

# Body image after bariatric surgery: systematic literature review

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## INTRODUCTION

Obesity is a chronic multifactorial disease, with bariatric surgery being the gold standard of its medical approach. Poor body image (BI) leads to low self-esteem, which is related to increased anxiety and in turn culminates in the search for food.

## METHODS

The goal of the systematic review was to evaluate the body image in after bariatric surgery (BS) users and the presence or absence of changes between the preoperative period (PreO) and the postoperative (PO). The bibliographic research was carried out in the *PubMed* and *Web of Knowledge*, databases according to the PRISMA and Collaboration Cochrane guidelines (Galvão *et al.*, 2015) for the period between 2007 and 2018. After applying the inclusion and exclusion criteria, 13 articles were selected from a total of 1736 articles.

## RESULTS AND DISCUSSION

Table 1 - Moments of evaluation and synthesis of the main results of each study

AUTHOR, YEAR	EVALUATION PERIOD	RESULTS
Ribeiro et al., 2013	PreO; PO-1 (10-12 months); PO-2 (18-24 months); PO-3 (30-36 months); PO-4 (> 4 years).	Improvement of the current BI in the PO groups compared to the PreO (p < 0.001), although body dissatisfaction remained. Expectation of smaller bodies in the future of the PreO to PO-1, 2 and 3. Women were more demanding in body size.
Van Hout et al., 2008	PreO e PO (2 years)	More positive body attitude 2 years after BS (P ≤ 0.001). Women showed less progress in body attitude than men (P < 0.05)
Järholm et al., 2012	PreO e PO (4,2 months ± 1,4 months)	Significant improvement in gross self-concept indices between PreO and PO (P = 0.004).
Sarwer et al., 2011	PreO; PO-1 (5 months); PO-2 (10 months); PO-3 (23 months)	Significant improvements in body image between PreO and PO-1 (P < 0.0001). These improvements remained significantly better in PO-2 and PO-3 when compared to PreO.
Ratcliff et al., 2013	PreO; PO-1 (6 months); PO-2 (12 months)	Significant decrease in body size estimation between PreO and PO-1 (P < 0.001). Significant decrease in body dissatisfaction between PreO and PO-1 (P < 0.001).
Van Hout et al, 2007	PreO; PO-1 (6 months); PO-2 (1 year); PO-3 (2 years)	Significant improvement of body image at all times, being more significant between PreO and PO-1 (P ≤ 0.001).
Rojas et al., 2011	PreO (1 week); PO (6 months)	Improvement of body image perception after BS (p = 0.001).
Alegria et al, 2014	PO (3 months- 2 years e 3 months)	Objective cognition of smaller bodies, although body dissatisfaction remains. Disagreeing self-image.
Faccio et al., 2016	PreO; PO (1 year)	Despite the presence of new positions in the PO group, the "I am obese" position still dominant over the "I am ex-obese" in both groups.
Teufel et al., 2012	PreO; PO (1 year)	Overall improvement of HF after 1 year: (reduction of NEB-negative evaluation of the body (P < 0.001) and increase of the PBD-perception of body dynamics (P = 0.002)). There were no differences between men and women (P > 0.05).
Song et al. 2016	PreO; PO-1 (6 months); PO-2 (1 year); PO-3 (2 years)	Body image improvements (P = 0.0033, P = 0.0079, P = 0.044, P = 0.549, P < 0.0001) at all times, consistent up to 2 years.
De Zwaan et al., 2014	PreO; PO (1-15,5 years)	Improvement in the body satisfaction area (P < 0.001).
Munoz et al, 2017	PreO; PO (1 year)	Better perception of body image, with decreased perception of the present and ideal forms (P < 0.00, P < 0.01). Improvement of body satisfaction (P < 0.05).

PreO: preoperative; PO: Postoperative.



**There was an overall improvement in BI after bariatric surgery, regardless of age, although 15.4% of the studies simultaneously demonstrated a permanence of body dissatisfaction.**

**In 15.4% of the women registered less improvements in BI compared to men.**

**It was also verified that, in 30.8% of the studies, the improvement in BI was more substantial between the preoperative period and the postoperative period-1.**

## CONCLUSION

This review showed that there was an improvement in BI after bariatric surgery, especially in men.

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