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Adolescents with Idiopathic Scoliosis who Wear Braces for a Longer Period of Time have lower Stress Levels and Better Quality of Life

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Introduction

Idiopathic scoliosis is a common spinal condition characterized by an abnormal lateral curvature of the spine. Bracing is a widely used non-surgical treatment for adolescents with moderate scoliosis curvature to prevent further progression. While the effectiveness of braces in stabilizing the spinal curve is well-established, the impact of brace duration on psychological well-being remains less explored. This article aims to explore the relationship between brace duration, stress levels, and quality of life in adolescents with idiopathic scoliosis, shedding light on the potential benefits of longer brace wear [1,2]. Idiopathic scoliosis typically develops during adolescence, and brace treatment is often recommended for patients with moderate curves. The brace aims to halt the progression of the spinal curvature and prevent the need for surgical intervention. Bracing requires consistent and prolonged wear, typically ranging from 16 to 23 hours per day, throughout the adolescent growth period [3].

Description

Adolescents with idiopathic scoliosis may experience psychosocial challenges due to the visible deformity and potential body image concerns. The condition can also impact self-esteem and quality of life. Addressing the psychological well-being of these individuals is crucial for comprehensive scoliosis management [4]. Several factors influence brace wear compliance and duration. Patient motivation, family support, and guidance from healthcare professionals play essential roles in encouraging adherence to the prescribed brace wear schedule. Peer support and involvement in support groups can also positively impact brace wear compliance and psychological well-being.

Research suggests that longer brace wear duration is associated with lower stress levels in adolescents with idiopathic scoliosis. Adolescents who adhere to the prescribed brace wear schedule tend to have lower levels of psychological distress and anxiety related to their condition. Longer brace wear may provide a sense of control and reassurance, as it is seen as an active step in managing the condition and potentially avoiding surgical intervention. Extended brace wear duration has been linked to better quality of life outcomes in adolescents with idiopathic scoliosis. Studies have shown that individuals who wear braces for a longer period report better physical function, less pain, and improved emotional well-being. Longer brace wear duration may enhance self-perception, body image, and overall satisfaction with life [5,6]. Psychoeducation and support interventions can play a vital role in promoting longer brace wear and improving psychological outcomes. Providing adolescents and their families with information about the benefits of brace treatment, coping strategies, and addressing concerns can enhance treatment adherence and reduce stress levels. Support groups and counseling services can also offer a valuable platform for sharing experiences and managing the psychosocial impact of idiopathic scoliosis.

Conclusion

Adolescents with idiopathic scoliosis who wear braces for a longer period of time demonstrate lower stress levels and better quality of life. Longer brace wear duration not only helps stabilize the spinal curve but also positively impacts psychological well-being by reducing psychological distress and improving overall satisfaction with life. Healthcare professionals should emphasize the importance of consistent and prolonged brace wear while providing psychoeducation and support to address the psychosocial challenges associated with the condition. Further research and tailored interventions focusing on psychological well-being will contribute to the holistic care of adolescents with idiopathic scoliosis, promoting both physical and psychological health. Further research is needed to explore the mechanisms underlying the relationship between brace duration, stress levels, and quality of life in adolescents with idiopathic scoliosis. Longitudinal studies assessing the long-term psychological impact of brace wear and its influence on treatment outcomes would provide valuable insights. Additionally, the development of tailored interventions targeting psychological well-being, such as cognitive-behavioural therapy or mindfulness-based techniques, could further improve outcomes for adolescents with idiopathic scoliosis.

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Conflict of Interest

None.

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