

# O21

## BODY IMAGE AND PELVIC FLOOR DYSFUNCTION: A STUDY OF WOMEN ATTENDING UROGYNAECOLOGY UNIT

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### Introduction

The relationship between pelvic floor conditions and body-image in women is an emerging area research. A domain measuring body-image within ePAQ-PF has been developed and psychometrically tested[1]. The aim of this observational cohort study was to measure the association between body image and pelvic floor dysfunction in women attending urogynaecology clinics, and assess the impact of prolapse surgery on body-image.

### Methods

Outcomes of studies identified in an earlier systematic review of PROMs to assess body-image in urogynaecology were used to formulate 8 hypotheses, that impaired body-image is associated with younger age, pelvic organ prolapse, sexual dysfunction, dyspareunia, overactive bladder, stress urinary incontinence and impaired quality of life (HRQoL)[2] ePAQ-PF domain scores in these domains were compared with body-image domain scores using Spearman's rank correlation ( $r$ ) after confirming non-normally distributed data. Mean domain scores for body image pre- and post-op for patients undergoing prolapse surgery during the study period were measured and compared using Student's  $t$  test.

### Results

1063 consenting women completed ePAQ-PF. Body image was inversely correlated with age ( $r=-0.22$ ,  $p<0.001$ ). There was positive correlation between body image and pelvic organ prolapse ( $r=0.35$ ), sexual dysfunction ( $r=0.39$ ), dyspareunia ( $r=0.32$ ), overactive bladder ( $r=0.14$ ), stress urinary incontinence ( $r=0.22$ ), anal incontinence ( $r=0.10$ ) and HRQoL (all  $p<0.001$ ). Thirty patients underwent prolapse surgery and completed ePAQ-PF pre-operatively and at 3-months post operation. Mean body image domain scores were significantly lower post op (16.1 versus 5.0,  $p=0.03$ ,  $t=2.18$ ).

### Conclusions

This study provides further evidence that impaired body image is associated with pelvic floor dysfunction and is inversely related to age. Body image issues appear to improve in women undergoing reconstructive surgery for pelvic organ prolapse. Further studies are planned to assess other associations and the impact of interventions in larger multicentre studies as well as in mesh patients and postnatal women.

### References

- 1) Scurr K, Gray TG, Jones GL, Radley SC. Development and initial psychometric testing of a body-image domain within an electronic pelvic floor questionnaire (ePAQ-pelvic floor). *Int Urogynecol J.* 2020 Jun;31(6):1245-1253. doi: 10.1007/s00192-020-04247-y. Epub 2020 Mar 3. PMID: 32125492.
- 2) Gray TG, Vickers H, Krishnaswamy P, Jha S. A systematic review of English language patient-reported outcome measures for use in urogynaecology and female pelvic medicine. *Int Urogynecol J.* 2021 Aug;32(8):2033-2092. doi: 10.1007/s00192-021-04810-1. Epub 2021 May 26. PMID: 34037815.