

# USING BODY-Q AS A PRE-OPERATIVE EVALUATION TOOL FOR PATIENTS UNDERGOING BODY CONTOURING SURGERY

Min Zhang<sup>1</sup>, Murilo Sgarbi Secanho<sup>2</sup>, Sally Ng<sup>1</sup>

<sup>1</sup> Austin Health, Melbourne Australia

<sup>2</sup> Hospital das Clínicas da Universidade de São Paulo



XXVII Ifso World Congress



Melbourne 2024

# What is BODY-Q?

- Developed by Memorial Sloan Kettering Cancer Center in US in 2017
- An evidence-based questionnaire for Patient Reported Outcomes (PRO) for body contouring surgery (BCS) following massive weight loss
- Initially designed to measure 3 domains via 18 independently functioning scales
  - Physical appearance
  - Health-related quality of life (HRQOL)
  - Experiences with healthcare
- Recent addition with a section on eating-related behaviour

# What is BODY-Q?

**Table 1:** BODY-Q© scales including the number of items, response options, time frame and grade reading level. Below the table is a brief description of each scale.

Name of scale	Items	Response options	Recall period	FK grade
<b>Appearance scales</b>				
Abdomen	7	dissatisfied/ satisfied	past week	3.1
Arms	7	dissatisfied/ satisfied	past week	1.4
Back	4	dissatisfied/ satisfied	past week	0
Body	10	dissatisfied/ satisfied	past week	2.1
Buttocks	5	dissatisfied/ satisfied	past week	1.2
Chest	10	dissatisfied/ satisfied	past week	2.7
Nipples	5	dissatisfied/ satisfied	past week	0.9
Hips & outer thighs	5	dissatisfied/ satisfied	past week	1.2
Inner thighs	4	dissatisfied/ satisfied	past week	0.6
Excess skin	7	not at all/ extremely bothered	past week	3.2
Scars	10	not at all/ extremely bothered	past week	1.2
Stretch marks	10	not at all/ extremely bothered	past week	1.4
Cellulite*	15	not at all/ extremely bothered	past week	4.5
<b>Health-related quality of life scales/checklist</b>				
Appearance-related psychosocial distress	8	agree/ disagree	n/a	2.7
Body image	7	agree/ disagree	past week	2.5
Expectations	8	agree/ disagree	n/a	1.5
Physical	7	all the time/never	past week	2.7
Psychological	10	agree/ disagree	past week	3.5
Sexual	5	agree/ disagree	n/a	5.3
Social	10	agree/ disagree	past week	3.7
Obesity symptoms	10	all the time/never	past week	2.8
<b>Patient experience scales</b>				
Doctor	10	agree/ disagree	n/a	4.2
Information	10	dissatisfied/ satisfied	n/a	5.0
Medical team	10	agree/ disagree	n/a	3.6
Office staff	10	agree/ disagree	n/a	3.9

FK = Flesch-Kincaid grade reading level. \*Field-test version

- Each scale functions independently
- No overall or total score
- Only scores for each independent scale and transforms into a score that ranges from 0-100
- Higher scores reflect better outcomes
- Flesch-Kincaid Grade: Easy to read and understand

# Aim & Demographics

## Objective

- Explore the utility in helping patient identify their areas of concern, and priorities their treatment plan in the pre-surgical consultation phase

## Demographics

- 16 patients (Female = 100%) – Australian Cohort
- All post massive weight loss surgery (50% bypass, 50% sleeve)

Data	Average (Range)
BMI (kg/m <sup>2</sup> ) at time of BSC consultation	30.3 (22.0 - 44.4)
Age (years)	42.1 (24 - 59)

# RESULT

**Scaled scores** (Higher scores = Better outcome)

Appearance scale	Average (Range)
Abdomen	8.8 (0 - 32)
Back	47 (0 - 100)
Body	31.5 (0 - 51)
Upper arm	42.4 (0 - 100)
Buttock	51.4 (0 - 100)
Cellulite	59.7 (16 - 100)
Chest	45.6 (15 - 100)
Hips and outer thigh	42.4 (0 - 100)
Inner thigh	35.7 (0 - 100)
Excess skin	13.6 (0 - 64)
Stretch marks	62 (0 - 100)

⇒ **90% (9/10)** of those who scored less than average underwent **abdominoplasties**

⇒ **50% (4/8)** of those who scored less than average underwent **brachioplasties**

⇒ **70% (7/10)** of those who scored less than average underwent **breast reduction or mastopexy**

Body-contouring procedure offered	Number
Abdominoplasty	13
Breast reduction	4
Mastopexy	3
Brachioplasty	4

# CONCLUSION

BODY-Q is a useful screening tool that can objectively quantify a patient's motivations for pursuing body contouring surgery and help them to clarify their priorities to address

*The authors have no potential conflict of interest to report.*