

# Self-image worse for teens with untreated scoliosis

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Adolescents with untreated adolescent idiopathic scoliosis report worse pain and worse self-image than unaffected adolescents, although the difference is clinically significant only for self-image, according to a review published in the April 20 issue of *Spine*.

(HealthDay)—Adolescents with untreated adolescent idiopathic scoliosis report worse pain and worse self-image than unaffected adolescents, although the difference is clinically significant only for self-image, according to a review published in the April 20 issue of *Spine*.

Paul R.P. Rushton, M.R.C.S.Ed., and Michael P. Grevitt, F.R.C.S. (Orth.), from the Queen's Medical Centre in Nottingham, U.K., identified and reviewed 15 published studies with 21 patient cohorts evaluating health-related [quality of life](#) in [adolescents](#) with untreated adolescent idiopathic scoliosis.

The researchers found that although 81 percent of affected cohorts

reported statistically more pain than unaffected individuals the difference was clinically significant in only 5 percent of cohorts. Of 11 cohorts examining patient self-image, 91 percent reported statistically worse scores in the affected than the unaffected, and the difference was clinically significant in 73 percent of cohorts. Affected cohorts scored well on function/activity and mental health domains, and the differences from the unaffected were rarely clinically significant.

"Pain and self-image tend to be statistically lower among cohorts with adolescent idiopathic [scoliosis](#) than those unaffected," Rushton and Grevitt conclude. "The literature to date suggests that it is only self-image which consistently differs clinically. This should be considered when assessing the possible benefits of surgery."

**More information:** [Abstract](#)  
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