

THE RELATIONSHIP BETWEEN MENTAL SYMPTOMS AND BODY PERCEPTION AND SELF-ESTEEM IN PATIENTS WITH NASAL SEPTAL DEVIATION

Ömer Naim Sayer¹, Zeynep Soytürk², Zerrin Ozergin Coskun², Cicek Hocaoglu¹

¹Department of Psychiatry, Faculty of Medicine, Recep Tayyip Erdoğan University, Rize, Türkiye

²Department of Otolaryngology, Faculty of Medicine, Recep Tayyip Erdoğan University, Rize, Türkiye

BACKGROUND AND AIM: Nasal septal deviation (NSD) is a common condition that may lead to chronic nasal obstruction. Sleep disturbances, reduced quality of life, and persistent somatosensory stimulation associated with chronic nasal blockage have been reported to be related to psychological symptoms, particularly anxiety and depression. However, studies simultaneously evaluating psychological symptoms, body image, and self-esteem in patients with NSD are limited. This study aimed to investigate the relationship between anxiety and depressive symptoms, body image, self-esteem, and perceived severity of nasal obstruction in patients with NSD.

METHODS: (Ethics Committee Approval must be obtained and the number should be specified). This cross-sectional study included 60 patients diagnosed with NSD through clinical and endoscopic examination at an otorhinolaryngology outpatient clinic and 60 healthy controls without NSD. Participants completed a sociodemographic data form, the Turkish Nose Obstruction Symptom Evaluation (T-NOSE) scale, the Hospital Anxiety and Depression Scale (HADS), the Rosenberg Self-Esteem Scale, and the Body Image Scale. Statistical analyses were performed using the Mann-Whitney U test, independent samples t-test, chi-square test, and Fisher's exact test, as appropriate. Statistical significance was set at $p < 0.05$. Ethical approval was obtained from the faculty ethics committee (Approval No: 2023/189).

RESULTS: T-NOSE scores were significantly higher in the NSD group compared to controls (9.97 ± 5.33 vs. 2.12 ± 3.41 ; $p < 0.001$). Mean HADS-Anxiety scores were significantly higher in patients with NSD (7.00 ± 3.90 vs. 5.07 ± 3.73 ; $p = 0.004$), and clinically elevated anxiety levels were more frequent in the NSD group (28.3% vs. 10.0%; $p = 0.011$). Although mean HADS-Depression scores were higher in the NSD group (5.95 ± 3.35 vs. 4.65 ± 3.28 ; $p = 0.040$), no significant difference was observed regarding the proportion of individuals above the clinical cutoff (38.3% vs. 28.3%; $p = 0.245$). Mean self-esteem scores did not differ significantly between groups (22.30 ± 5.01 vs. 23.90 ± 4.88 ; $p = 0.063$). Body image scores were significantly lower in the NSD group (154.88 ± 24.60 vs. 164.88 ± 24.30 ; $p = 0.033$), and low body image was more frequent among patients with NSD (21.7% vs. 8.3%; $p = 0.041$).

CONCLUSIONS: Patients with NSD exhibited greater perceived nasal obstruction, higher anxiety levels, and lower body image satisfaction. These findings suggest that the psychological impact of NSD is particularly pronounced in relation to anxiety and subjective body image processes. Considering psychiatric dimensions in the evaluation of patients with NSD may contribute to a more comprehensive clinical approach.

Keywords: Anxiety, body perception, Nasal septal deviation