

Investigation of Basic Personality Traits and Social Appearance Anxiety of Individuals Undergoing Aesthetic Surgery Operations: A Descriptive Study

Estetik Cerrahi Operasyonu Olan Bireylerin Temel Kişilik Özelliklerinin ve Sosyal Görünüş Kaygılarının İncelenmesi: Tanımlayıcı Bir Çalışma

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ABSTRACT Objective: This study was performed with the aim of determining the basic personality traits and social appearance anxiety of individuals undergoing esthetic surgery. **Material and Methods:** The research examined descriptive and relational features and included individuals undergoing esthetic surgical operations from May-September 2021. Sample selection was not performed in the research and the sample included 267 individuals abiding by the inclusion criteria. Data were collected with a descriptive information form, social appearance anxiety scale, and basic personality traits scale. The fit of data to normal distribution was assessed with the Shapiro-Wilk analysis. As data abided by normal distribution, the independent samples t-test and Pearson correlation analyses were used. In order to carry out the study, ethics committee permission from Nevşehir Hacı Bektaş Veli University and consent from the individuals within the scope of the study were obtained. **Results:** Individuals who were woman, single, employed and having esthetic operations for a nose were determined to have higher social appearance anxiety ($p<0.05$). There were significant differences identified between gender, marital status and income level with basic personality trait scale points ($p<0.05$). There were positive high-level correlations between the emotional inconsistency and negative values subdimensions of the basic personality traits scale with social appearance anxiety level ($r: 0.606, 0.642; p<0.05$), while there were negative moderate-level correlations between extraversion, openness to experience and adjustment subdimensions with social appearance anxiety levels ($r: -0.491, -0.473, -0.557; p<0.05$). **Conclusion:** Individuals undergoing aesthetic surgery had high social appearance anxiety, there was difference between the subdimensions of basic personality traits according to their sociodemographic characteristics, and there was a relationship between basic personality traits and social appearance anxiety.

Keywords: Aesthetic surgery; social appearance anxiety; basic personality traits

ÖZET Amaç: Bu çalışma, estetik cerrahi operasyonu olan bireylerin sosyal görünüş kaygılarını ve temel kişilik özelliklerini belirlemek amacıyla yapılmıştır. **Gereç ve Yöntemler:** Çalışma, tanımlayıcı ve ilişki arayıcı olarak Mayıs-Eylül 2021 tarihleri arasında, estetik cerrahi operasyonu olan bireylerle yapılmıştır. Çalışmada örneklem seçimine gidilmeyip, seçim kriterlerine uyan 267 birey örneklemini oluşturmuştur. Veriler tanıttıcı bilgi formu, Sosyal Görünüş Kaygısı Ölçeği ve Temel Kişilik Özellikleri Ölçeği ile toplanmıştır. Verilerin normal dağılıma uygunluğu Shapiro-Wilk analizi ile değerlendirildi. Veriler normal dağılıma uyduğu için bağımsız örnekler t-testi ve Pearson korelasyon analizleri kullanıldı. Araştırmanın uygulanabilmesi için Nevşehir Hacı Bektaş Veli Üniversitesinden etik kurul izni ve çalışma kapsamındaki bireylerden onam alınmıştır. **Bulgular:** Kadın olan, bekâr olan, bir işte çalışan ve burun estetiği nedeniyle estetik cerrahi operasyonu olan bireylerin sosyal görünüş kaygısının daha fazla olduğu bulunmuştur ($p<0.05$). Cinsiyet, medeni durum, gelir durumu ile Temel Kişilik Özellikleri Ölçeği arasında istatistiksel olarak anlamlı bir fark olduğu saptanmıştır ($p<0.05$). Temel Kişilik Özellikleri Ölçeği'nin duygusal tutarsızlık ve olumsuz değer alt boyutları ile sosyal görünüş kaygı düzeyi arasında pozitif yönde yüksek düzey bir ilişki ($r: 0,606, 0,642; p<0,05$); dışa dönüklük, deneyime açıklık ve uyumluluk alt boyutları ile sosyal görünüş kaygı düzeyi arasında negatif yönde orta düzey bir ilişki saptanmıştır ($r: -0,491, -0,473, -0,557; p<0,05$). **Sonuç:** Çalışmada, estetik cerrahi operasyonu olan bireylerin yüksek sosyal görünüş kaygısına sahip olduğu, sosyodemografik özellikler ile temel kişilik özelliklerinin alt boyutları arasında bir fark olduğu ve sosyal görünüş kaygısı ile temel kişilik özellikleri arasında bir ilişki olduğu bulunmuştur.

Anahtar Kelimeler: Estetik cerrahi; sosyal görünüş kaygısı; temel kişilik özelliği

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For humans, the concepts of health, beauty and physical appearance have been important in all periods.¹ For this reason, people use a variety of routes to obtain the health, beauty and appearance they desire. One of these is plastic, reconstructive and aesthetic surgery.^{2,3} The first examples of aesthetic surgery date back to the 1800s. With the elevation in socioeconomic level in the 21st century and as a result of globalisation, aesthetic appearance has come to the forefront even more.^{3,4} Linked to this, aesthetic surgery has become popular around the world in recent years and the number of those undergoing aesthetic operations has increased. Especially for people in modern societies, the use of aesthetic products to participate in work and social life, meet the idealist and beauty expectations of societies and to remain young and beautiful and the desire to shape the body have increased rates of those applying for aesthetic surgery.⁵ Some aesthetic surgery interventions have treatment purposes, some are for beautification, while some are for both treatment and beautification.⁶

For a person to decide to undergo an aesthetic surgical procedure, it was stated that personality traits, self-esteem, body image, societal perspectives, culture, lifestyle and media are important.⁷⁻⁹ Another important factor affecting the decision to have aesthetic operation is a person's mental state, as known for a long time.¹⁰ Additionally, individuals who do not abide by the beauty ideal in society are stated to avoid social environments as they are embarrassed by their physical appearance. The emotional response to an assessment of an individual's physical features by another is explained by the concept of social appearance anxiety.¹¹

The popularisation of aesthetic surgery around the world has caused many positive or negative changes to human life. In order for individuals applying for aesthetic surgery to obtain healthy outcomes, it is necessary to offer integrated treatment and care with a multidisciplinary team. Health professionals in continuous communication with the patient should undertake an effective role in better understanding the individual's concerns and the situations in which they need support, and assess the patient to ensure patients with different personalities, abilities, interests and expectations adjust to their new

life. The current equivalent of health and beauty/aesthetic concepts, continuously changing from past to present, in world is not fully known, and it is important to determine the personality traits related to beauty and aesthetics of individuals and their perceptions of social appearance. For this reason, the research was conducted to determine the social appearance anxieties and basic personality traits of individuals undergoing aesthetic surgical operations.

MATERIAL AND METHODS

AIM AND TYPE OF RESEARCH

This research was performed as a descriptive and relational search study with the aim of determining the basic personality traits and social appearance anxiety of individuals undergoing aesthetic surgical operations.

UNIVERSE AND SAMPLE OF RESEARCH

The universe for the research comprised individuals undergoing aesthetic operations at plastic, reconstructive and aesthetic surgery clinics of two centers in one province. These centers were preferred because they are the most frequently applied clinics by individuals who were undergoing aesthetic operation for beautification. Sample selection was not performed in the research and the sample comprised 267 individuals abiding by the selection criteria. The research was completed in a duration of nearly five months from May to September 2021.

SELECTION CRITERIA

Inclusion Criteria

The research included individuals who were;

- Aged over 18 years,
- Who were literate,
- Understood Turkish,
- Were able to communicate,
- Undergoing aesthetic operation for beautification purposes,
- And volunteered to participate in the research.

Exclusion Criteria

As the following may affect the research results, the research did not include individuals;

- Undergoing aesthetic operation for treatment purposes,
- Complications after surgery,
- And with mental health diagnosis.

In addition, individuals who did not want to continue with the study were removed from the sample.

ETHICAL ASPECT OF RESEARCH

The study protocol was carried out in accordance with the Helsinki Declaration (as revised in Brazil 2013). In order to perform the research, ethics committee permission was granted by the Nevşehir Hacı Bektaş Veli University Ethics Committee (date: February 6, 2020, no: 2020.05.19) and consent was obtained from participants. Institutional permission was obtained from the clinic where the research was conducted. Written informed consent was obtained by explaining the purpose of the study to all participants.

DATA COLLECTION PROCESS

Data were obtained from individuals undergoing aesthetic operation after the researchers explained the research, individuals provided verbal consent and agreed to participate. The survey method was applied in the clinic environment and the duration to answer was about 15 minutes.

DATA COLLECTION TOOLS

Data were collected with the descriptive information form developed by the researchers, the Social Appearance Anxiety Scale (SAAS) and the Basic Personality Traits Inventory.

Descriptive Information Form: The form was created to determine the demographic information of individuals (age, sex, educational status, profession, employment status, income level, etc.).

SAAS: SAAS was developed by Hart et al. to measure the social appearance anxiety of individuals.¹¹ There are a total of 16 items to be answered on the SAAS, with a five-point likert rating of “strongly disagree, disagree, agree a little, agree and agree com-

pletely”. In the answer key, only the first item is given inverse points and the minimum points that can be obtained are 16 with maximum points of 80. The increase in points means the person’s social appearance anxiety levels increase. This self-report type scale measures a single dimension and does not include any subdimensions. The Cronbach alpha value for this scale used within the scope of the research was 0.899.

Basic Personality Traits Inventory: The Basic Personality Traits Inventory was developed in 2012 by Gençöz and Öncül. The scale rates questions with a 5-point Likert rating. The 45 items on the scale assess 6 basic personality subdimensions (openness to experience-6 items, conscientiousness-8 items, extraversion-8 items, compatibility-8 items, emotional inconsistency-9 items and negative values summarised as “the person attributing negative traits to themselves”-6 items).¹² High mean points show the individual reflects the personality traits of the relevant subdimension. The Cronbach alpha value for this scale used within the scope of the research was 0.924.

ANALYSIS OF DATA

Data were analysed in the computer environment. Descriptive statistics for variables are given as unit number (n), percentage (%), mean (X) and standard deviation (SD). The fit of data to normal distribution was assessed with the Shapiro-Wilk analysis. The independent samples t-test was used for two-group comparisons and the variance analysis was used for comparisons of more than two groups. As data abided by normal distribution, the independent samples t-test and Pearson correlation analyses were used. Homogeneity of variance was checked with the Levene test. The research accepted $p < 0.05$ as statistical significance.

RESULTS

The findings in this research about determining the social appearance anxiety and basic personality traits of individuals undergoing aesthetic surgery are given below.

The distribution of sociodemographic and aesthetic surgery characteristics for individuals under-

going aesthetic surgery is shown in Table 1. According to the table, the mean age of individuals participating in the research was 29.58 ± 3.29 years and 73.8% were women. Of individuals, 53.8% were married, 64.6% were high school graduates, 79.3% were unemployed, 91.1% had no chronic disease, 63.7% had not had previous aesthetic surgery and 48.7% were having rhinoplasty.

The total points on the SAAS and the subdimension points for the basic personality traits inventory for individuals undergoing aesthetic operations are shown in Table 2. According to the table, the mean total points for individuals on the SAAS were 59.07 ± 4.40 . The mean points for subdimensions of

the basic personality traits inventory were identified as extraversion 14.13 ± 2.89 , conscientiousness 21.19 ± 4.66 , compatibility 20.94 ± 4.99 , emotional inconsistency 34.41 ± 3.86 , openness to experience 24.60 ± 4.90 , and negative values 25.14 ± 4.54 .

The distribution of social appearance anxiety and basic personality traits points according to some variables for individuals undergoing aesthetic surgery is shown in Table 3. In the research, there was a statistically significant difference identified between sex and the total mean points for the SAAS ($p < 0.05$). Additionally, there were statistically significant differences identified between sex with mean points for subdimensions (extraversion, compatibility, emotional inconsistency and negative values) on the basic personality traits inventory ($p < 0.05$). In the research, women appeared to have higher mean social appearance anxiety points. In line with this finding, women undergoing aesthetic operations can be said to have higher social appearance anxiety. Additionally, women had higher emotional inconsistency and negative values points, while men had higher extraversion and compatibility points.

In the research, a statistically significant difference was identified between marital status and total mean points on the SAAS ($p < 0.05$). Additionally, there were statistically significant differences between marital status and basic personality trait inventory subdimensions (extraversion, conscientiousness, emotional inconsistency and negative values) ($p < 0.05$). In the research, individuals who were single appeared to have higher mean SAAS points. In line with this finding, single individuals can be said to have higher social appearance anxiety.

TABLE 1: Distribution of characteristics of individuals undergoing aesthetic surgery operations (n=267).

Characteristics of individuals	$\bar{X} \pm SD$	
	n	%
Age (Year)	29.58 ± 3.29	
Gender		
Female	197	73.8
Male	70	26.2
Marital status		
Married	144	53.8
Single	123	46.2
Educational status		
Grade school	24	8.9
High school	172	64.6
University	71	26.5
Income status		
Low	26	9.8
Medium	158	59.2
High	83	31
Employment status		
Yes	211	79.3
No	56	20.7
State of having a chronic disease		
Yes	24	8.9
No	243	91.1
The state of having a previous aesthetic surgery		
Yes	97	36.3
No	170	63.7
Type of aesthetic operation		
Breast aesthetics	16	5.9
Eyelid aesthetic	29	11
Rhinoplasty	130	48.7
Botox, lip fillers	92	34.4

SD: Standard deviation.

TABLE 2: Distribution of scores of Basic Personality Trait and Social Appearance Anxiety Scales (n=267).

Scores of scale	$\bar{X} \pm SD$	Minimum	Maximum
Basic Personality Trait Scale			
Extraversion	14.13 ± 2.89	8	40
Conscientiousness	21.19 ± 4.66	8	40
Compatibility	20.94 ± 4.99	8	40
Emotional inconsistency	34.41 ± 3.86	9	45
Openness to experience	24.60 ± 4.90	6	30
Negative values	25.14 ± 4.54	6	30
Social Appearance Anxiety Scales	59.07 ± 4.40	16	80

SD: Standard deviation.

TABLE 3: Comparison of Basic Personality Traits and Social Appearance Anxiety Scale scores of individuals undergoing aesthetic surgery according to some variables.

Variables	Social Appearance Anxiety Scale		Basic Personality Traits Scale: extraversion		Basic Personality Traits Scale: conscientiousness		Basic Personality Traits Scale: compatibility		Basic Personality Traits Scale: emotional inconsistency		Basic Personality Traits Scale: openness to experience		Basic Personality Traits Scale: negative values	
	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value	$\bar{X} \pm SD$	p value
Gender														
Female	60.22±7.50		13.79±2.87		20.91±4.07		19.21±4.16		36.47±4.28		23.47±1.90		27.84±2.25	
Male	49.81±6.78		16.02±2.01		21.97±4.81		22.53±4.23		33.64±5.27		24.84±3.03		23.09±2.36	
p value	0.031		0.001		0.664		0.004		0.013		0.541		0.028	
Marital status														
Married	56.65±6.98		13.79±2.87		26.86±4.01		20.21±3.13		32.39±3.88		22.63±2.86		22.59±2.55	
Single	62.14±7.34		16.02±2.01		19.57±3.88		20.74±3.27		37.64±4.97		23.41±2.93		26.17±2.61	
p value	0.019		0.043		0.029		0.789		0.015		0.852		0.035	
Educational status														
Grade school	57.71±7.05		13.11±2.89		20.89±4.63		20.74±4.15		32.17±3.71		23.40±3.85		22.04±4.03	
High school	58.83±7.01		12.99±2.15		21.11±4.59		20.55±4.21		32.56±3.69		23.59±3.92		21.17±4.04	
University	59.78±6.91		13.09±2.71		21.22±4.44		19.91±4.27		31.91±3.86		22.91±3.83		21.13±4.19	
p value	0.475		0.326		0.288		0.389		0.147		0.227		0.423	
Income status														
Low	53.65±6.66		15.13±3.19		19.73±3.58		17.84±2.85		29.77±3.58		21.33±4.05		26.58±3.89	
Medium	53.17±6.47		14.88±2.97		18.71±3.37		17.47±2.73		30.35±3.59		21.54±4.12		21.51±4.11	
High	52.47±6.12		14.63±2.91		19.50±3.64		17.62±2.84		30.41±3.66		22.69±4.13		20.04±4.07	
p value	0.120		0.259		0.527		0.371		0.413		0.191		0.011	
State of having a chronic disease														
Yes	55.23±7.93		11.33±4.15		19.92±3.54		16.92±3.84		30.13±3.77		24.31±2.93		25.01±3.11	
No	54.92±7.23		12.01±4.00		18.89±3.17		16.03±3.95		30.21±3.52		25.67±2.86		24.71±3.27	
p value	0.620		0.513		0.118		0.244		0.521		0.789		0.711	
Employment status														
Yes	62.78±6.86		12.83±2.36		21.81±3.12		18.15±2.13		34.37±3.28		23.79±3.15		23.74±3.18	
No	51.14±6.41		13.43±3.19		22.12±3.17		19.30±2.04		33.59±3.11		24.17±3.23		23.61±3.26	
p value	0.018		0.132		0.256		0.317		0.328		0.409		0.362	
The state of having a previous aesthetic surgery														
Yes	59.15±7.90		13.30±2.35		17.04±3.46		23.30±3.14		34.19±3.33		21.96±2.53		24.44±2.29	
No	60.73±8.87		13.49±2.91		16.82±3.64		22.25±3.94		33.64±3.78		22.27±2.41		23.29±2.36	
p value	0.351		0.547		0.199		0.398		0.555		0.852		0.228	
Type of aesthetic operation														
Breast aesthetics	52.79±6.34		12.17±3.85		19.35±3.39		21.50±4.22		31.23±3.22		25.50±4.22		25.39±4.48	
Eyelid aesthetic	54.04±7.31		15.40±5.33		19.63±3.98		22.04±4.03		30.11±3.03		26.12±4.02		26.18±4.47	
Rhinoplasty	67.41±7.27		15.13±5.07		21.08±4.69		20.42±3.56		31.27±3.56		25.56±4.09		26.65±4.51	
Botox, lip fillers	61.13±7.79		14.65±5.29		20.08±4.54		19.99±3.09		30.88±3.09		25.70±4.07		26.85±4.43	
p value	0.038		0.143		0.424		0.307		0.121		0.205		0.456	

SD: Standard deviation.

TABLE 4: The relationship between the Basic Personality Traits Scale and the Social Appearance Anxiety Scale (n=267).

Variables	Basic Personality Traits Scale: extraversion		Basic Personality Traits Scale: conscientiousness		Basic Personality Traits Scale: compatibility		Basic Personality Traits Scale: emotional inconsistency		Basic Personality Traits Scale: openness to experience		Basic Personality Traits Scale: negative values	
	r	p	r	p	r	p	r	p	r	p	r	p
Social Appearance Anxiety Scale	-0.491	0.011	0.311	0.303	-0.473	0.044	0.606	0.001	-0.557	0.025	0.642	0.000

r: Spearman's correlation coefficient; The correlation coefficient was interpreted as: 0.00-0.20 very weak relationship; 0.20-0.40 weak relationship; 0.40-0.60 medium level relationship; 0.60-0.80 high level relationship; 0.80-1.00 very high level relation

In the research, a statistically significant difference was identified between income level and the mean points for the negative values subdimension of the basic personality traits scale ($p < 0.05$). In the research, individuals with low-income level appeared to have higher mean points for the negative values subdimension. In line with this finding, individuals with low-income level can be said to have higher negative values.

In the research, there was a statistically significant difference between employment status and total mean points on the SAAS ($p < 0.05$). In the research, it appears employed individuals had higher mean points for social appearance anxiety. In line with this finding, it may be said the employed individuals have higher social appearance anxiety.

Additionally, a statistically significant difference was identified between the type of aesthetic operation and the SAAS total points ($p < 0.05$). In the research, individuals with rhinoplasty had highest, while individuals with breast aesthetic surgery had lowest mean points.

The correlations between SAAS total mean points and basic personality traits inventory subdimensions are shown in Table 4. According to the table, there were negative and moderate correlations between social appearance anxiety and the basic personality traits of extraversion, compatibility and openness to experience (r : -0.491, -0.473, -0.557; $p < 0.05$). Additionally, there were positive high-level correlations between social appearance anxiety and the basic personality traits of emotional inconsistency and negative values (r : 0.606, 0.642; $p < 0.05$). In line with this, individuals undergoing aesthetic surgery were determined to have moderate levels of reduction in extraversion, compatibility and openness to experience points as social appearance anxiety increased. At the same time, individuals with aesthetic operations were determined to have high levels of increase in emotional inconsistency and negative values points as social appearance anxiety increased. High points obtained from Likert-type scales reflect high social appearance anxiety and subdimensions related to basic personality traits.

DISCUSSION

The desire to have aesthetic surgery is associated with social appearance anxiety and social appearance anxiety, emerging in individuals linked to negative feelings and thoughts related to physical appearance, affects the choice of aesthetic surgery.¹³⁻¹⁵ In this research, individuals were identified to have mean total points for social appearance of 59.07 ± 4.40 . The minimum points that can be obtained from the scale are 16, while maximum points are 80. The increase in points means the social appearance anxiety level of the person is increased. In this context, it can be said that individuals had high social appearance anxiety.

In this research, there was a statistically significant difference in mean total points on the SAAS with sex, with women undergoing aesthetic operations found to have higher social appearance anxiety. In the literature, there are studies stating women have high social appearance anxiety.¹⁶⁻¹⁸ A meta-analysis

study stated that there were studies indicating that men have more social appearance anxiety compared to women.¹⁹ These differing results are thought to be associated with culture, society and lifestyles of individuals. It is thought that general socio-cultural pressure related to appearance in society (women should be beautiful, men should be handsome) increase social appearance anxiety.

In this research, there was a statistically significant difference between mean total points for social appearance anxiety with marital status, and single individuals were found to have higher social appearance anxiety. Similar to the findings of the research, there are studies stating there was a significant difference in mean points for the social appearance anxiety with marital status while there are also studies stating there was no significant difference.²⁰⁻²² The difference in this research is thought to be due to the features of the individuals undergoing aesthetic surgery comprising the sample group.

In this research, the difference between employment status and total mean points on the SAAS was significant with employed individuals found to have higher social appearance anxiety. A study stated that social appearance anxiety levels differed according to employment status.²⁰ Additionally, economic difficulties are stated to have negative effect on the development of social appearance anxiety.²³ In the research, it is thought that anxiety increased as employed individuals work in a social environment and interact with people.

In this research, there was a significant difference between aesthetic operation type and total mean points on the SAAS. Individuals undergoing rhinoplasty had highest and individuals undergoing breast surgery were found to have lowest mean points. Individuals with high anxiety are stated to undergo rhinoplasty as a solution to their anxiety.²⁴ Additionally, it is stated that the basis for demands for rhinoplasty are psychosocial anxieties and these demands are associated with social anxiety.²⁵ Studies identified that individuals demanding rhinoplasty had higher levels of anxiety compared to individuals demanding other types of aesthetic surgery.^{26,27}

In a study researching the psychosocial aspects of aesthetic operations, it was reported that personal-

ity traits of participants (personality traits, self-confidence levels, etc.) affected the tendency toward aesthetic surgery more than social traits (professional status, approval of social surroundings).²⁸ Additionally, a study found that women had higher points for the emotional inconsistency personality trait compared to men.²⁹ Similarly in this research, a significant difference was identified between sex with the basic personality trait emotional inconsistency subdimension, with women identified to have higher emotional inconsistency points compared to men.

As the income level of people increases, they were identified to display more extraversion and openness to development personality traits.³⁰ Additionally, individuals with personality traits like being socially introverted, shy, lonely or requiring approval from others are reported to research aesthetic surgery more.³¹ In this research there was a significant difference identified between income level and marital status with the mean points for basic personality trait inventory subdimensions. This situation may be associated with the income level and marital status being effective on personality.

In the research, there was no significant difference between aesthetic operation type and basic personality trait inventory subdimension points. However, aesthetic surgery interventions are reported to be associated with a variety of personality traits and rhinoplasty has the improve individual's appearance and personality.^{32,33} Research investigating the psychological processes of individuals undergoing rhinoplasty for aesthetic purposes stated that the main themes were psychopathology, attitudes related to the body and the self, personality traits and interpersonal relationships.³⁴ At the same time, individuals with rhinoplasty are stated to have higher prevalence of personality traits like openness to experience and extraversion.³⁵

Finally, as the social appearance anxiety of individuals undergoing aesthetic operations increased, the points for the personality trait subdimensions of extraversion, compatibility and openness to experience reduced by moderate levels, while emotional inconsistency and negative values points increased by high levels. In the literature, there is no research eval-

uating the relationship between social appearance anxiety and personality traits of individuals undergoing aesthetic surgery. In this context, it is thought that these study results will contribute to the literature.

LIMITATIONS OF RESEARCH

The research was performed on individuals undergoing aesthetic surgery in the plastic, reconstructive and aesthetic surgery clinics of only two centers. In addition, we think that different results will be obtained when the study is performed specific to the type of aesthetic operation and gender. Therefore, it is a limitation.

CONCLUSION

In the research, individuals undergoing aesthetic operations had high social appearance anxiety, there were differences between sociodemographic characteristics and basic personality traits, and a correlation between basic personality traits and social appearance anxiety. In line with this, it is recommended to comprehensively assess the anxiety levels and basic personality traits during the aesthetic surgery process for individuals undergoing aesthetic operations. If health professionals in continuous communication with the patient determine the social appearance anxiety and basic personality traits of individuals before aesthetic

operations, individuals may gain more benefit from the rehabilitation process. Finally, since each type of aesthetic operation has its own characteristics and differs according to gender, it is recommended to conduct studies specific to aesthetic operation types and gender.

Source of Finance

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Conflict of Interest

No conflicts of interest between the authors and / or family members of the scientific and medical committee members or members of the potential conflicts of interest, counseling, expertise, working conditions, share holding and similar situations in any firm.

Authorship Contributions

Idea/Concept: Gülhan Küçük Öztürk, Hakan Özocak; **Design:** Gülhan Küçük Öztürk, Eylül Başer, Hakan Özocak; **Control/Supervision:** Gülhan Küçük Öztürk, Eylül Başer; **Data Collection and/or Processing:** Gülhan Küçük Öztürk, Hakan Özocak; **Analysis and/or Interpretation:** Gülhan Küçük Öztürk, Hakan Özocak; **Literature Review:** Gülhan Küçük Öztürk, Eylül Başer; **Writing the Article:** Gülhan Küçük Öztürk, Eylül Başer; **Critical Review:** Gülhan Küçük Öztürk, Eylül Başer.

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