

## THE EFFECT OF TEACHING PROGRAM ON BODY SATISFACTION OF BURN WOMEN

*N. Seyedfatemi<sup>1,2</sup>, M. Seyedooshohadaie<sup>3</sup>, R. Shekarabi<sup>4</sup>, H. Haghani<sup>5</sup>*

<sup>1</sup>Center for Nursing Care Research, Tehran Medical Sciences University, <sup>2</sup>Psychiatric Nursing, Faculty of Nursing & Midwifery, Tehran University of Medical Sciences, <sup>3</sup>Faculty of Nursing & Midwifery Tehran University of Medical Sciences, <sup>4</sup>Nursing, Faculty of Nursing & Midwifery Tehran University of Medical Sciences, <sup>5</sup>Biostatistics, Faculty of Management and Informatics, Tehran, Iran

**Objectives:** Disfiguring changes in appearance secondary to illness or injury such as burn injury lead to significant body image changes in both sex but particularly in Women. Carrying out educational program about physical appearance may improve their distress and reinforce them to think positively and doing positively throughout their lives. The purpose of this study was to examine the effect of teaching program on body satisfaction of Iranian burn women.

**Methods:** This quasi-experimental one-group pre-post test study investigated the impact of teaching program on Body satisfaction of Burn Women hospitalized in Mottahari Burn Hospital in Tehran. A sample of 65 burn adult women participated in this study after giving information regarding the study objectives and filling in an informed consent. Data gathering was done by the satisfaction With Appearance Scale (SWAP). Study participants completed the questionnaire before intervention. An educational workshop regarding physical appearance and the way of improving was established for the subjects. Data were collected by the questionnaire one month after intervention.

**Results:** Findings revealed that the age of most of women (60 %) was 20-40 years and 61.5% were employed. Degree of burning in most of participants was 21-40%. There was significant statistical difference between Mean scores of body satisfaction before and after intervention ( $P \leq 0.001$ ).

**Conclusions:** The teaching workshop seems to promote body satisfaction of burn women. The study hypothesis was accepted. These programs should be carried out for all kind of disfigurement.