Assessment and Treatment of Body Image Difficulties in Cancer Survivors

Michelle Cororve Fingeret, Ph.D.
Associate Professor
University of Texas MD Anderson Cancer Center
• What is your level of comfort in addressing body image concerns of cancer patients?
  – Very comfortable
  – Somewhat comfortable
  – Neither comfortable nor uncomfortable
  – Somewhat uncomfortable
  – Very uncomfortable
Body Image

multifaceted construct

encompasses perceptions, thoughts, and feelings about the entire body and its functioning
Body Image

It does not just refer to physical appearance
Body Image

Body image experiences are inherently subjective
Body Image

Body image is not static
Common Types of Body Image Concerns for Cancer Survivors

- Scarring/disfigurement
- Swelling
- Skin discoloration
- Hair loss
- Tooth loss
- Sensory changes (e.g., numbness, tingling, burning)
- Pain
- Fatigue

- Alterations to: speech, swallowing, articulation, eyesight, hearing
- Bowel/bladder incontinence
- Sexual dysfunction
- Fertility preservation
- Weight loss
- Weight gain
- Loss of mobility
What percentage of your patients present with body image concerns?

A. 0-25%
B. 25-50%
C. 50-75%
D. 75-100%
Body Image Schemas and Attitudes (Investment and Evaluation)

Cultural socialization

Interpersonal experiences

Physical characteristics and physical changes

Personality

Activating Situations and events

Appearance Schematic Processing

Internal dialogues (thoughts, interpretations, conclusions, etc.)

Body image emotions

Coping and self-regulatory strategies and behaviors

ARC Model of Adjustment to Disfiguring Conditions

- Demographics
- Visibility
- Dispositional Style
- Socio-Cognitive Factors
- Appearance Cognitions
- Outcomes

Rumsey et al. ARC Collaboration (2008)
Body Image & Cancer

NONE

GENUINELY NOT CONCERNED ABOUT BODILY CHANGES

- May have low level of appearance investment (places little importance on appearance)
- May experience positive adaptation to bodily changes

NONE

AVERAGE/NORMATIVE

MINIMIZES BODY IMAGE CONCERNS

- Hesitant or reluctant to acknowledge body image difficulties
- Likely feels ashamed or embarrassed about body image concerns
- Normalization and validation of body image concerns is critical for these patients

MILD/MODERATE DIFFICULTIES ADJUSTING TO BODY IMAGE CHANGES

- May experience intrusive thoughts about body image concerns
- Likely to feel somewhat self-conscious in social situations
- Experiences difficulties at times coping with bodily changes
- Tends to have mostly realistic expectations
- Does not significantly limit or curtail daily activities due to body image concerns
- May benefit from brief supportive therapy if interested

EXTREME

BODY IMAGE CONCERNS SIGNIFICANTLY INTERFERE WITH FUNCTIONING

- preoccupied with intrusive thoughts about body image discomfort
- frequently engages in social avoidance or isolation due to body image concerns
- exhibits broader psychosocial difficulties including clinical levels of depression or anxiety
- May experience unrealistic expectations for cosmetic and/or functional outcomes
- Likely to benefit from intensive therapy delivered by a mental health specialist

Indicators of Body Image Difficulties

Unrealistic expectations for treatment outcome

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Indicators of Body Image Difficulties

Preoccupation with appearance/functional changes

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Indicators of Body Image Difficulties

Difficulty with making a treatment decision due to appearance/functional concerns

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Indicators of Body Image Difficulties

Difficulty with or avoidance of viewing oneself

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Indicators of Body Image Difficulties

Highly dissatisfied with appearance outcomes

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Indicators of Body Image Difficulties

Avoidance of social situations due to appearance/functional changes

Indicators of Body Image Difficulties

Romantic relationship distress due to appearance/body image concerns
Indicators of Body Image Difficulties

Considerable time spent in appearance-fixing behaviors
Indicators of Body Image Difficulties

Persistent distress, depression, or anxiety due to appearance/body changes

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
Emerging Research on Body Image & Cancer

Body Image and Disfigurement

Michelle Carnegie Frayar

Body Image is a critical physiological issue for individuals with cancer and their treatment can significantly affect physical appearance and mood. Despite the wide variation in treatment-specific issues based on cancer location, type, and stage, body image and its treatment are significantly important to patients. This article reviews the existing literature on body image and cancer, specifically focusing on body image intervention programs. The evidence suggests that body image interventions can positively impact patients' overall well-being and quality of life. The article concludes with recommendations for future research and clinical practice in this area.
Intervention Research

• Cognitive-Behavioral Therapy Interventions
• Other Psychosocial Interventions
  – Psychosososexual therapy
  – Expressive-supportive therapy
• Educational Interventions
• Cosmesis-Focused Interventions
• Sensate-Focused/Physical Fitness Interventions

Fingeret, Teo, Epner, Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research, Cancer, in press
BUILDING A PATIENT-CENTERED PROGRAM TO ADDRESS BODY IMAGE ISSUES IN THE ONCOLOGY SETTING
Body Image Research & Therapy Program

set the standard of care across the nation for therapeutic services to assist patients in coping with disfigurement due to cancer
Body Image Therapy Service: Patient Counseling

- Provides a range of specialized psychosocial services to cancer patients struggling with body image issues

  - Deliver evidence-based counseling interventions to alleviate distress arising from body image concerns

  - Ultimate goals: promote body image acceptance, enhance QOL, improve patient satisfaction
Body Image Therapy Service: Additional Goals

• Improve collaborative care and management of patients with body image concerns
• Provide rapid feedback to treating physicians/healthcare team
• Prevent more serious behavioral and psychological problems through early recognition and intervention
Individual Counseling

Body Image Therapy Service
for Plastic Surgery Patients
Facing Your Body with Confidence

How We Can Help You
We work with men and women to:
- learn new coping strategies for managing body image concerns
- increase self-confidence in social situations
- discuss difficult treatment decisions affecting the body
- better prepare for upcoming body and appearance-related changes
- discuss ways to communicate more effectively with people about appearance and body changes

How to Contact Us
For more information or to schedule an appointment, call 713-745-9869 or send an email to bodyimage@mdanderson.org.

Or, ask your health care team in the Center for Reconstructive Surgery about this program.

Funding provided by generous donors to Volunteer Endowment for Patient Support (VEPS) at The University of Texas MD Anderson Cancer Center and the Kyle Foundation Research Fund.

Making Cancer History®

MD Anderson Cancer Center
Group Counseling

BODY Group
Breast Cancer Open Group to Discuss Your Body Image

What is it?
It's a new group for breast cancer patients and survivors that is designed to help members achieve greater acceptance of their bodies.

Group members will find support from not only the group leaders, but fellow members who are working to overcome body image concerns as a result of breast cancer.

Who can attend?
Any MD Anderson breast cancer patient can attend. This is an "open" group—meaning that you can attend as you are able.

When and where?
Wednesdays, 2:30-3:30 p.m.
Duncan Building (CPB), near The Star, in the Behavioral Research Treatment Center (BRTCC)
Please check in at the front desk.

Who will lead the group?
A dietitian from the Body Image Therapy Service will lead the group.

Please RSVP to bodyimage@mdanderson.org at least one day in advance to let us know that you plan on attending. If this is not possible, you are still welcome to attend. Please join us!

For more information, please call 713-745-9889.

Making Cancer History*

Some Things Are Hard To Swallow

Let's talk about it!
The National Foundation of Swallowing Disorders (NFOSD)
Support Group - Houston Chapter

Saturday October 19th, 2013
10:00 am to 12:00 pm.

Charline and Red McCombs Institute
7435 Fannin Street
Houston, TX 77054
Conference Rooms 1 & 2
Free parking behind building!

Open to all adults with swallowing difficulties and their caregivers. Come and meet others with similar issues, share, and learn from each other.

For more information, please contact Brad Smith at 713-745-5820 or bradgsmith@mdanderson.org
Patient Workshops

Coping with Body Changes from Head and Neck Cancer
A free workshop for patients and significant others

January 18, 2012, from 1 to 5 p.m.
Dan L. Duncan Building (CPB), Floor 8, near Elevator Q, Rooms 7 and 8

This program is designed to increase social confidence for patients and significant others dealing with head and neck cancer.

At this workshop, attendees will:

• learn coping strategies to deal with disfigurement and other body changes,
• discover ways to feel more comfortable in social situations,
• learn how to gain greater acceptance of appearance and body changes,
• join other patients to discuss struggles and concerns, and
• enhance communication and support between loved ones.

This free workshop is open to all patients with head and neck cancer at any stage of treatment or recovery. All patients are asked to attend with one significant other, such as a spouse, family member or friend.

Pre-registration is required. To reserve your spot or to get more information, please call Michelle Fingeret, Ph.D., at 713-563-8032 or email mcfingeret@mdanderson.org.

Program is limited to 30 participants.
BITS Video

Body Image Therapy Service
Body Image Assessment Tools

- Body Image Scale (BIS)
- Body Image Disturbance Questionnaire
- Body Image Instrument (BII)
- Derriford Appearance Scale
- Satisfaction with Appearance Scale (SWAP)
- Body Esteem Scale
- Body Image Ideals Questionnaire
- Body Image Quality of Life Inventory
- Body Image Avoidant Questionnaire

- Multidimensional Body-Self Relations Questionnaire (MBSRQ)
- Body Image Coping Strategies Inventory (BICSI)
- Appearance Schemas Inventory-Revised
- Body Satisfaction Scale
- The Situational Inventory of Body Image Dysphoria
- Body Image and Relationship Scale

3 C’s Approach for Evaluating Body Image Issues

COMMON

CONCERNS

CONSEQUENCES

COMMON

- Normalizing body image concerns is critical
- Reduces shame, stigma, embarrassment
- Highlight ongoing process of adjustment to bodily changes
- Mistakes to avoid
CONCERNS

• Open-ended question about types of body image concerns or difficulties

“What, if any, body image concerns are you experiencing today?”
CONSEQUENCES

In what way are these concerns affecting your day to day life?

– Work
– Social
– Family
Practical Tips for 3 C’s

• Must be accepting and understanding of negative emotions elicited
• Ways to limit/contain discussion
• Have appropriate referrals and resources ready
Coping with Appearance Changes: Resources

• Changing Faces: www.changingfaces.org.uk
• American Cancer Society
  – Look Good…Feel Better Program
• Shop Well With You (SWY)
• Cancer Support Community
• American Psychosocial Oncology Society
• Cancercare®
• Livestrong™ Foundation
• National Coalition for Cancer Survivorship
About Changing Faces

Welcome to Changing Faces. We’re a charity for people and families whose lives are affected by conditions, marks or scars that alter their appearance.

Find out about our work in this section, or jump straight to information about how we can help you or your child.

Our work is divided into two areas:

**Changing Lives**
We aim to help individuals lead full and satisfying lives. We give practical and emotional support to adults, children and their families. We also provide training, support and advice to professionals in health and education. Find out more about our services for adults and...
Treatment Strategies/Approaches –
Oncologic Healthcare Team

- Tailored depending on nature and extent of body image concerns
- Consideration of treatment phase
- Normalize/validate
- Empathic listening
- Use open-ended questions
- Educate
- Follow-up
Treatment Strategies

- promoting realistic body image expectations
- facilitating treatment decisions related to body image change
- coping with recent body changes
- developing body image acceptance during long-term survivorship
Promoting Realistic Body Image Expectations

- Preoperative counseling
- Normalizing/validating concerns
- Developing flexible expectations
- Facilitating communication with the treatment team
- Providing educational resources
- Follow-up with patient during treatment
Facilitating Treatment Decisions

- Normalize/validate body image concerns
- Empowering the patient
- Promoting autonomy/choice
- Goals/values clarification
- Motivational interviewing
- Dealing with delays in treatment
Coping with Recent Body Image Changes

- Mirror viewing/exposure therapy
- Communication skills training
- Problem solving
- Cognitive restructuring
- Behavioral activation
- Mind/body relaxation
Promoting Body Image Acceptance

- Body esteem activities
- Behavioral activation
- Challenging problematic appearance-related assumptions/beliefs
- Mindfulness
- Acceptance Commitment Therapy
Summary

• Body image is a critical psychosocial issue
• Evidence supports the need for targeted treatment of body image difficulties
• Model of care for addressing body image difficulties in the oncology setting presented
• Oncologic healthcare team can play an important role in addressing body image concerns
Funding received by:
Kyte Foundation
Volunteer Endowment for Patient Support
American Cancer Society MSRG-10-010-01-CPPB
American Cancer Society RSGPB-09-157-01-CPPB
NIH 1R01CA14390-01A1
UTMDACC Cancer Survivorship Research Seed Money Grant
Acknowledgements

MD Anderson Colleagues
• Ellen Gritz, Ph.D.
• Randal Weber, M.D.
• Geoffrey Robb, M.D.
• Gregory Reece, M.D.
• Roman Skoracki, M.D.
• Matthew Hanasono, M.D.
• Melissa Crosby, M.D.
• Michele Guindani, Ph.D.
• Daniel Epner, M.D.
• Erin Buck, Ph.D.
• Irene Teo, Ph.D.
• June Weston
• Juliet Kroll
• Latreka Kingsberry
• Troy Gilchrist
• Courtney Washington
• Alicia Chua
• Stephanie Glenn

Additional Colleagues
• Mia Markey, Ph.D., Ravi Chandar, Ph.D., University of Texas at Austin
• Fatima Merchant, Ph.D., University of Houston
• Leslie Heinberg, Ph.D., Cleveland Clinic Lerner College of Medicine
• Sarah Kagan, Ph.D. University of Pennsylvania
Questions?