CAN WE SEE THE PERSON BEHIND THE SCARS?

PSYCHO-SOCIAL ASPECTS OF COPING WITH BURNS

Developing a Psychological Intervention for Strengthening and empowering children with burns: A pilot randomized Controlled Study

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Background

The human visible appearance and in particular our face and hands are central to identity and serves as a primary vehicle for expression, emotion, and character; they also play an essential social role in nonverbal as well as verbal communication. Living with visible differences may impose on the person many challenges.

Living with scars may have a significant psychosocial effect on patients' quality of life. Face scars often limit the movements of the face, thus distorting the expressions of the individual and making it difficult for others to "read" the person's feelings from facial expressions. Children affected by scars may be ignored, teased, bullied and ostracized. Scars may also significantly disturb self-image and psychosocial processes and may increase the emergence of psychiatric disorders such as anxiety and depression.

Defining the Problem

In practice, after the initial rehabilitation that includes multiple plastic surgeries, there is no support system that accompanies the child and aids in his mental rehabilitation. Despite the fact that burns is a chronic condition. To date, very few cognitive behavioral interventions programs have been developed for children with burns during the chronic stages of their condition.

Objectives

The purpose of this study is to examine the degree of integration of burn victims in psychological treatments and their impact on their quality of life and to examine the impact of psychological intervention. In order to improve the rehabilitation program that accompanies the patients over time according to their real needs.

Study Design

•**First phase:** interviews were conducted with children with external burns, through which the needs and difficulties faced by these children were met.

•**Second (future) phase :** an interventional model based on cognitive behavioral protocol (CBT) will be developed based on the information obtained from the interviews. The effectiveness of this model will be assessed using feedback and quality of life questionnaires before and after intervention

WE CALL FOR INTERNATIONAL COOPERATION IN CONDUCTING THIS STUDY

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