

Original Paper

## Mental health status before and after cosmetic rhinoplasty

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### Abstract

**Background and Objective:** Patients with psychological disorders including depression, anxiety and patients with chronic psychological diseases are not suitable for cosmetic rhinoplasty. This study was done to evaluate the mental health status before and after cosmetic rhinoplasty.

**Methods:** This quasi-experimental study was done on 100 women and men with mean age of 26.85±6.60 which candidates for cosmetic rhinoplasty. Subjects filled out psychological disorder symptom questionnaire (SCL-90-R) before and 3-6 months after cosmetic rhinoplasty.

**Results:** Women had more symptom ( $P < 0.05$ ) of depression (7.24 versus 10.79), somatization (4.64 versus 7.35), obsessive-compulsive (5.67 versus 8.51), interpersonal sensitivity (5.48 versus 7.52), anxiety (5.26 versus 8.07), symptom distress index (0.58 versus 0.79) and totally positive symptoms (32.29 versus 41.06) in comparison with men. The main effect of time factor showed that there was not significant difference between symptoms of psychological disorder before and 3-6 months after cosmetic rhinoplasty. Interactional effect of gender and time was not significant for each psychological disorder symptom.

**Conclusion:** The differences of deviation of psychological disorder symptoms, before cosmetic rhinoplasty and 3-6 months after cosmetic rhinoplasty were not significant. This finding can denote existence of psychological symptoms before cosmetic surgery. Cosmetic surgery strengthens psychological symptoms in women the assessment and psychological intermediate with the aim of reducing psychological symptoms especially at time range of 3-6 months should be done.

**Keywords:** Rhinoplasty, Mental health, Depression, Anxiety, Gender

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