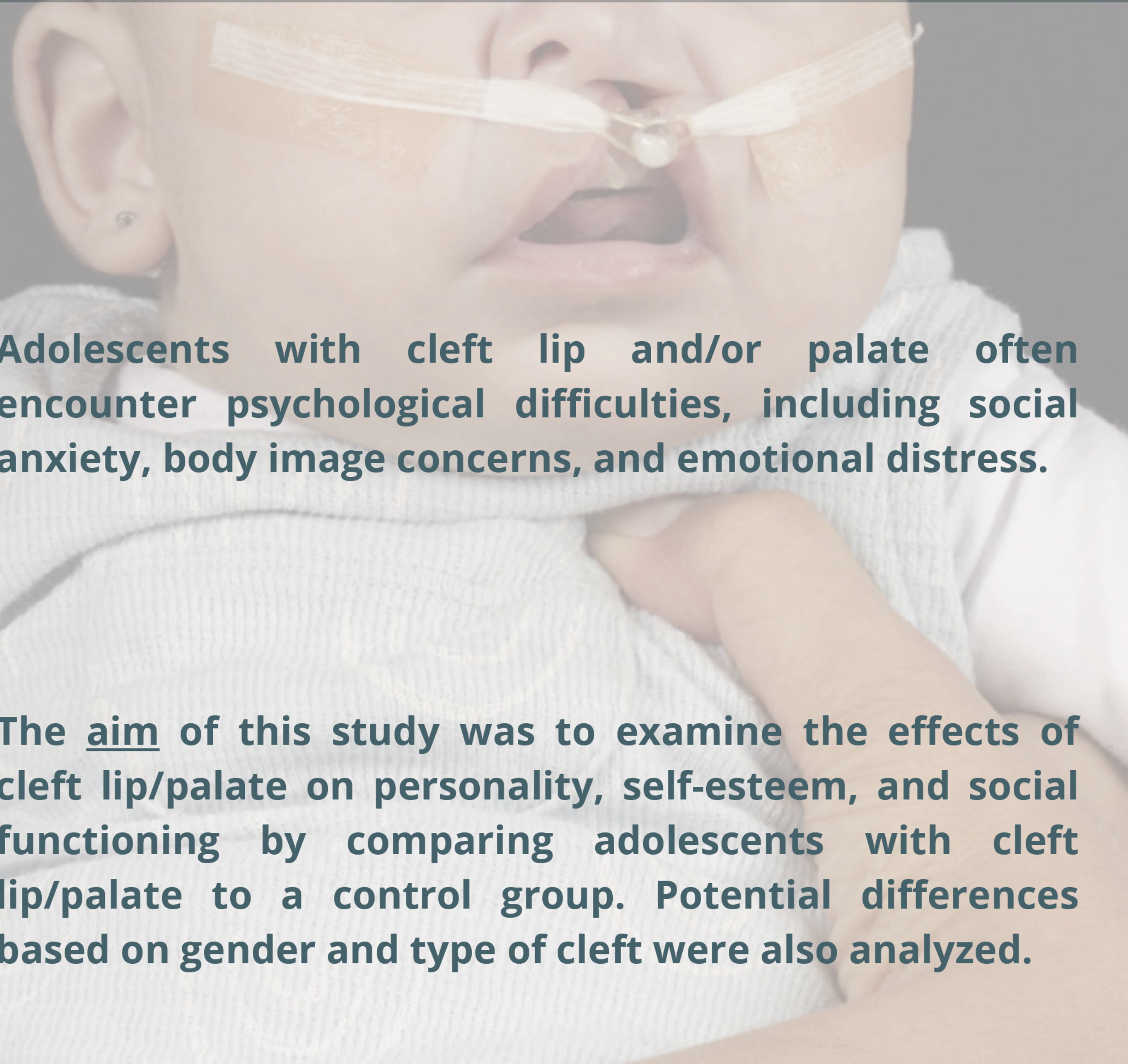


IMPACT OF CLEFT LIP AND PALATE ON PSYCHOSOCIAL TRAITS AND QUALITY OF LIFE IN ADOLESCENTS

OCULTADO PARA NÃO IDENTIFICAÇÃO DO AUTOR

INTRODUCTION



Adolescents with cleft lip and/or palate often encounter psychological difficulties, including social anxiety, body image concerns, and emotional distress.

The aim of this study was to examine the effects of cleft lip/palate on personality, self-esteem, and social functioning by comparing adolescents with cleft lip/palate to a control group. Potential differences based on gender and type of cleft were also analyzed.

METHODS

A total of 25 adolescents with cleft lip/palate and 31 controls, aged 14–19, were recruited from the Orthodontics Master’s Program at the [REDACTED]. Six psychological assessments (Fig 1) measured personality traits, self-esteem, anxiety, and emotional regulation.

EYSENCK PERSONALITY QUESTIONNAIRE (EPQ)	Extraversion, neuroticism, hardiness and sincerity
STATE-TRAIT DEPRESSION INVENTORY (IDER)	Depression
STAIT-TRAIT ANXIETY INVENTORY (STAI)	Anxiety and tension in percieved threatening situations
SOCIAL ANXIETY SCALE FOR ADOLESCENTS (SAS-A)	Social anxiety and avoidance in the presence of strangers or new social situations
ROSENBERG SELF-ESTEEM SCALE (RSE)	Self-worth or self-acceptance
BODY ESTEEM SCALE (EAC)	Body satisfaction and physical attractiveness

Figure 1. Psychological tests used in the study

RESULTS

Adolescents with cleft lip/palate experienced greater social anxiety (Fig 2) and lower body satisfaction compared to controls, with females being particularly vulnerable. Males with cleft lip/palate exhibited higher levels of dysthymia and neuroticism.

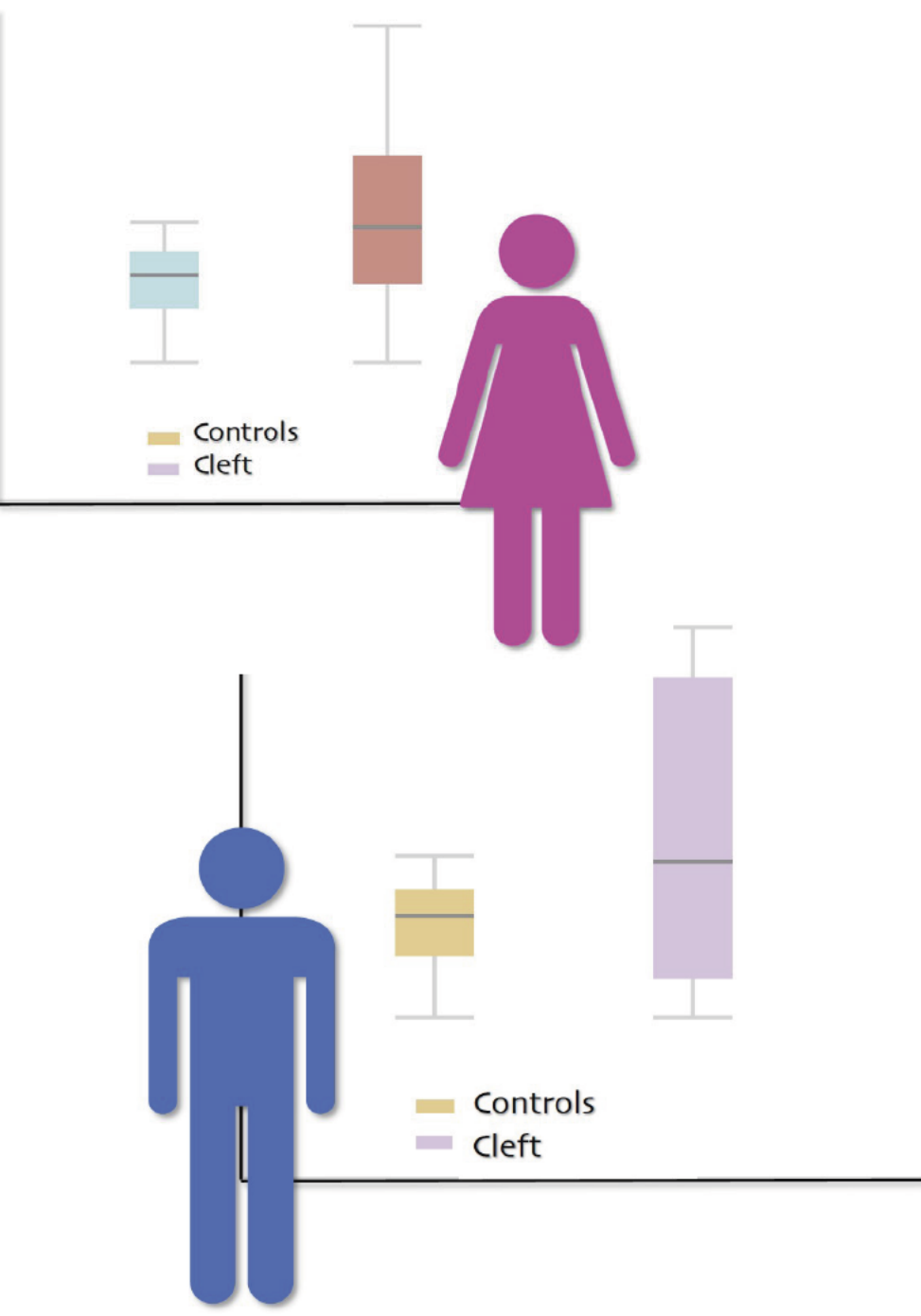


Figure 2. Levels of Depression and Social Anxiety

Adolescents with visible clefts demonstrated increased social withdrawal and dissatisfaction with their appearance, whereas those with non-visible clefts showed higher extraversion (Fig 3). While general self-esteem levels were similar between groups, body-related self-esteem was significantly lower in adolescents with visible clefts.

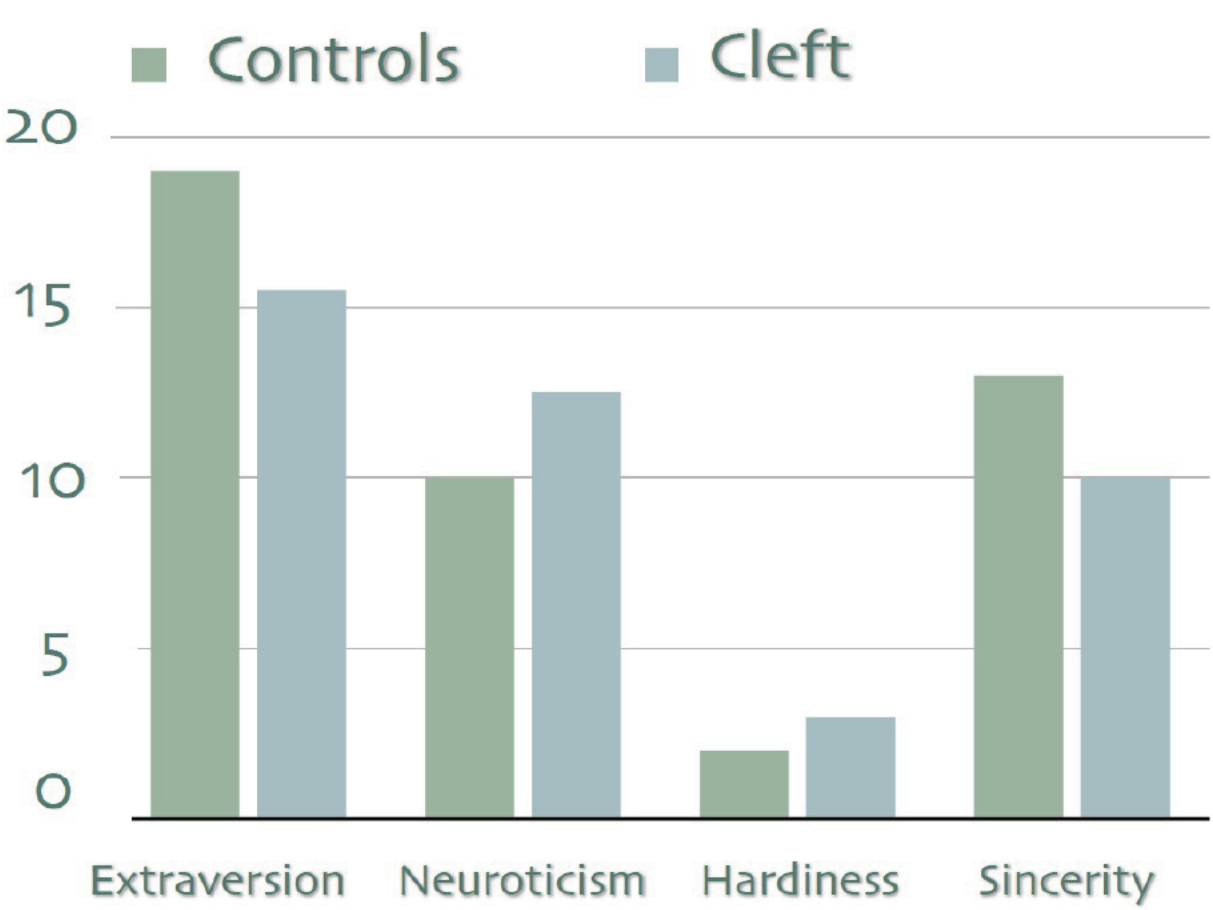
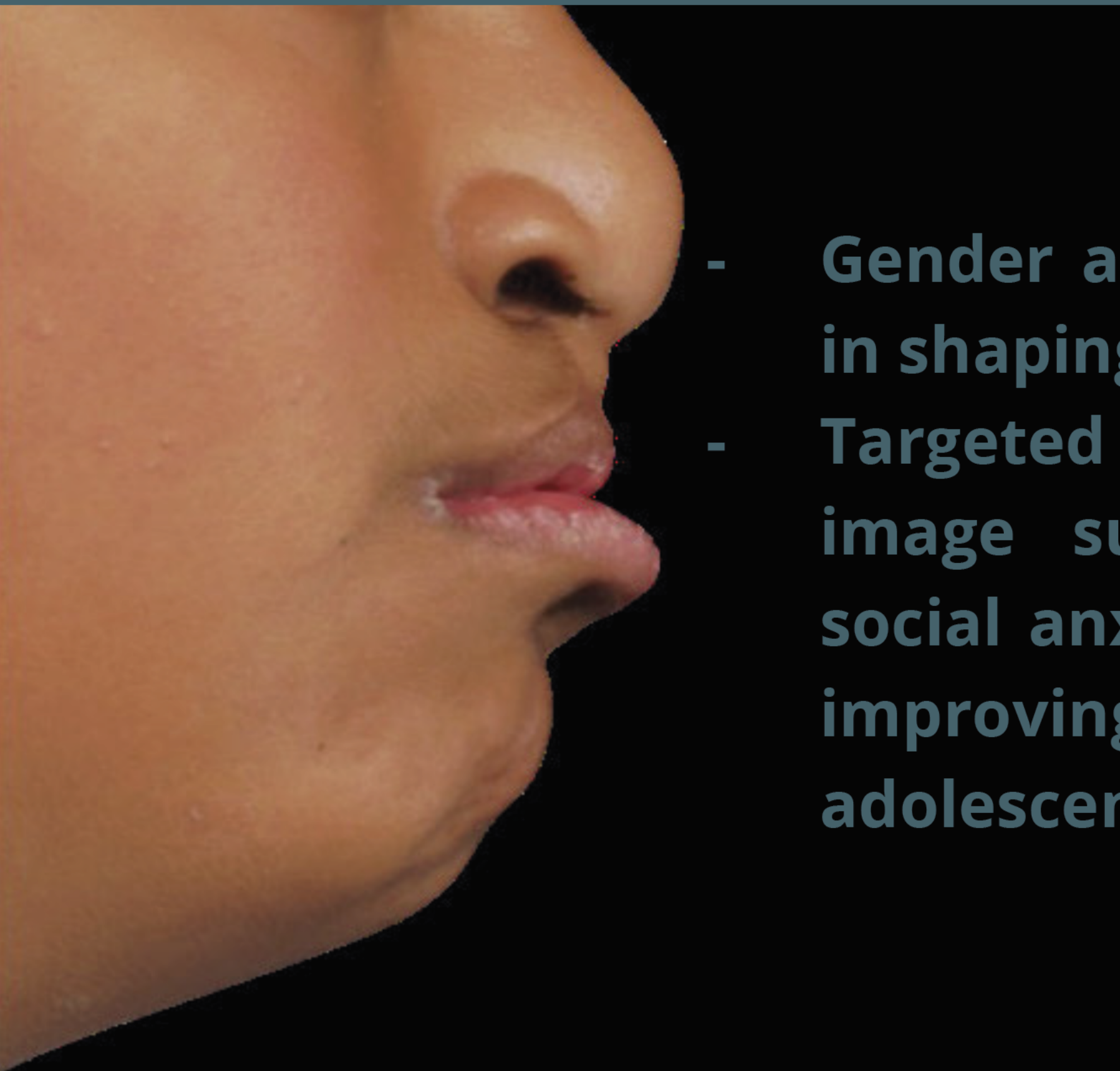


Figure 3. Personality Trait Differences in Individuals With CLP Compared to Controls

CONCLUSIONS



- Gender and cleft visibility play crucial roles in shaping psychosocial outcomes.
- Targeted interventions focused on body image support, bullying prevention, and social anxiety management are essential to improving the emotional well-being of adolescents with cleft lip/palate.

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