

# INVESTIGATION OF THE PROFOUND CAUSES OF THE NOT BRACE COMPLIANCE IN ADOLESCENTS

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The target is to

**understand the profound causes of the not compliance with a scoliosis brace.**

# MATERIALS AND METHODS

## Bad Sobernheim Stress Questionnaire BSSQ

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1. I feel uncomfortable by the appearance of my body in the brace  completely true  nearly true  hardly true  not true at all
2. It is hard for me to be open with my brace.  completely true  nearly true  hardly true  not true at all
3. I feel uncomfortable in situations where other people can see my brace  completely true  nearly true  hardly true  not true at all
4. I don't feel embarrassed when people see my brace  completely true  nearly true  hardly true  not true at all
- 5 I avoid body contact so that no-one knows that I wear a brace.  completely true  nearly true  hardly true  not true at all
6. When deciding what kind of clothes to wear or how to wear my hair, I try to make sure my brace is hidden  completely true  nearly true  hardly true  not true at all
7. I don't feel embarrassed to show my brace to people close to me (parents, friends and school friends)  completely true  nearly true  hardly true  not true at all
8. Because of my brace I avoid activities/hobbies, which otherwise I love to do  completely true  nearly true  hardly true  not true at all

9. Do I believe that the brace can change the image that my school friends have for me

completely true  nearly true  hardly true  not true at all

**291** adolescents with A.I.S.

**219** ♀

**72** ♂

# Age

**7 -17 y**

average

**14.5 y**

# Cobb angle

19 ° - 64 °

# Surface Rotation

7 ° - 24 °

**Prescribed therapy :** 16 – 22 h / day

**Declared therapy :** <8 – 22 h / day

33 patients 22 h / day (11%)

66 patients 20 h / day (23%)

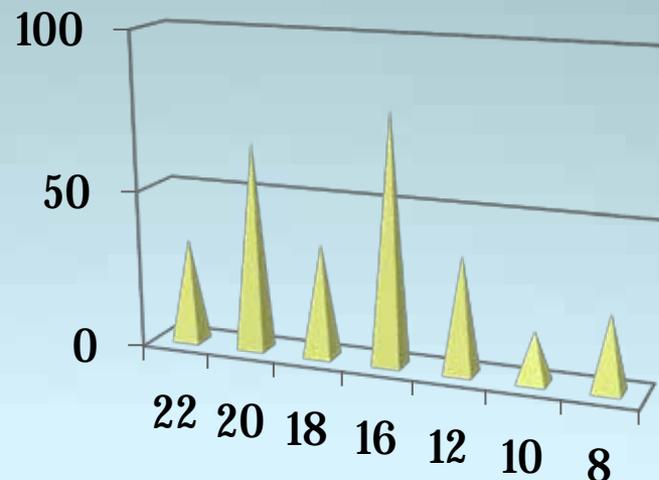
36 patients 18 h / day (12%)

79 patients 16 h / day (28%)

37 patients 12 h / day (13%)

16 patients 10 h / day (5%)

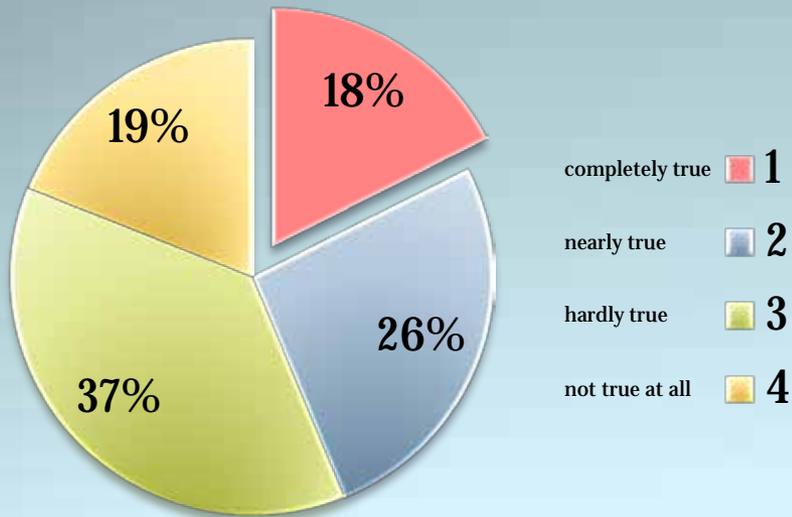
24 patients <8 h / day (8%)



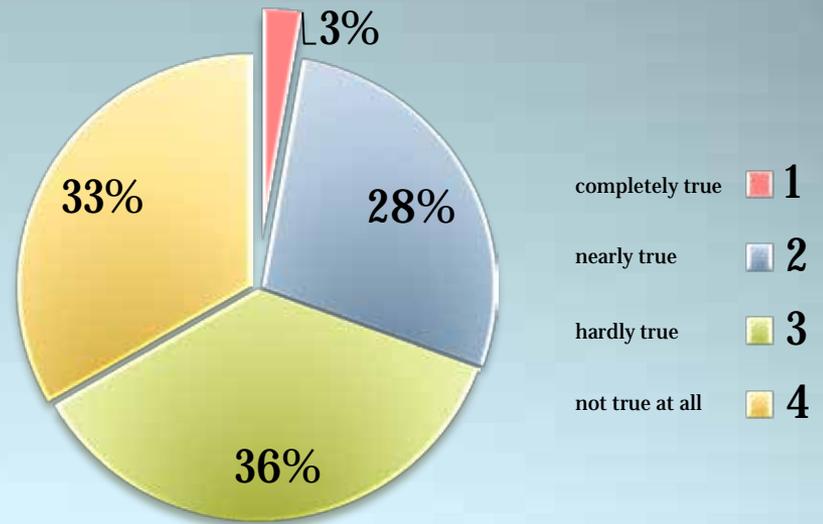
**54%** declared less or no therapy

# RESULTS

# 1. I feel uncomfortable by the appearance of my body in the brace

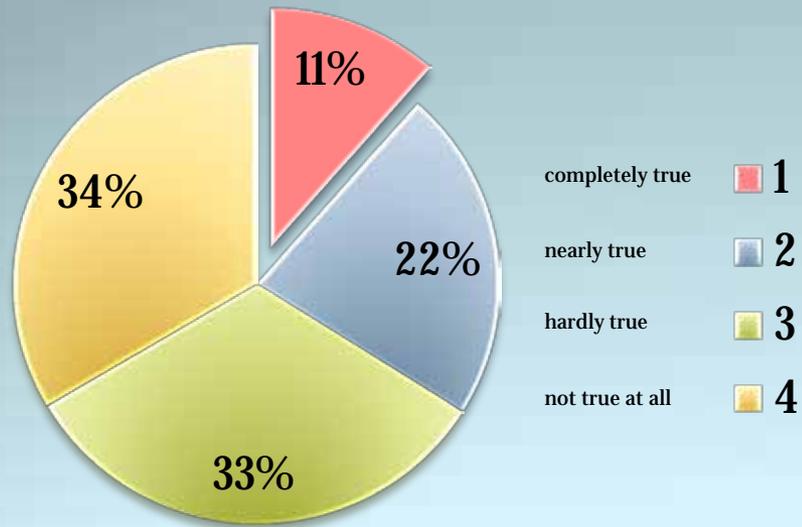


girls

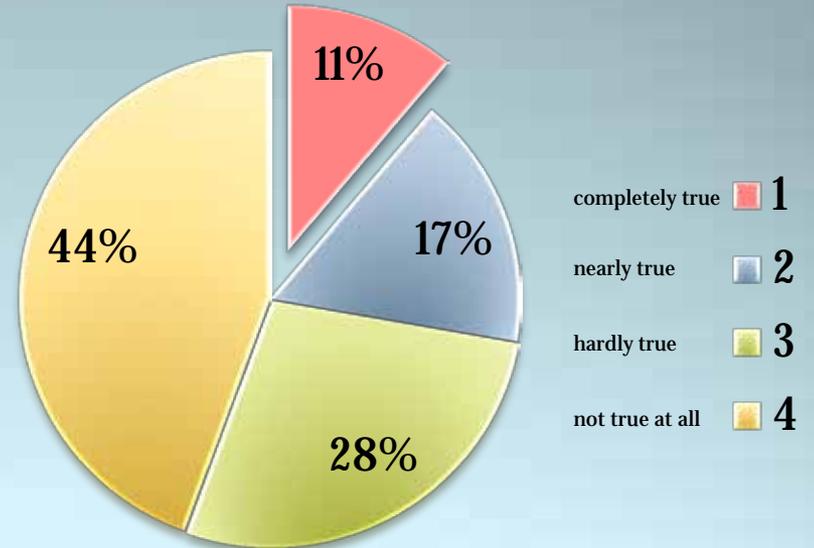


boys

## 2. It is hard for me to be open with my brace

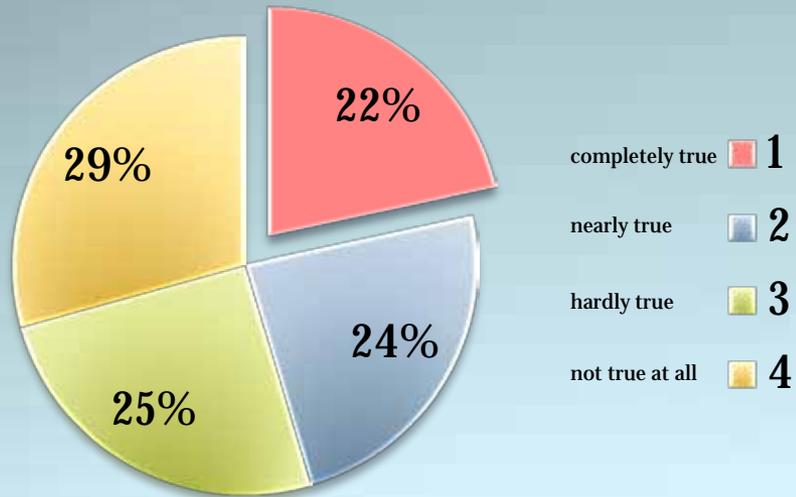


girls

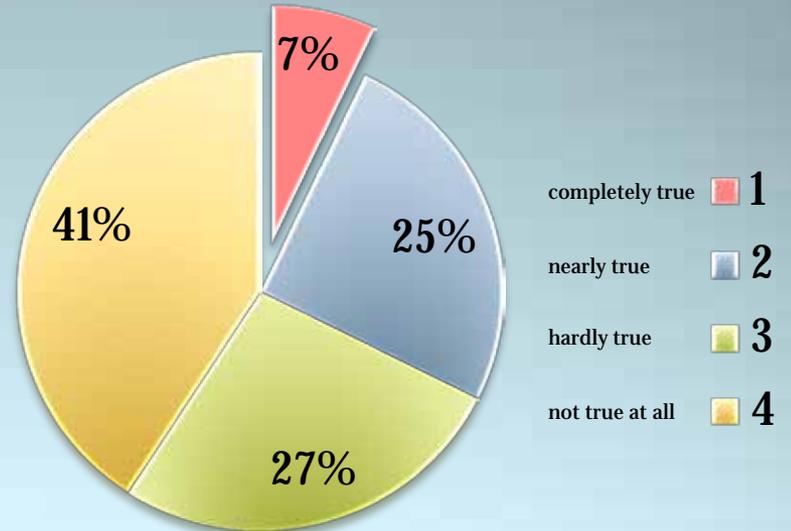


boys

### 3. I feel uncomfortable in situations where other people can see my brace

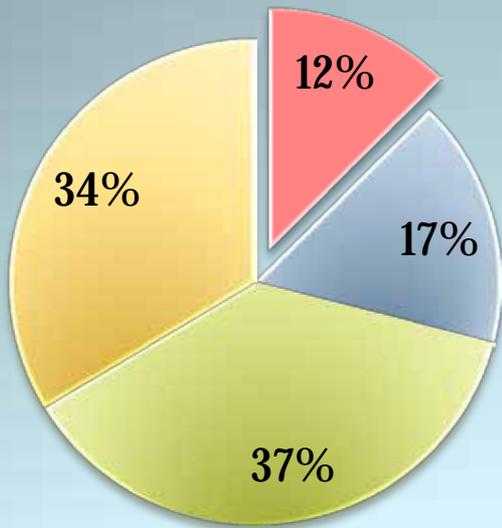


girls



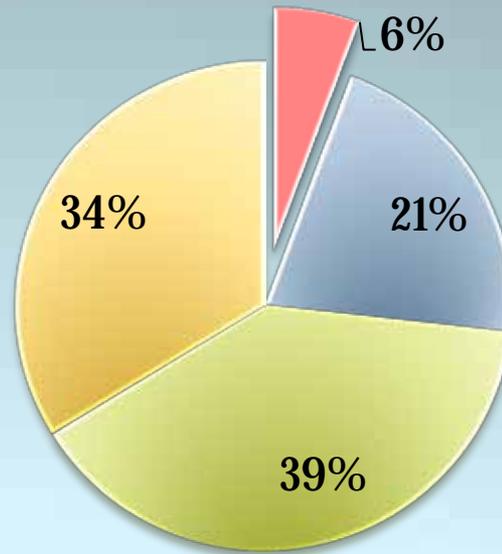
boys

#### 4. I don't feel embarrassed when people see my brace



girls

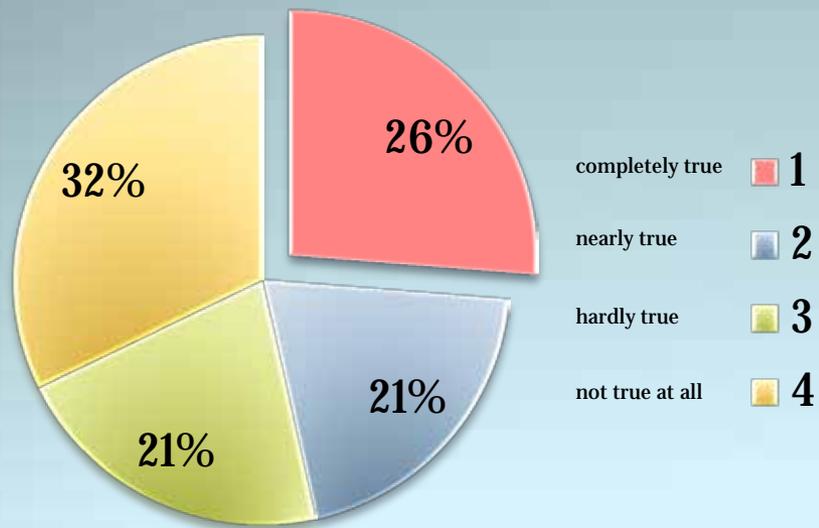
- completely true 1
- nearly true 2
- hardly true 3
- not true at all 4



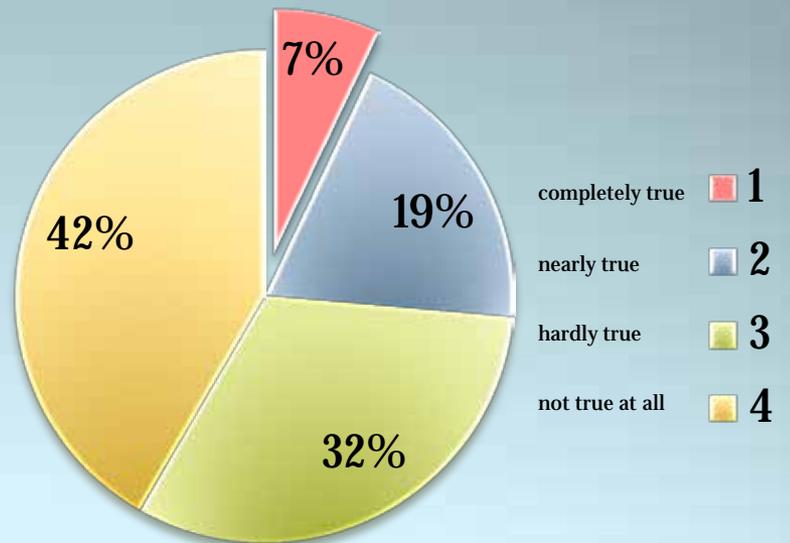
boys

- completely true 1
- nearly true 2
- hardly true 3
- not true at all 4

5. I avoid body contact so that no-one knows that I wear a brace.

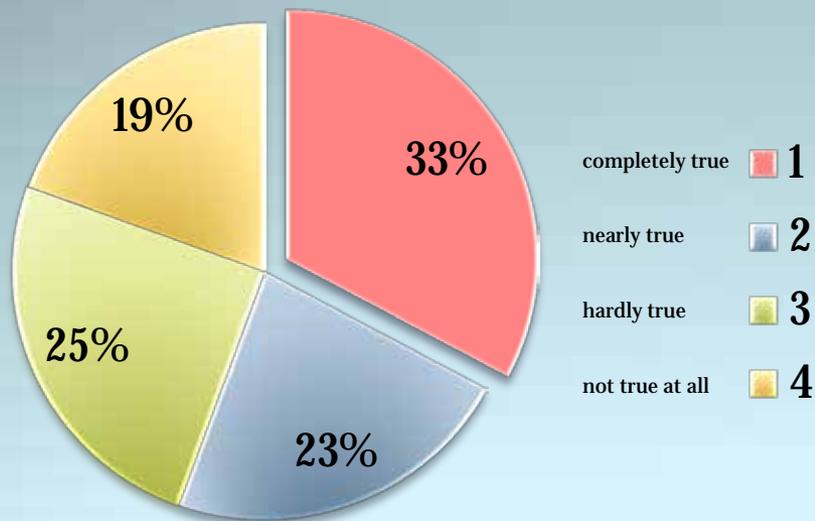


girls

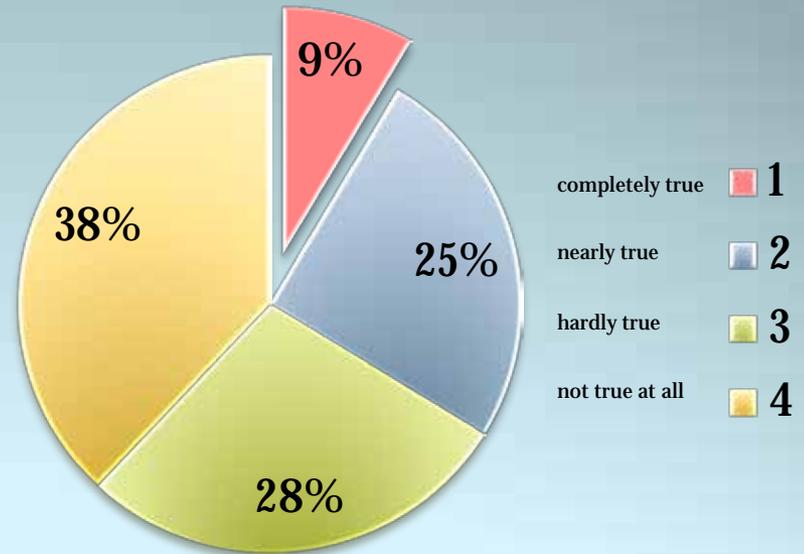


boys

6. When deciding what kind of clothes to wear or how to wear my hair, I try to make sure my brace is hidden

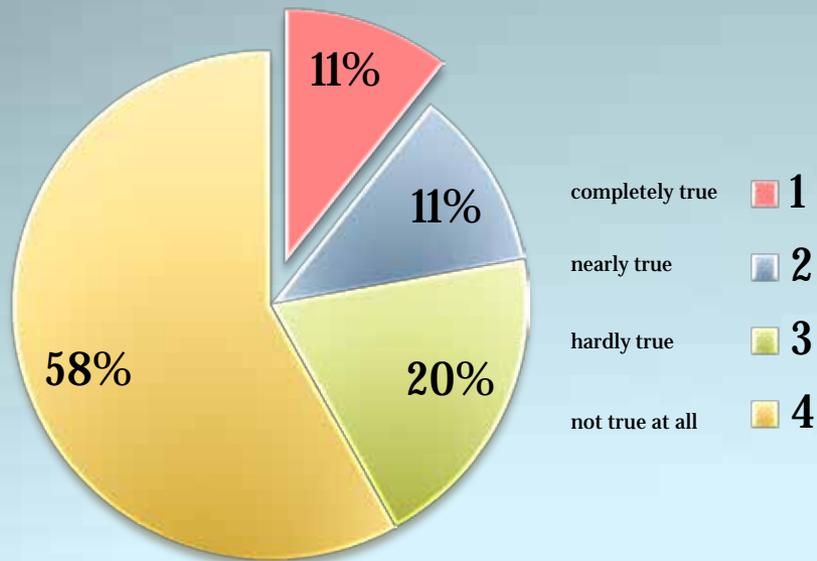


girls

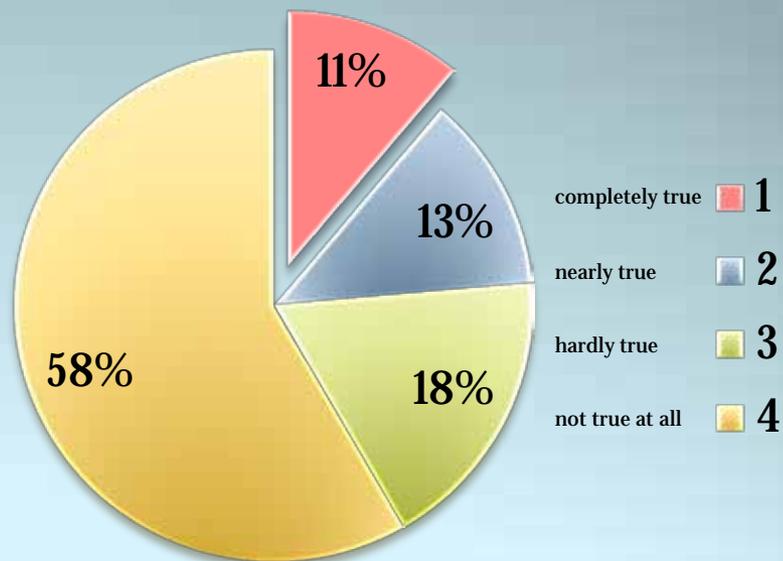


boys

7. I don't feel embarrassed to show my brace to people close to me (parents, friends and school friends)

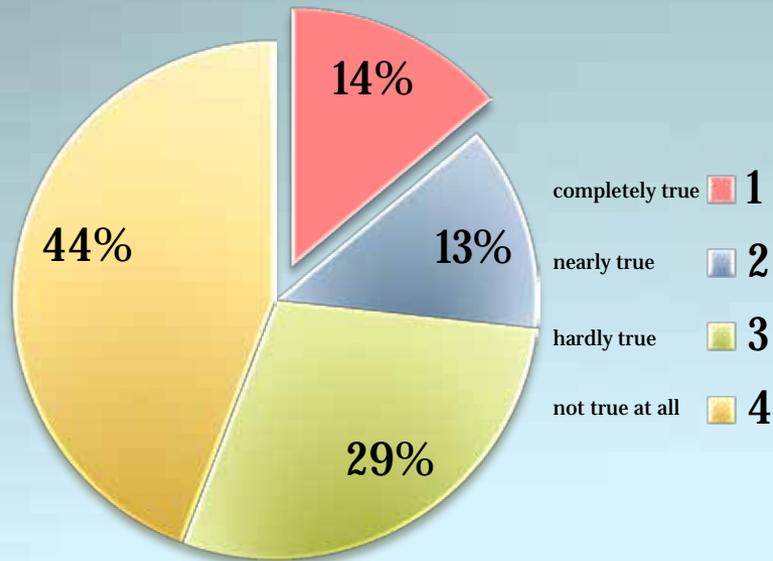


**girls**

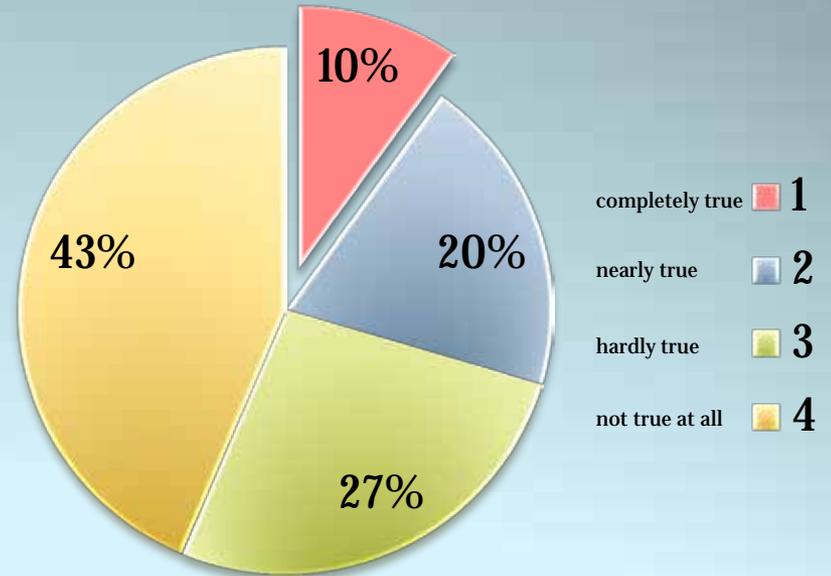


**boys**

### 8. Because of my brace I avoid activities/hobbies, which otherwise I love to do

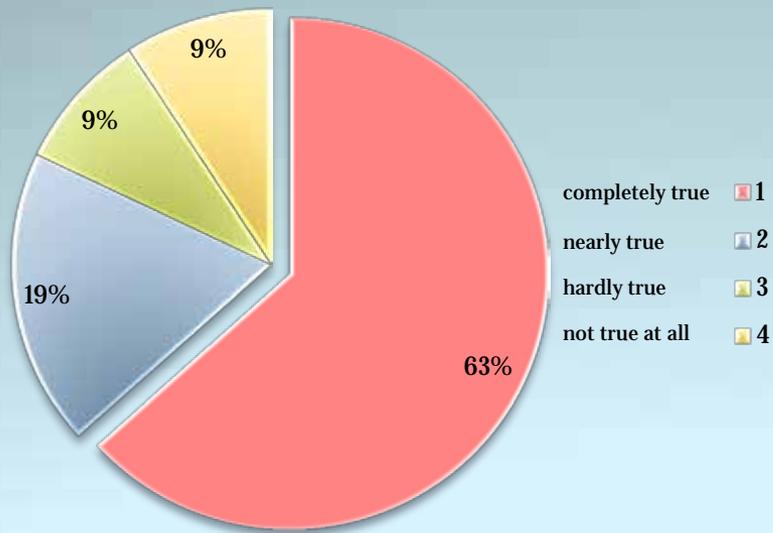


girls

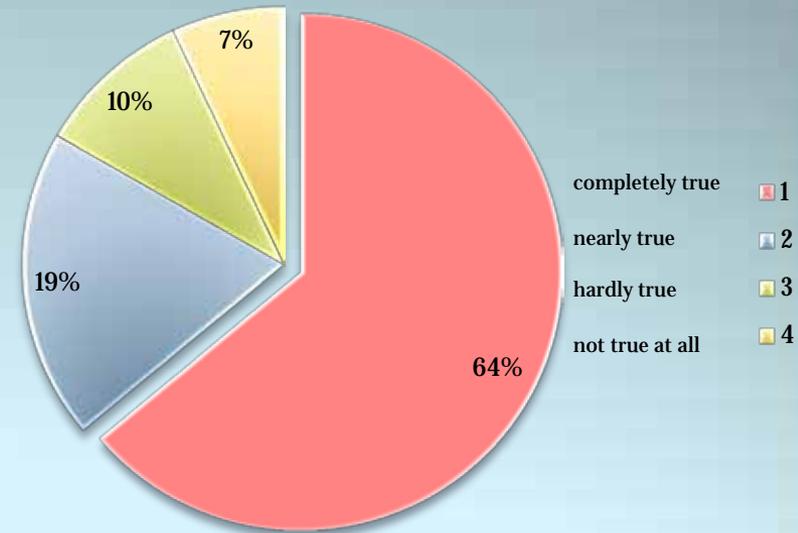


boys

9. Do I believe that the brace can change the image that my school friends have for me?



girls



boys

# DISCUSSION

I feel uncomfortable by the appearance of my body in the brace



I feel uncomfortable in situations where other people can see my brace



I avoid body contact so that no-one knows that I wear a brace.



When deciding what kind of clothes to wear or how to wear my hair, I try to make sure my brace is hidden



girls

boys

It is hard for me to be open with my brace



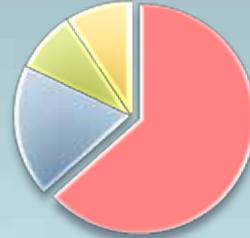
I don't feel embarrassed to show my brace to people close to me (parents, friends and school friends)



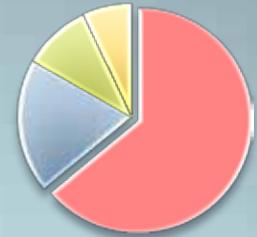
girls

boys

Do I believe that the brace can change the image that my school friends have for me?



**girls**



**boys**

# CONCLUSION

It seems that  
the adolescents girls have less compliance  
with the brace in general than the boys

All the adolescents in total  
they do not fear the opinion of the population in general  
as much as the opinion  
of the small competitive community of the school

Braces more cosmetic, light weight which  
are not shown through the clothes

are more acceptable by the young female  
teenagers

but they would not solve totally the problem  
of compliance

We believe that  
all the countries must stand on this problem  
and promote compliance  
through programs and information seminars at  
the schools.

