self-esteem & Total self-efficacy | 0.414 | <0.01** |
| Total body image & Total self-efficacy  | 0.360 | <0.01** |

\*\*highly significant at  $p < 0.01$ .

## **Correlation between Body Image, Self-esteem and Self-efficacy among Women with Mastectomy**

### **Discussion**

Mastectomy is an essential treatment method for women with breast cancer but it incorporates many deep negative impacts which result in a sense of mutilation, diminished self-esteem and may threaten perceptions of femininity for affected women. In previous researches, it has been reflected that amputation one or both breasts was associated with several problems such as loss of femininity, fertility, sexuality, fear of recurrence and negative body image that can inevitably affect mood of the woman and her interpersonal relationships, lead to social stigmatization, and consequently social isolation which have a significant impact on self-esteem of affected women and their self-efficacy (Skórzewska et al., 2021).

Concerning the socio-demographic characteristics of the studied mastectomy affected women, the results of the current study reflected that, more than one third of them their aged ranged between 40 to 50 years, with Mean  $\pm$ SD age is  $42.30 \pm 8.05$  years. From the researchers point of view, this could be due to many studies affiliated that the age between forty to fifty years is the age of the risk for breast cancer among women. These results were went in the same line with Abdel-Naby et al., (2022) found that nearly two-fifth of his studied sample were in age ranged between (41 - $\leq$  50) years with a mean age of  $42.1 \pm 4.9$ .

Regarding marital status of the studied mastectomy affected women, more than half of them were married. From the researchers' point of view, this might be due to women productivity especially the high percentage of the studied women was in the middle age. These results were similar with the study of Brogan, (2022) reported that more than half of his studied sample was married. In addition, Prates et al., (2021)

reflected that the nearly two thirds of his studied women were married.

As regard to level of education, the current study findings showed that nearly two thirds of the studied mastectomy affected women had secondary education (diploma). From the researchers' point of view, this might be due to more than one third of them were in the middle age and at this time many females don't have the desire to complete high education. This result was parallel with the study done by Ann et al., (2022) reported that nearly two thirds of his study participants had secondary educational level.

The current study results illustrated that about three quarters of the studied mastectomy affected women were resided in rural areas. The opinion of researchers this could be due to the studied women taken from Benha university hospital which present medical services for many rural areas. In addition, rural women might had great risk of breast cancer as they had low level of knowledge about breast self-examination that detect any abnormality early. This finding was consistent with the study of Brajkovic et al., (2021) explained that the nearly three quarters of his studied sample were living at rural areas.

The present study findings reflected that, nearly two thirds of the studied mastectomy affected women were unemployed. From view point of researchers, this might be due to the majority of the studied women were from rural areas where prefer to stay at home and preform house work. This finding was similar with study by Zhou et al., (2022) presented that, two thirds of his studied sample were housewives.

Concerning financial income, the current study results explained that, more than three quarters of the studied mastectomy affected women said that they don't have

enough income. From the researchers point of view, this could be due to high cost for treatment and follow up that last for longtime. This result consistent with the study done by **Schlebusch & Van, (2021)** found that, the majority of his studied sample had insufficient income. On other hand, this result was inconsistent with the study of **Türk & Yilmaz, (2021)** illustrated that, most of the studied sample had moderate income level.

Concerning clinical data of the studied mastectomy affected women, the current study findings reflected that, more than half of them had disease for more than one year. As regard to admission to hospital, all of them were admitted to hospital before as well as more than one third of them were admitted at hospital four to six times. Regarding disease stage, more than one third of them had second disease stage and all of them received surgical treatment. This could be due to chronicity of the disease that incorporates frequent hospitalization for treatment and continuous follow up for complete recovery. These findings were in in the same line with the study of **Arroyo& Lopez, (2021)** showed that, half of his studied sample diagnosed since twelve to eighteen months and one third of them were in second stage. As well as the majority of them were treated by surgical tumor removal. The current study results represented that, more than three quarters of studied women received chemotherapy. Moreover, more than half of them mentioned their family members having cancer and more than two thirds of them were the first degree relatives. From the researchers' point of view, these might be due to chemotherapy is the treatment of choice for breast cancer and hence after mastectomy. As well as, several studies revealed that breast cancer occurring in first degree relatives more than second

degree relatives because of its genetic nature. These findings were parallel with the study of **El Bary et al., (2021)** illustrated that, nearly two thirds of his studied sample was of first-degree relatives and more than three quarters of them received chemotherapy as well as radiotherapy.

Concerning total body image among the studied women with mastectomy, the current study results showed that, nearly two thirds of them had poor body image. While, less than one third of them had moderate body image and minority of them had good body image .From the point of view of researchers, these finding could be due to mastectomy affect negatively on women body image as removal of the breast made women feel depressed, anxious, sadness, had a fear of sexuality relationship because loss of femininity and become less attractiveness, All of these negative feelings decrease their self- esteem and self-satisfaction regarding to their body image. These current findings were consistent with the study done by **Martins et al., (2021)** clarified that nearly two thirds of his participants reported low level of their total body image after mastectomy. Also, **Widianti et al., (2021)** illustrated that the total body image of the women was low after mastectomy among more than half of his studied sample.

Regarding the total self –esteem among the studied mastectomy affected women, the present study results revealed that more than half of them had low self-esteem. Also, less than one third of them had moderate self-esteem while the minority of them had high self-esteem. From the researchers point of view, these results might be due to mastectomy surgery causing many negative feelings such as stress, anxiety, depression, sadness, fear, sense of hopelessness, helplessness and sense of loss of their marital

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relationship as well as feeling of self-dissatisfaction, poor body image and become less attractive which lead to low self-esteem and social isolation. These findings were went in the same line with the study of **Cieślak& Golusiński, (2020)** represented that more than half of his studied sample had low total levels of self-esteem. On other hand, these results were contradicted with the study of **Cobo-Cuenca et al., (2021)** revealed that more than half of his studied sample had satisfied level of self-esteem.

As regard to total self- efficacy among the studied mastectomy affected women, the present study results reflected that more than half of them had low self-efficacy, and less than one third of them had moderate self-efficacy, while the minority of them had high self- efficacy. From the researchers' point of view, these might be due to negative consequences of mastectomy as negative feelings (stress, depression & anxiety) negative body image, social isolation, inability to perform activities of daily living, and low self-esteem are the main rationales regarding low level of self- efficacy among the studied women in the current study. These current findings were approved with the study done by **Tarkowska et al., (2020)** proved that more than half of his studied sample reported lower self- efficacy compared to healthy women. On other hand, these findings were in disagreement with the study done by **Vogit et al., (2020)** showed that more than half of his studied sample had moderate level of self - efficacy.

As regard to relationship between total body image and socio- demographic characteristics among the studied mastectomy affected women and. there is a highly statistically significant relation between studied women` total body image and their socio-demographic characteristics

such as marital status and occupation. From investigator' point of view, these findings could be due to presence of partner and having work friends support women to increase their adaptability to their condition and appearance and subsequently accept their body image and enhance their psychological well-being.

The current study results were consistent with **Brandt-Salmeri et al., (2020)** revealed that body image was a highly significantly significant with the marital status and occupation in his studied sample. Also, these results were approved with the study of **Phoosuwan & Lundberg, (2021)** demonstrated that socio-demographic characteristics such as occupation and marital were associated with body image dissatisfaction among his studied sample. On other hand, these findings were contradicted with the study of **Turk &Yilmaz, (2021)** reported that there was no statistically significant relation with body image and demographic characteristics as occupation and marital status among his studied women after mastectomy surgery.

Regarding relationship between total self-esteem and socio- demographic characteristics among the studied mastectomy affected women there is a highly statistically significant relation between studied women total self - esteem and their socio-demographic characteristics such as the women's age , marital status and education level. From the researchers' point of view, this might be due to levels of education, age and marital status facilitate easy understanding, acceptance and interaction with coping measures of disease which reflected-on women's health condition and enhance psychological status that improve their self-esteem.

These present findings were in the same line with study achieved by **Kanmaz & Aricak, (2021)** reported that a highly statistically significant relation was found between studied women total self –esteem and their socio- demographic characteristics such as the women’s age, marital status and education level.

Concerning relationship between total self- efficacy and socio- demographic characteristics among the studied women mastectomy affected women. there is a highly statistically significant relation between total self-efficacy and their educational level. In addition, there is a statistically significant relationship between studied children’s total self-efficacy with their age, number of family members and their monthly income. From the investigator' point of view, these results could be due to advanced age and high level of education help in understanding the serious nature of the disease and coping effectively with it which enhance the level of self-efficacy over the time.

Moreover, enough income help in obtaining all required treatment and follow up at high level of care that enhance psychological status and hence self-efficacy. In the same line, these findings were approved with a study done by **Amir & Ali, (2021)** explained that there was a statistically significant positive relation between total self- efficacy in relation to level of education, age, number of family members and family income among his studied sample.

As regard to relationship between total body image and clinical data among the studied mastectomy affected women. there is a highly statistically significant relation between studied women total body image and their disease stage. Also, there is a statistically significant relation between total body image, their disease duration and

suffering from any other cancer. From the researchers' point of view, this might be due to after one year from diagnosis of breast cancer the women start thinking about mastectomy and their body image so they search to solve their problems in order to deal with her children, husband and surrounding people. These results were went in the same line with the study done by **Yamani et al., (2020)** who represented that there was a statistically significant relation between women’s body image and their diagnosis duration and the stage of disease.

Concerning relationship between total self-esteem and clinical data among the studied mastectomy affected women. there is a statistically significant relation between total self- esteem among the studied women and their clinical data such as disease stage and suffering from other cancer. This result could be due to mastectomy decrease women’s general health, appearance, attractiveness which caused them stressed, depressed, anxious all the time leading to social isolation and low self-esteem. These findings were approved with the study done by **Cieslak & Golusinski, (2020)** mentioned that the women’s self-esteem was highly statistically significant with medical history of his studied sample such as suffering from any other cancer and stage of disease.

Regarding relationship between total self – efficacy and clinical data among the studied mastectomy affected women with mastectomy. There is a highly statistically significant relation between total level of self- efficacy and duration of disease. Moreover, there is a statistically significant relation between total level of self- efficacy and disease stage and suffering from other types of cancer. These might be due to long duration of disease, early disease stage, free from any other types of cancer as reported by

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nearly half of the studied women playing an important role in coping effectively with the disease, improving their self-esteem and self-efficacy. These results were parallel with **El far & Zaki (2020)** illustrated that there was a statistically significant relation between total self-efficacy and the medical data items as duration of disease, disease stage and suffering from other types of cancer.

As for correlation between total levels of body image, self-esteem and self- efficacy among the studied mastectomy affected women, that a highly statistically significant positive correlation between mean score of total body image, total self- esteem and total self- efficacy. These findings could be due to the improvement of body image and physical attractiveness will positively enhance the self- esteem satisfaction of women which will have a positive effect on their psychological adjustment and improved their self-efficacy. This mean when body image improves, self- esteem and self- efficacy also improve. These results were in the same line with the study of **Adetayo et al., (2020)** showed that there was a highly statistically significant positive correlation between total body image , total self-esteem & total self-efficacy among his studied sample.

### **Conclusion:**

Body image, self-esteem and self-efficacy among the studied mastectomy affected women are greatly interrelated as nearly two thirds of them had poor body image as well as more than half of them had low levels of self-esteem and self-efficacy. A highly statistically significant positive correlation between total levels of body image, self-esteem and self-efficacy was found among the studied mastectomy affected women.

### **Recommendations:**

- Enhance body image, self-esteem and self - efficacy among mastectomy affected women by integrating psycho-educational program as an essential entity of comprehensive care provided at all hospitals.
- Raising spiritual wellbeing, self-esteem and self – efficacy among mastectomy affected women by carrying-out mindfulness-based stress reduction and cognitive therapies.
- Breast reconstruction surgery should be encouraged to improve body image and hence self- esteem.

**Further researches:** Replication of the study using larger sample in different correctional settings to generalize the results.

### **Acknowledgment:**

The authors is very thankful to all studied mastectomy affected women participated in this study for their kind and effective co-operation. The authors is also grateful to the director of Benha university hospital for his support and permission to implement this study.

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## العلاقة بين صورة الجسد والثقة بالنفس والكفاءة الذاتية لدى السيدات الخاضعات لجراحة استئصال الثدي

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تتسبب جراحه إستئصال الثدي فى العديد من الآثار السلبيه الجسديه والنفسيه والعاطفيه لدى السيدات الخاضعات لهذه الجراحه مما ينعكس سلبا ليس فقط على صورة جسدهن بل أيضا على مستوى الثقة بالنفس و الكفاءه الذاتيه لديهن. وهدفت هذه الدراسه إلى تقييم العلاقة بين صورة الجسد والثقه بالنفس والكفاءه الذاتيه لدى السيدات الخاضعات لجراحة إستئصال الثدي. حيث تم إستخدام تصميم وصفى لإجراء هذه الدراسه. وأجريت هذه الدراسه بقسم الجراحه بمستشفى بنها الجامعى بمدينة بنها بمحافظة القليوبيه والتابعه لوزارة التعليم العالى . وتم تطبيق هذه الدراسه على عينه غرضيه مكونه من عدد ( 100 ) من السيدات الخاضعات لجراحه إستئصال الثدي من المكان المذكور أعلاه. كما تم إجراء هذه الدراسه بإستخدام الأدوات التاليه : الأداة الاولى إستمارة إستبيان مصممه للمقابل له الشخصيه والأداة الثانيه مقياس صورة الجسد والأداة الثالثه مقياس الثقه بالنفس والأداة الرابعه مقياس الكفاءه الذاتيه. وكشفت نتائج هذه الدراسه إلى ما يقرب من ثلثى السيدات الخاضعات للدراسه لديهن صورة جسد سيئه فى حين أن أكثر من نصفهن لديهن مستوى منخفض من الثقه بالنفس والكفاءه الذاتيه. وقد أوضحت الدراسه بعض الإستنتاجات وهى وجود علاقته إرتباطيه إيجابيه ذات دلالة إحصائيه قويه بين صورة الجسد والثقه بالنفس والكفاءه الذاتيه لديهن. حيث أوصت هذ الدراسه بضرورة دمج وإدخال برنامج تعليمى نفسى فى الرعايه التمريضيه المقدمه لهؤلاء السيدات لتحسين صورة الجسد ومن ثم رفع الثقه بالنفس والكفاءه الذاتيه لديهن.