

**MENTAL HEALTH OF PEOPLE WITH ABDOMINAL ELIMINATION STOMAS: SCOPE REVIEW PROTOCOL**  
**SAÚDE MENTAL DE PESSOAS COM ESTOMIAS ABDOMINAIS DE ELIMINAÇÃO: PROTOCOLO DE REVISÃO DE ESCOPO**  
**SALUD MENTAL DE PERSONAS CON ESTÓMAGOS DE ELIMINACIÓN ABDOMINAL: PROTOCOLO DE REVISIÓN DEL ALCANCE**

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#### ABSTRACT

**Objective:** to map, describe, and systematize scientific production on the mental health of people with abdominal ostomies. **Methodology:** scoping review guided by the Joanna Briggs Institute framework and the Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews checklist. To identify the studies, a bibliographic survey was carried out in the following databases: Web of Science, National Library of Medicine (PubMed/Medline), PsycINFO, Latin American and Caribbean Literature in Health Sciences (Lilacs), and Cumulative Index to Nursing and Allied Health Literature (Cinahl). In addition to gray literature, such as: Google Scholar and Brazilian Digital Library of Theses and Dissertations. The first 200 records were included in Google Scholar. **Results:** the data of interest to answer the research question were extracted from the selected articles using an instrument constructed by the researchers themselves, containing the following variables: title, author(s), year, location, method/approach, participant profile, concept of mental health, forms of assessment/identification of mental health needs, and interventions aimed at the mental health of people with elimination stomas. The protocol for this scoping review was registered on the Open Science Framework (OSF) platform at: <https://doi.org/10.17605/OSF.IO/HBN9S>. **Conclusion:** this review is expected to elucidate the mental health needs of people with elimination abdominal stomas, demonstrate gaps, and make recommendations.

**Keywords:** Surgical Stomas; Ostomy; Mental Health; Nursing; Enterostomal Therapy.

#### RESUMO

**Objetivo:** mapear, descrever e sistematizar as produções científicas sobre a saúde mental de pessoas com estomias abdominais de eliminação. **Metodologia:** revisão de escopo norteada pelo referencial do Joanna Briggs Institute e pelo checklist Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews. Para identificar os estudos foi realizado um levantamento bibliográfico nas seguintes bases de dados: Web of Science, National Library of Medicine (PubMed/Medline), PsycINFO, Literatura Latino-Americana e do Caribe em Ciências da Saúde (Lilacs) e Cumulative Index to Nursing and Allied Health Literature (Cinahl). Além da literatura cinzenta como: Google Acadêmico e Biblioteca Digital Brasileira de Teses e Dissertações. No Google Acadêmico foram incluídos os primeiros 200 registros. **Resultados:** os dados de interesse para responder a questão de pesquisa foram extraídos dos artigos selecionados por instrumento construído pelos próprios pesquisadores contendo as seguintes variáveis: título, autor(es), ano, local de realização, método/abordagem, perfil dos participantes, conceito de saúde mental, formas de avaliação/identificação de necessidades de saúde mental e intervenções voltadas à saúde mental de pessoas com estomias de eliminação. O protocolo desta revisão de escopo foi registrado na plataforma Open Science Framework (OSF) em: <https://doi.org/10.17605/OSF.IO/HBN9S>. **Conclusão:** espera-se com essa revisão elucidar as necessidades de saúde mental das pessoas com estomias abdominais de eliminação, demonstrar lacunas e realizar recomendações.

**Palavras-chave:** Estomas Cirúrgicos; Estomia; Saúde Mental; Enfermagem; Estomaterapia.

#### RESUMEN

**Objetivo:** mapear, describir y sistematizar la producción científica sobre la salud mental de las personas con ostomias abdominales. **Metodología:** revisión exploratoria guiada por el marco del Instituto Joanna Briggs y la lista de verificación "Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews". Para identificar los estudios, se realizó una revisión bibliográfica en las siguientes bases de datos: Web of Science, Biblioteca Nacional de Medicina (PubMed/Medline), PsycINFO, Literatura Latinoamericana y del Caribe en Ciencias de la Salud (Lilacs) y Cumulative Index to Nursing and Allied Health Literature (Cinahl). Además de literatura gris, como Google Académico y la Biblioteca Digital Brasileña de Tesis y Disertaciones. Los primeros 200 registros se incluyeron en Google Académico. **Resultados:** Los datos de interés para responder a la pregunta de investigación se extrajeron de los artículos seleccionados mediante un instrumento elaborado por los propios investigadores, que contiene las siguientes variables: título, autor(es), año, ubicación, método/enfoque, perfil del participante, concepto de salud mental, formas de evaluación/identificación de necesidades de salud mental e intervenciones dirigidas a la salud mental de las personas con estomas de eliminación. El protocolo para esta revisión exploratoria se registró en la plataforma Open Science Framework (OSF) en: <https://doi.org/10.17605/OSF.IO/HBN9S>. **Conclusión:** Se espera que esta revisión dilucide las necesidades de salud mental de las personas con estomas abdominales de eliminación, identifique las deficiencias y formule recomendaciones.

**Palabras clave:** Estomas Quirúrgicos; Estomía; Salud Mental; Enfermería; Estomaterapia.



## INTRODUCTION

A stoma is defined as an opening from hollow organs or viscera to the external environment. This procedure is performed surgically<sup>(1)</sup> and, depending on the body part involved, is given a specific name. Thus, a tracheostomy is a respiratory stoma; a gastrostomy and jejunostomy are for feeding; and a urostomy, ileostomy, and colostomy are for elimination<sup>(2)</sup>.

It is estimated that there is one person with a stoma for every thousand inhabitants in countries with good healthcare, and this number may be higher in less developed countries<sup>(2)</sup>. In Brazil, the Ministry of Health estimates that there are 400,000 people with stomas, though this data may be outdated<sup>(3)</sup>. In addition to the lack of a system to identify these individuals, the difficulty in obtaining accurate figures also stems from the fact that the condition is often a consequence of the progression of other diseases or traumas.

A survey of 80,000 ostomates conducted in the United Kingdom found that output ostomies are the most common among ostomates<sup>(4)</sup>, corroborating similar data found in recent studies in Brazil, which indicate that output ostomies are the most prevalent in various regions of the country<sup>(5)</sup>. The most common causes stem from neoplasms of the colon and rectum<sup>(5)</sup>, being more prevalent in women over 60 years of age<sup>(2)</sup>.

Although it is a necessary intervention, the elimination stoma has various implications for life on both an individual and collective level, both physically and emotionally<sup>(6)</sup>. Negative body image resulting from the stoma and the use of a collection pouch 24 hours a day; adaptation to a new lifestyle leading to decreased self-esteem; compromised sexuality due to insecurity or fear of rejection<sup>(7)</sup>; loss of bowel control and public embarrassment lead to feelings of distress and fear of discrimination<sup>(6)</sup>. All of these situations can trigger mental health problems<sup>(8)</sup>.

In this sense, it can be stated that the quality of life of ostomates is not limited to the use of the stoma; rather, it encompasses aspects related to health, cultural values, and psychological and economic issues<sup>(9)</sup>. Quality of life can be understood as people's perception of the places they occupy in life, within the cultural contexts and value systems in which they live, and in relation to their goals, expectations, standards, concerns, and desires<sup>(10)</sup>.

The ways in which concepts are defined and articulated influence public policies and care. Thus, quality of life and mental health are distinct yet complementary concepts. Considering the mental health of ostomates means not separating individuals from their contexts nor the illness from its process of development. In other words, it is necessary to consider the individual factors that influence the psychosocial sphere, such as social, economic,

ethnic/racial, and gender factors, as well as living environments, diet, income, employment, and education, among others.

Mental health problems result from the interaction between vulnerabilities and stress caused by life circumstances<sup>(11)</sup>. Following the surgical procedure to create a stoma, a person's overall well-being may be disrupted due to changes in their self-image, leading to fear of social interaction and, consequently, withdrawal from social life<sup>(5)</sup>. A lack of information also exacerbates fear, leading to misconceptions about the stoma, as well as increasing the difficulty in managing it<sup>(12)</sup>, resulting in incidents such as leakage from the collection bag or odor<sup>(13)</sup>.

In the nursing context, health guidance is limited to stoma care and the use of collection equipment<sup>(14)</sup>; thus, it is important to consider that the numerous challenges that arise after the creation of a diversion stoma can generate feelings of helplessness and sadness. This negative burden adds to symptoms of anxiety and distress, directly affecting this population's self-esteem. Thus, a mental health approach becomes essential for coping with this condition<sup>(8)</sup>.

Therefore, given the lack of studies on this topic, and since the few existing studies provide no further information about ostomates beyond the stoma itself, the objective of this scoping review protocol is to map, describe, and systematize the scientific literature on the mental

health of people with abdominal elimination stomas.

### Study Type

This is a scoping review guided by the Joanna Briggs Institute (JBI) guidelines and the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) checklist<sup>(15-16)</sup>.

The purpose of the scoping review is to map the fundamental concepts within a specific research area, clarifying the definitions and theoretical boundaries of a given topic or field<sup>(17)</sup>.

This review aims to identify what has been studied regarding the mental health of people with abdominal stomas by analyzing concepts, approaches, and interventions.

The protocol for this scoping review was registered on the *Open Science Framework* (OSF) platform at: <https://doi.org/10.17605/OSF.IO/HBN9S>.

### Research Question

The research question was constructed based on the PCC mnemonic (Population, Concept, and Context). The structure is as follows: P, people with abdominal ostomies; C, global scientific literature; C, mental health.

Thus, the guiding question formulated for the review was: What has been studied regarding the mental health of people with abdominal ostomies in global scientific literature?

### Identification of Studies

To identify the studies, a literature search was conducted in the following databases: Web of Science, National Library of Medicine (PubMed/Medline), PsycINFO, Latin American and Caribbean Health Sciences Literature (Lilacs), and Cumulative Index to Nursing and Allied Health Literature (CINAHL). In addition to gray literature such as: Google Scholar and the Brazilian Digital Library of Theses and Dissertations (BDTD). In Google Scholar, the first 200 records were included.

The search strategy for each of the databases to be searched was developed based on

the Descriptors in Health Sciences (DeCS) and Medical Subject Headings (MeSH), namely: “Stomas; Ostomies; Stoma care; Elimination stomas; Urostomy; Ileostomy; Colostomy; Mental health, Mental disorders; Depression; Anxiety.”

The search strategy was adapted for each database according to the language and was combined using the Boolean operators “AND” and “OR” (Chart 1). All identified documents were exported to the Mendeley reference manager.

**Chart 1** – Search strategy performed in each database, RS, 2025

Database	Search strategy
LILACS	(Estomias) OR (Ostomias) AND (Saúde mental) OR (Transtornos mentais)
PubMed	stoma OR ostomy AND mental health
PsycINFO	stoma OR ostomy AND mental health
Google Scholar	(Estomias) OR (Ostomias) AND (Saúde mental) AND (enfermagem)
BDTD	Estomias) OR (Ostomias) AND (Saúde mental)

Source: Prepared by the authors, 2025.

**Study Selection**

The studies were collected from databases between November 2024 and January 2025 by two independent reviewers using a double-blind format, with the support of Rayyan software; a third reviewer was called upon to

resolve conflicts between the reviewers at any stage of the review when they could not reach a consensus. No time or location restrictions were established. Studies in Portuguese, English, and Spanish were included, encompassing both quantitative and qualitative approaches,



regardless of study design, experience reports, and case studies; full-text articles; and those addressing the topic of mental health in individuals with abdominal elimination ostomies. Exclusion criteria included studies that were not made available in full even after attempts to contact the authors, studies on types of ostomies other than elimination ostomies, studies that did not address the topic of mental health, and literature reviews. Initially, the titles and abstracts were reviewed, and those studies that met the inclusion criteria were selected for full-text reading, in accordance with the JBI protocol. After full-text reading, the final sample of articles included in the review was determined. The references of the articles included in the review were also checked for the possible inclusion of documents not identified by the search strategy. The process of selecting and defining the final sample was presented in the PRISMA flowchart.

### Analysis of the Studies

Data relevant to answering the research question were extracted from the selected articles using a tool developed by the researchers themselves, which included the following variables: title, author(s), year, location, method/approach, participant profile, concept of mental health, methods of assessment/identification of mental health needs, and interventions focused on the mental health of people with ostomies.

### Ethical Considerations

As this is a scoping review, this protocol does not require approval from the Research Ethics Committee.

### RESULTS

#### Summary and Presentation of Results

The results were presented to identify and describe how the mental health of people with ostomies has been addressed in scientific research and what possible interventions exist. To present the findings, a narrative summary was accompanied by charts, figures, and tables. It is hoped that this review will shed light on the mental health needs of people with abdominal ostomies, highlight gaps, and provide recommendations.

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### Conflict of Interest Statement

Nothing to declare.

### Data Availability Statement

No databases were generated in this study. The information presented is described in the body of the article.

### Authorship Criteria (Author Contributions)

Authorship designation should be based on ICMJE guidelines, which consider an author to be someone who: 1. contributes substantially to the conception and/or planning of the study; 2. to the acquisition, analysis, and/or interpretation of the data; 3. as well as to the drafting and/or



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