

Domain 6. Self-perception

Awareness about the self

Class 1. Self-concept The perception(s) about the total self		
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Class 2. Self-esteem Assessment of one's own worth, capability, significance, and success		
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Class 3.**Body image****A mental image of one's own body**

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Domain 6 • Class 1 • Diagnosis Code 00124

Hopelessness

Focus of the diagnosis: hope

Approved 1986 • Revised 2017, 2020 • Level of Evidence 2.1

Definition

The feeling that one will not experience positive emotions, or an improvement in one's condition.

Defining characteristics

- Anorexia
- Avoidance behaviors
- Decreased affective display
- Decreased initiative
- Decreased response to stimuli
- Decreased verbalization
- Depressive symptoms
- Expresses despondency
- Expresses diminished hope
- Expresses feeling of uncertain future
- Expresses inadequate motivation for the future
- Expresses negative expectations about self
- Expresses negative expectations about the future
- Expresses sense of incompetency in meeting goals
- Inadequate involvement with self-care
- Overestimates the likelihood of unfortunate events
- Passivity
- Reports altered sleep-wake cycle
- Suicidal behaviors
- Unable to imagine life in the future
- Underestimates the occurrence of positive events

Related factors

- Chronic stress
- Fear
- Inadequate social support
- Loss of belief in spiritual power
- Loss of belief in transcendent values
- Low self efficacy
- Prolonged immobility
- Social isolation
- Unaddressed violence
- Uncontrolled severe disease symptoms

At risk population

- Adolescents
- Displaced individuals
- Economically disadvantaged individuals
- Individuals experiencing infertility
- Individuals experiencing significant loss
- Individuals with history of attempted suicide
- Individuals with history of being abandoned

- Older adults

- Unemployed individuals

Associated conditions

- Critical illness
- Depression
- Deterioration in physiological condition
- Feeding and eating disorders

- Mental disorders
- Neoplasms
- Terminal illness

Domain 6 • Class 1 • Diagnosis Code 00185

Readiness for enhanced hope

Focus of the diagnosis: hope

Approved 2006 • Revised 2013, 2020 • Level of Evidence 3.2

Definition

A pattern of expectations and desires for mobilizing energy to achieve positive outcomes, or avoid a potentially threatening or negative situation, which can be strengthened.

Defining characteristics

- Expresses desire to enhance ability to set achievable goals
- Expresses desire to enhance belief in possibilities
- Expresses desire to enhance congruency of expectation with goal
- Expresses desire to enhance deep inner strength
- Expresses desire to enhance giving and receiving of care
- Expresses desire to enhance giving and receiving of love
- Expresses desire to enhance initiative
- Expresses desire to enhance involvement with self-care
- Expresses desire to enhance positive outlook on life
- Expresses desire to enhance problem-solving to meet goal
- Expresses desire to enhance sense of meaning in life
- Expresses desire to enhance spirituality

Domain 6 • Class 1 • Diagnosis Code 00174

Risk for compromised human dignity

Focus of the diagnosis: human dignity

Approved 2006 • Revised 2013 • Level of Evidence 2.1

Definition

Susceptible for perceived loss of respect and honor, which may compromise health.

Risk factors

- Dehumanization
- Disclosure of confidential information
- Exposure of the body
- Humiliation
- Inadequate understanding of health information
- Insufficient privacy
- Intrusion by clinician
- Loss of control over body function
- Perceived social stigma
- Values incongruent with cultural norms

At risk population

- Individuals with limited decision-making experience

Domain 6 • Class 1 • Diagnosis Code 00121

Disturbed personal identity

Focus of the diagnosis: personal identity

Approved 1978 • Revised 2008, 2017 • Level of Evidence 2.1

Definition

Inability to maintain an integrated and complete perception of self.

Defining characteristics

- Altered body image
- Confusion about cultural values
- Confusion about goals
- Confusion about ideological values
- Delusional description of self
- Expresses feeling of emptiness
- Expresses feeling of strangeness
- Fluctuating feelings about self
- Impaired ability to distinguish between internal and external stimuli
- Inadequate interpersonal relations
- Inadequate role performance
- Inconsistent behavior
- Ineffective coping strategies
- Reports social discrimination

6. Self-perception

Related factors

- Altered social role
- Cult indoctrination
- Dysfunctional family processes
- Gender conflict
- Low self-esteem
- Perceived social discrimination
- Values incongruent with cultural norms

At risk population

- Individuals experiencing developmental transition
- Individuals experiencing situational crisis
- Individuals exposed to toxic chemicals

Associated conditions

- Dissociative identity disorder
- Mental disorders
- Neurocognitive disorders
- Pharmaceutical preparations

Original literature support available at www.thieme.com/nanda-i.

Domain 6 • Class 1 • Diagnosis Code 00225

Risk for disturbed personal identity

Focus of the diagnosis: personal identity

Approved 2010 • Revised 2013, 2017 • Level of Evidence 2.1

Definition

Susceptible to the inability to maintain an integrated and complete perception of self, which may compromise health.

Risk factors

- Altered social role
- Cult indoctrination
- Dysfunctional family processes
- Gender conflict
- Low self-esteem
- Perceived social discrimination
- Values incongruent with cultural norms

At risk population

- Individuals experiencing developmental transition
- Individuals experiencing situational crisis
- Individuals exposed to toxic chemicals

Associated conditions

- Dissociative identity disorder
- Mental disorders
- Neurocognitive disorders
- Pharmaceutical preparations

Domain 6 • Class 1 • Diagnosis Code 00167

Readiness for enhanced self-concept

Focus of the diagnosis: self-concept

Approved 2002 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of perceptions or ideas about the self, which can be strengthened.

Defining characteristics

- Expresses desire to enhance acceptance of limitations
- Expresses desire to enhance acceptance of strengths
- Expresses desire to enhance body image satisfaction
- Expresses desire to enhance confidence in abilities
- Expresses desire to enhance congruence between actions and words
- Expresses desire to enhance role performance
- Expresses desire to enhance satisfaction with personal identity
- Expresses desire to enhance satisfaction with sense of worth
- Expresses desire to enhance self-esteem

Domain 6 • Class 2 • Diagnosis Code 00119

Chronic low self-esteem

Focus of the diagnosis: self-esteem

Approved 1988 • Revised 1996, 2008, 2017, 2020 • Level of Evidence 3.2

Definition

Long-standing negative perception of self-worth, self-acceptance, self-respect, competence, and attitude toward self.

Defining characteristics

- Dependent on others' opinions
- Depressive symptoms
- Excessive guilt
- Excessive seeking of reassurance
- Expresses loneliness
- Hopelessness
- Insomnia
- Loneliness
- Nonassertive behavior
- Overly conforming behaviors
- Reduced eye contact
- Rejects positive feedback
- Reports repeated failures
- Rumination
- Self-negating verbalizations
- Shame
- Suicidal ideation
- Underestimates ability to deal with situation

Related factors

- Decreased mindful acceptance
- Difficulty managing finances
- Disturbed body image
- Fatigue
- Fear of rejection
- Impaired religiosity
- Inadequate affection received
- Inadequate attachment behavior
- Inadequate family cohesiveness
- Inadequate group membership
- Inadequate respect from others
- Inadequate sense of belonging
- Inadequate social support
- Ineffective communication skills
- Insufficient approval from others
- Low self efficacy
- Maladaptive grieving
- Negative resignation
- Repeated negative reinforcement
- Spiritual incongruence
- Stigmatization
- Stressors
- Values incongruent with cultural norms

At risk population

- Economically disadvantaged individuals
- Individuals experiencing repeated failure
- Individuals exposed to traumatic situation
- Individuals with difficult developmental transition

- Individuals with history of being abandoned
- Individuals with history of being abused
- Individuals with history of being neglected
- Individuals with history of loss

Associated conditions

- Depression
- Functional impairment
- Mental disorders
- Physical illness

Domain 6 • Class 2 • Diagnosis Code 00224

Risk for chronic low self-esteem

Focus of the diagnosis: self-esteem

Approved 2010 • Revised 2013, 2017, 2020 • Level of Evidence 3.2

Definition

Susceptible to long-standing negative perception of self-worth, self-acceptance, self-respect, competence, and attitude toward self, which may compromise health.

Risk factors

- Decreased mindful acceptance
- Difficulty managing finances
- Disturbed body image
- Fatigue
- Fear of rejection
- Impaired religiosity
- Inadequate affection received
- Inadequate attachment behavior
- Inadequate family cohesiveness
- Inadequate group membership
- Inadequate respect from others
- Inadequate sense of belonging
- Inadequate social support
- Ineffective communication skills
- Insufficient approval from others
- Low self efficacy
- Maladaptive grieving
- Negative resignation
- Repeated negative reinforcement
- Spiritual incongruence
- Stigmatization
- Stressors
- Values incongruent with cultural norms

At risk population

- Economically disadvantaged individuals
- Individuals experiencing repeated failure
- Individuals exposed to traumatic situation
- Individuals with difficult developmental transition
- Individuals with history of being abandoned
- Individuals with history of being abused
- Individuals with history of being neglected
- Individuals with history of loss

Associated conditions

- Depression
- Functional impairment
- Mental disorders
- Physical illness

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Domain 6 • Class 2 • Diagnosis Code 00120

Situational low self-esteem

Focus of the diagnosis: self-esteem

Approved 1988 • Revised 1996, 2000, 2017, 2020 • Level of Evidence 3.2

Definition

Change from positive to negative perception of self-worth, self-acceptance, self-respect, competence, and attitude toward self in response to a current situation.

Defining characteristics

- Depressive symptoms
- Expresses loneliness
- Helplessness
- Indecisive behavior
- Insomnia
- Loneliness
- Nonassertive behavior
- Purposelessness
- Rumination
- Self-negating verbalizations
- Underestimates ability to deal with situation

Related factors

- Behavior incongruent with values
- Decrease in environmental control
- Decreased mindful acceptance
- Difficulty accepting alteration in social role
- Difficulty managing finances
- Disturbed body image
- Fatigue
- Fear of rejection
- Impaired religiosity
- Inadequate attachment behavior
- Inadequate family cohesiveness
- Inadequate respect from others
- Inadequate social support
- Ineffective communication skills
- Low self efficacy
- Maladaptive perfectionism
- Negative resignation
- Powerlessness
- Stigmatization
- Stressors
- Unrealistic self-expectations
- Values incongruent with cultural norms

At risk population

- Individuals experiencing a change in living environment
- Individuals experiencing alteration in body image
- Individuals experiencing alteration in economic status
- Individuals experiencing alteration in role function
- Individuals experiencing death of a significant other
- Individuals experiencing divorce
- Individuals experiencing new additions to the family
- Individuals experiencing repeated failure

- Individuals experiencing unplanned pregnancy
- Individuals with difficult developmental transition
- Individuals with history of being abandoned
- Individuals with history of being abused
- Individuals with history of being neglected
- Individuals with history of loss
- Individuals with history of rejection

Associated conditions

- Depression
- Functional impairment
- Mental disorders
- Physical illness

Domain 6 • Class 2 • Diagnosis Code 00153

Risk for situational low self-esteem

Focus of the diagnosis: self-esteem

Approved 2000 • Revised 2013, 2017, 2020 • Level of Evidence 3.2

Definition

Susceptible to change from positive to negative perception of self-worth, self-acceptance, self-respect, competence, and attitude toward self in response to a current situation, which may compromise health.

Risk factors

- Behavior incongruent with values
- Decrease in environmental control
- Decreased mindful acceptance
- Difficulty accepting alteration in social role
- Difficulty managing finances
- Disturbed body image
- Fatigue
- Fear of rejection
- Impaired religiosity
- Inadequate attachment behavior
- Inadequate family cohesiveness
- Inadequate respect from others
- Inadequate social support
- Individuals experiencing repeated failure
- Ineffective communication skills
- Low self efficacy
- Maladaptive perfectionism
- Negative resignation
- Powerlessness
- Stigmatization
- Stressors
- Unrealistic self-expectations
- Values incongruent with cultural norms

At risk population

- Individuals experiencing a change in living environment
- Individuals experiencing alteration in body image
- Individuals experiencing alteration in economic status
- Individuals experiencing alteration in role function
- Individuals experiencing death of a significant other
- Individuals experiencing divorce
- Individuals experiencing new additions to the family
- Individuals experiencing unplanned pregnancy
- Individuals with difficult developmental transition
- Individuals with history of being abandoned
- Individuals with history of being abused
- Individuals with history of being neglected
- Individuals with history of loss
- Individuals with history of rejection

Associated conditions

- Depression
- Functional impairment
- Mental disorders
- Physical illness

Domain 6 • Class 3 • Diagnosis Code 00118

Disturbed body image

Focus of the diagnosis: body image

Approved 1973 • Revised 1998, 2017, 2020 • Level of Evidence 3.2

Definition

Negative mental picture of one's physical self.

Defining characteristics

- Altered proprioception
- Altered social involvement
- Avoids looking at one's body
- Avoids touching one's body
- Consistently compares oneself with others
- Depressive symptoms
- Expresses concerns about sexuality
- Expresses fear of reaction by others
- Expresses preoccupation with change
- Expresses preoccupation with missing body part
- Focused on past appearance
- Focused on past function
- Focused on past strength
- Frequently weighs self
- Hides body part
- Monitors changes in one's body
- Names body part
- Names missing body part
- Neglects nonfunctioning body part
- Nonverbal response to body changes
- Nonverbal response to perceived body changes
- Overexposes body part
- Perceptions that reflect an altered view of appearance
- Refuses to acknowledge change
- Reports feeling one has failed in life
- Social anxiety
- Uses impersonal pronouns to describe body part
- Uses impersonal pronouns to describe missing body part

Related factors

- Body consciousness
- Cognitive dysfunction
- Conflict between spiritual beliefs and treatment regimen
- Conflict between values and cultural norms
- Distrust of body function
- Fear of disease recurrence
- Low self efficacy
- Low self-esteem
- Obesity
- Residual limb pain
- Unrealistic perception of treatment outcome
- Unrealistic self-expectations

At risk population

- Cancer survivors
- Individuals experiencing altered body weight
- Individuals experiencing developmental transition
- Individuals experiencing puberty
- Individuals with altered body function
- Individuals with scars
- Individuals with stomas
- Women

Associated conditions

- Binge-eating disorder
- Chronic pain
- Fibromyalgia
- Human immunodeficiency virus infections
- Impaired psychosocial functioning
- Mental disorders
- Surgical procedures
- Treatment regimen
- Wounds and injuries