Body Image and Sexuality Research in Head and Neck Cancer

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Overview of Presentation & Learning Objectives

► Describe the latest evidence detailing the impact of head and neck cancer (HNC) and its treatment on body image and sexuality.

► Describe measurement of body image and sexuality in HNC research

► Describe the state of intervention research in this area

► Identify important research gaps
Body Image and Sexuality

- Body Image – how an individual feels about the way they look and function
- Sexuality – an individual’s experience of sexual activity and sexual satisfaction
State of the Science

  — Cited by 60

  — Cited by 12
Search Strategy

Body Image and Head and Neck Cancer

- ("head and neck neoplasms"[MeSH Terms] OR ("head"[All Fields] AND "neck"[All Fields] AND "neoplasms"[All Fields])) OR "head and neck neoplasms"[All Fields] OR ("head"[All Fields] AND "neck"[All Fields] AND "cancer"[All Fields]) OR "head and neck cancer"[All Fields]) AND ("body image"[MeSH Terms] OR ("body"[All Fields] AND "image"[All Fields]) OR "body image"[All Fields]) AND ("2009/05/19"[PDat] : "2019/05/16"[PDat])

- 337 (abstract review) ➔ 55 (full text review) ➔ 32 (final sample)

Sexuality and Head and Neck Cancer


- 109 (abstract review) ➔ 26 (full text review) ➔ 22 (final sample)
## Empirical Studies (n=29; 13 body image; 16 sexuality)

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<th>Body Image</th>
<th>Sexuality</th>
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<tr>
<td><strong>Intervention Research</strong></td>
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<tr>
<td>n=2</td>
<td>n=1</td>
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<tr>
<td>Chen et al 2017</td>
<td>Hoole, Kanatas, &amp; Mitchell 2015</td>
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<td>Brake et al 2014</td>
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<td><strong>Descriptive Research</strong></td>
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<tr>
<td><strong>Body Image Focus</strong> (n=8)</td>
<td><strong>Broader Focus (n=3)</strong></td>
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<tr>
<td>Teo et al 2016</td>
<td>Nixon et al 2018</td>
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<td>Chen et al 2015</td>
<td>Wulff-Burchfield et al 2018</td>
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<td>Lee et al 2015</td>
<td>Airoldi et al 2011</td>
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<td>Clarke et al 2014</td>
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<td>Rhoten et al 2014</td>
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<td>Fingeret et al 2012</td>
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<td>Flexen et al 2012</td>
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<td>Fingeret et al 2010</td>
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<td><strong>Sexuality Focused (n=5)</strong></td>
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<tr>
<td>Melissant et al 2018</td>
<td>Akil et al 2017</td>
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<td>Batıoğlu-Karaaltın et al 2017</td>
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<td>Taberna et al 2017</td>
<td>Rogers et al 2015</td>
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<td><strong>Broader Focus (n=10)</strong></td>
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<tr>
<td>So et al 2019</td>
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<td>Bozec et al 2018</td>
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<td>Bui et al 2018</td>
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<td>Jansen et al 2018</td>
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<td>He et al 2017</td>
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<td>Mair et al 2017</td>
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<td>Obrien et al 2017</td>
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<td>Suzuki et al 2016</td>
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<td>Egestad-Nieder 2015</td>
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<td>Offerman et al 2015</td>
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## Other Publications (n=25; 19 body image; 6 sexuality)

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<thead>
<tr>
<th>Body Image</th>
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<tr>
<td>Case Study: n=1; Hendricks-Ferguson 2016</td>
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<td>Protocol: n=1; Turner et al 2014</td>
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<td>Measurement-Focused</td>
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<td>n=6</td>
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<td>Rodriguez et al 2019; Ellis et al 2019;</td>
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<td>Melissant et al 2018; van Leeuwen et al 2018;</td>
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<td>Jean-Pierre et al 2013; Deno et al 2011</td>
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<td>Reviews</td>
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<td>Davidson &amp; Williams 2019; Qualizza et al 2018;</td>
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<td>Alias &amp; Henry 2018; Fingeret et al 2014;</td>
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<td>Rhoten et al 2013; Semplet et al 2013;</td>
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<td>Moussas et al 2012; Pandian 2012</td>
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<td>Education</td>
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<td>n=1; Foulkes 2013</td>
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<td>Commentary/Editorials</td>
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<td>Rousseau 2013; Ephros 2010</td>
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Body Image & Head and Neck Cancer – Measurement

Current Utilization in Research

- Adapted Satisfaction with Appearance Scale
- Appearance Schemas Inventory-revised**
- Derriford Appearance Scale-24&59
- Body Image Coping Strategies Inventory
- Body Image Disturbance Questionnaire**
- Body Image Quality of Life Inventory
- Body Image Scale**

- Body Image Survey (HN specific)
- Body Satisfaction Scale
- Fear of Negative Appearance Evaluation Scale**
- Head and Neck Scale – Appearance Subscale
- Multidimensional Body-Self Relations Questionnaire
- Quality of Life Measures
  - EORTC QLQ C30 and HN35
  - FACT-HN
  - Patient Concerns Index
  - UW-QOL
Body Image & Head and Neck Cancer – Measurement

► Appearance Schemas Inventory-Revised
  — Cash, Melnyk, & Hrabosky 2004

  — 20 items

  — Self-evaluative salience

  — Motivational salience

  — [URL](http://www.body-images.com/assessments/asi.html)
Body Image & Head and Neck Cancer – Measurement

► Body Image Disturbance Questionnaire
  — Cash et al 2004
  — 7 scaled items
  — Preoccupation with appearance-related concerns
  — Distress and impairment in function
  — Behavioral avoidance
Body Image & Head and Neck Cancer – Measurement

Body Image Scale
- Hopwood et al 2001
  - 10 items
  - Satisfaction with appearance related changes associated with cancer treatment
  - Affective, behavioral, and cognitive domains
Body Image & Head and Neck Cancer – Measurement

- Fear of Negative Appearance Evaluation Scale
  - Lundgren, Anderson, & Thompson 2004
  - 6 items
  - Apprehension about appearance evaluation
Body Image & Head and Neck Cancer – Measurement

Opportunities for Future Utilization

► McGill Body Image Concerns Scale - HNC
  — Rodriguez et al 2019

  — 21 items

  — Social discomfort

  — Negative self-image
Body Image & Head and Neck Cancer – Descriptive Research

Cross-sectional Studies

► HNC patients undergoing surgery have body image concerns both pre- and post-procedure.
  — Teo et al 2016; Chen et al 2015; Fingeret et al 2012; Fingeret et al 2010

► Body image concerns affect 33-75% of patients.
  — Airoldi et al 2011; Fingeret et al 2012

► Body image concerns are associated with a variety of:
  — Behaviors
    — Decreased smiling intensity
    — Speaking less
    — Social avoidance as a coping mechanism
  — Characteristics
    — Younger age
    — Female gender
    — Advanced tumor stage
    — Oropharyngeal carcinoma
  — Comorbidities
    — Depression
    — Reduced functional well-being
  — Nixon et al 2018; Chen et al 2015; Lee et al 2015; Flexen et al 2012; Fingeret et al 2010
Body Image & Head and Neck Cancer – Descriptive Research

Longitudinal Studies

► Rhoten et al 2014
  – Body image significantly higher at 12 weeks-post treatment than at end of treatment and 6-weeks post-treatment
  – Body image and depressive symptoms significantly associated

► Clarke et al 2013
  – No significant differences in body image from baseline (at least six months after treatment) and nine months after baseline.
Body Image & Head and Neck Cancer – Intervention research

Cosmesis-focused

► Chen et al. (2017).
  — 4 session skin camouflage training program
  — Intervention participants greater improvement in body image than control group

► Brake et al. (2014).
  — Post-treatment liposuction for submental lymphedema
  — Self perception of appearance significantly improved from pre to post procedure
Sexuality & Head and Neck Cancer - Measurement

Current Utilization in Research

► EORTC QLQ H&N35
  — During the past week:
    — Have you felt less interest in sex?
    — Have you felt less sexual enjoyment?

► FACT-H&N; FACT-NP
  — I am satisfied with my sex life.

► Arizona Sexual Experiences Scale
  — During the past week:
    — How strong is your sex drive?
    — How are you sexually aroused?
    — M only: Can you easily get and keep an erection?
    — F only: How easily does your vagina become moist or wet during sex?
    — How easily can you reach an orgasm?
    — Are your orgasms satisfying?

► modified Sexual Adjustment Questionnaire
  — What is the importance of sexual activity in your life?
  — Do you enjoy sexual activity?
  — Do you have a desire for sexual activity?
  — Do you feel satisfied after sexual activity?
  — How often do you have sexual activity?
  — Are you satisfied with the frequency of sexual activity in your life?
  — Have you been the one to initiate sexual activity with your partner since your last cancer treatment?
Sexuality & Head and Neck Cancer - Measurement

Opportunities for Future Utilization

 ► MHK Questionnaire (Hoole et al 2018)
   — 22 items
   — Problems with intimacy after dx/tx of HNC
   — HNC-specific issues that may affect desire for intimacy

 ► EORTC QLQ-SHQ22
   — 22 items
   — Sexual health and cancer
   — Phase IV of development
Sexuality & Head and Neck Cancer – Descriptive Research

Cross-sectional Studies

► Sexuality is one of the highest unmet supportive care needs among HNC survivors.
  — So et al 2019; Jansen et al 2018

► Sexuality is under addressed in clinic notes
  — Rogers 2015

► Patients who have had a total laryngectomy have significantly more sexual problems than those having had a partial laryngectomy
  — Akil et al 2017; Batiog et al 2017; Offerman et al 2015

► Reduced sexuality is associated with depression
Sexuality & Head and Neck Cancer – Descriptive Research

Longitudinal Studies

► Sexuality is significantly impaired without return to baseline.
  — Bozec et al 2018; Melissant et al 2018; Bui et al 2018; Taberna et al 2017; Mair et al 2017

► Poorer sexuality outcomes are associated with:
  — Older age
  — Trouble with social contact / poor social functioning
  — Weight loss
  — Constipation before treatment
  — Female gender
  — Total laryngectomy
  — Poor nutritional status
  — BMI > 25
  — Melissant et al 2018; Bui et al 2018; He et al 2017; Egestad-Nieder 2015
Sexuality & Head and Neck Cancer - Intervention Research


- Introduce strategies for diagnosis and treatment of psychosexual problems
- Describe early experiences of use
- Brief narratives and case reports

Intervention development and formal testing is lacking at this time.
Summary

► Body image and sexuality issues are problematic for some, if not many patients with head and neck cancer.
► These issues do not end after completion of treatment and may be more salient to a patient as time elapses.
► In order to meaningfully assess body image and sexuality in this population, self-report measures should provide both clinically actionable and research-applicative information.
Important Research Gaps

► Intervention Research
  — Population and patient characteristic tailoring
  — Psychosocial focus
  — Practical, real world examples

► Addressing concerns of patients who are not partnered

► Addressing concerns of patients who identify LGBTQ+
Acknowledgements

► International Society of Oral Oncology

► Dr. Barbara Murphy

► Patients with Head and Neck Cancer
References


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