

# 미용성형수술과 정신건강\*

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## The Influence of Aesthetic Surgery on Patients' Mental Health\*

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국문초록	
연구목적 :	64 가
방 법 :	가 (SCL - 90)
결 과 :	가
1) SCL - 90	68.17 ( 48.26 ) , 58.03 ( 46.9 )
가 가 , 가 가	20 40 ,
2) 가	58.54 ( 28.14 ) , 78.14 ( 18.30 )
결 론 :	가 가

: 1998 1 20  
 : 1998 12 14  
 .. 1997

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중심 단어 : 가 가 가

서 론

Silver<sup>21)</sup> . Johns  
Hopkins  
Wright<sup>25)</sup> . Kertzberg<sup>22)23)</sup> . Wright<sup>24)</sup>  
가 가 가  
1)2) 가 . Flanary<sup>6)</sup>  
3-7) 가  
2) 8-10) 가  
11)12) . Guifford<sup>26)</sup> 가  
13)14) 가  
15)16) Adams<sup>17)18)</sup> . Edgerton<sup>23)</sup> 가  
100 73.8% 가  
6 3.4% 가  
Pick<sup>27)</sup> , 10  
가 가 , 1 , 2  
1.07%  
19) 가  
가 가  
. Hay Heather<sup>28)</sup>  
, Baker Smith<sup>20)</sup> , 2 , . Auer -  
bach<sup>30)</sup>  
. Hill 4 가



3. 통계분석 방법  
 SAS 6.03  
 ;  
 ;  
 paired t - test ;  
 SCL - 90  
 paired t - test, ANOVA, Wilcoxon , Kr - uskal - Willis  
 ;  
 ;  
 Spearman ;  
 Pearson

연구 결과

1. 대상자의 특성  
 1) 대상자의 인구학적 특성  
 64 가 59 (92.2%),  
 가 5 (7.8%) 가  
 17 25 가 33 (51.6%), 26 35 가 12 (18.8%),  
 36 45 가 13 (20.3%), 46 60 가 6 (9.4%)  
 . 35 (57.4%), 가 10  
 (16.4%), 3 (3.7%), 16 (26.2%)  
 . 42 (65.6%),  
 15 (23.4%), 6 (9.4%),  
 1 (1.6%) . 21 (32.9%)  
 가 13 (20.3%),  
 10 (15.6%), 8 (12.5%), 12 (18.8%)  
 . 3 (4.7%), 51 (79.  
 7%), 8 (12.5%), 2 (3.1%) .  
 41 (64.1%), 17 (26.6%), 6  
 (9.4%) .

Table 1. Changes in the score of SCL-90 between pre- and post-operations of aesthetic surgery

Items()	SCL-90 score(N=64)		†	p
	Pre operation	Post-operation Mean(S.D)		
Somatization	8.03( 6.87)	6.90( 6.94)	- 2.00	0.05
Obsessiveness	10.29( 6.30)	9.28( 6.49)	- 1.63	0.11
-compulsiveness				
Interpersonal sensitivity	8.09( 5.88)	6.85( 5.16)	- 2.34	0.02
Depression	11.84( 9.58)	9.56( 8.49)	- 2.83	0.01
Anxiety	7.12( 5.66)	6.03( 6.03)	- 1.94	0.06
Hostility	4.37( 4.21)	6.53( 3.94)	- 2.51	0.01
Anxiety phobia	2.75( 3.33)	2.45( 3.39)	- 0.91	0.37
Paranoid ideation	3.76( 3.49)	5.32( 5.44)	- 1.33	1.19
Psychoticism	6.31( 5.76)	5.32( 5.44)	- 2.36	0.02
Others	5.42( 4.03)	4.59( 3.68)	- 2.96	0.01
Total	68.17(48.26)	58.03(46.93)	- 10.14	0.01

39 (60.9%), 10 (15.6%), 12 (18.8%),  
 8%), 3 (4.7%) 가  
 ' 12 (18.8%), '  
 ' 36 (56.3%), ' ' 15 (23.4%),  
 1 (1.6%) ' ' ' ,  
 ' ' 35 (54.7%),  
 ' ' 23 (35.9%), ' ' 6 (9.4%) .  
 2) 수술의 종류와 배경  
 23 (35.9%),  
 18 (28.1%), 9 (14.1%), 5  
 (7.8%), 3 (4.7%), 6  
 (9.4%) . ' ' ' ,  
 ' ' 41 (64.  
 1%), ' 가 ' 18 (28.1%), '  
 ' 2 (3.1%), 3 (4.7%) .  
 ' 36 (56.3%), ' ' 18 (28.  
 1%), ' ' 8 (12.5%), '  
 2 (3.1%) 가  
 ' 가 10 (15.6%), '  
 ' 38 (59.4%), ' ' 3

**Table 2.** Changes in score of SCL-90 Demographic data and pre-operating and post-operative state of aesthetic Surgery by demographic Variable

	Variable	Number* of Subjects (N=64)	Pre-operative State mean(S.D.)	Post-operative score mean(S.D.)	p-value**
Sex	Male	5	70.2(57.2)	59.8(62.8)	0.85
	Female	59	67.9(48.0)	57.9(46.1)	
Age (year)	17 - 25	33	65.6(42.8)	51.3(36.3)	0.02
	26 - 35	12	62.4(57.2)	67.2(64.4)	
	36 - 45	13	74.8(55.5)	51.8(44.7)	
	46 - 60	6	70.5(53.6)	87.7(57.7)	
Religion	Christian	35	53.5(43.4)	46.0(40.4)	0.58
	Buddhist	10	96.8(50.0)	90.0(60.2)	
	No religion	16	85.6(48.7)	69.6(42.9)	
Education	Middle school and lower	6	118.6(78.7)	125.0(66.6)	0.75
	High school	15	71.1(46.2)	67.3(45.2)	
	College	42	58.8(39.7)	44.4(35.3)	
Marital state	Single	41	62.3(43.6)	50.9(38.7)	0.64
	Married	17	60.0(44.7)	53.8(51.8)	
Economic status	Upper	3	67.7(45.2)	56.5(41.5)	0.68
	Middle	51	78.0(71.0)	72.3(78.4)	
	Lower	8	41.5(21.9)	42.0(26.8)	
Growing place	Rural area	12	78.0(56.2)	77.8(67.0)	0.75
	Small city	10	76.2(43.7)	62.7(43.9)	
	Large city	39	62.0(46.7)	49.0(37.9)	
Satisfaction in family life	Satisfied	12	43.3(37.2)	27.9(33.7)	0.14
	Average	36	68.4(48.5)	64.5(50.5)	
	Unsatisfied	15	87.6(50.6)	65.2(40.9)	
Personality	Introvert	23	44.2(36.9)	71.4(45.1)	0.34
	Extrovert	35	82.7(50.9)	41.0(41.3)	
	Other	1	92.0(-)	66.3(49.1)	
Operation	Double eyelid plasty	3	58.3(41.6)	53.2(45.7)	
	Mammoplasty	8	88.5(54.7)	67.0(52.0)	
	Rhinoplasty	9	75.4(47.5)	50.3(39.3)	

\*The items with too small number of subjects were omitted for proper statistical analysis

\*\*Wilcoxon signed rank test or kruskal-wallis test

(4.7%), ' 13 (20.3%) '27 (42.2%), ' 27 (42.2%), ' 6 (9.4%), ' 4 (6.3%)  
 가 ' 12 (18.8%), ' 7 (10.9%),  
 ' 35 (54.7%), ' 8 (12.5%), ' 31 (48.4%), ' 18 (28.1%),  
 ' 4 (6.3%), ' 5 (7.8%) 가 ' 5 (7.8%), ' 3 (4.7%)  
 ' 9 (14.1%), ' 46  
 (71.9%), ' 5 (7.8%), ' 4 (6.3%)  
 3) 수술전 상태  
 SCL - 90

**Table 3.** Correlation between the scores of SCL-90 and the scores in attitude, need, expectation, support and satisfaction

Items	Correlation coefficient(r)		
	Group 1	Group 2	Total group
Attitude to operation	-0.25	-0.15	-0.21
Need for operation	0.25	-0.10	0.14
Expectation to operation	-0.13	-0.18	-0.13
Family support before operation	0.12	-0.16	-0.21
Family support after operation	0.11	0.46***	0.27**
Level of satisfaction	0.22	0.21	0.12

\*\*p<.05, \*\*\*p<.01 (Spearman correlation test)

group 1 : with score of SCL-90 under 60

group 2 : with the score of SCL-90 above 61

가 (p=0.01) (p=0.05) 가 .

0.02). 가 61 60

가 , 60

(p=0.01). 가 , 60

2. 미용성형 수술 전후의 정신건강과 신체에 대한 만족도의 변화 ( ) 가 가

1) 정신건강의 변화 (p=0.007). 가 가

2) 신체만족도의 변화

68.17 ( 58.03 58.54(

48.26), 23.14) 78.14( 18.30)

( 46.93) 10.14 (p<0.01)( 1). 9가 (p<0.001).

가 , , , , ,

Pearson (r = -0.42, p=0.01)

- 1.093 (

4.48) 가 (p=0.06). 가 가

가 가 60 30 (43.8%) 61

가 ( 2), 34 (56.2%)

20 , 40 (p=0.002). 가 60 r

가 - 0.23(p=0.25), 61 r - 0.59

(p=0.00) 가

, 가

( 3), 가 고 찰

가 가 (p=0.03)

, 가 33)40)







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**Objectives :** This study was to investigate the effects of aesthetic surgery on mental health.

**Method :** Sixty-four patients were assessed for their mental health and the degree of satisfaction with their body image before and after operations. The subjects' mental health was evaluated by the Korean version of Symptom Check List-90 (SCL-90), a satisfaction scale with body image, and a questionnaire for demographic data and operation.

**Results :**

1) The average score of SCL-90 significantly improved from 68.17 (S.D.  $\pm 48.26$ ) to 58.03 (S.D.  $\pm 46.93$ ) after operation ( $p < 0.01$ ). The scores of all subscales for somatization symptoms, interpersonal sensitivity, depression, hostility and psychoticism improved significantly. Significant improvement was also found in patients who were in their 20's and 40's, had family support and had positive attitudes toward their operations. Family support had a more positive influence in the group who had a poorer state of mental health before the operation.

2) The average score of satisfaction with their body image improved significantly from 58.54 (S.D.  $\pm 23.14$ ) to 78.14 (S.D.  $\pm 18.30$ ) ( $p < 0.01$ ). The more they were satisfied with their body image, the more their mental health state improved. The degree of improvement in satisfaction was significant ( $p < 0.01$ ) in patients who had shown a poorer mental health state before operation.

**Conclusion :** These results suggest that aesthetic surgery has positive influence on patients' mental health and improved satisfaction with their body image and also that, in selection of patients for aesthetic surgery, their age and possible family support should be considered.

**KEY WORDS :** Aesthetic surgery · Mental health.