

SCHIZOPHRENIA ANXIETY BIPOLAR DISORDER ORTHOPAEDIST
SUPERVISION ADULT CHILDREN THERAPY OPHTHALMOLOGIST

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Positive psychology in women with breast cancer

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Introduction

Diagnosis and treatment breast cancer represent a stressful event for women and it affects emotional wellbeing and quality of life in patients. The most common emotional reactions are depression and anxiety. Exist some variables that influence emotional wellbeing, such as, the type of surgery, adjuvant therapy, social support, body image, self-esteem and personal strengths in the patient's welfare.

Positive Psychology has approached the study of emotional wellbeing in patients with breast cancer. The most studied factors are resilience, sense of humor and self-efficacy.

The aim of this study is to analyze some components of Positive Psychology in women with breast cancer, like resilience, sense of humor and self-efficacy, and observe their relation with emotional wellbeing.

Methodology

The sample of participants consisted in 131 women diagnosed with breast cancer from different Spanish hospitals. They were evaluated by a first interview where we collected demographic data, information about disease, personal strengths and the Hospital Depression and Anxiety Scale (HADS) to evaluate emotional wellbeing.

Results

Participants in this study had an average of age 55.12 years (SD \pm 9.91 years). The type of surgery was radical mastectomy in the 44.3% (N= 58) and conservative surgery in 55.7% (N=73).

While the treatment, 4.6% of the participants received chemotherapy, 6.9% radiotherapy, 0.8% brachytherapy, 4.6% hormone therapy, 21.5% combined treatment (chemo and radiotherapy) and the 61.4% received complete adjuvant treatment (chemo, radio or brachytherapy and hormone therapy).

We found negative relations between self efficacy and symptoms of depression ($r=-.557$; $p<.01$) and anxiety ($r=-.394$; $p<.01$). Meanwhile, we observed negative relations between sense of humor and symptoms of depression ($r=-.446$; $p<.01$) and anxiety ($r=-.356$; $p<.01$).

Results

Respect resilience, we found that depression and anxiety are related with significance of cancer ($\chi^2=19.592$ and $\chi^2=18.296$, respectively; $p<.05$) and with the useful to suffer cancer ($\chi^2=6.535$ and $\chi^2=8.314$ respectively; $p<.05$).

Levels of depression and anxiety symptoms are higher in women that considered cancer like painful experience and suffering do not serve for nothing.

Note that the relationship found in our research between emotional wellbeing and protective factors proposed is significant. Emotional wellbeing was associated with a sense of humor, resilience, how to understand the disease and self-efficacy.

Implications for policy/Practice

Nowadays Positive Psychology is having success in Health Psychology intervention. Although, more studies are needed to show effectiveness, we are taking small steps to achieve it. Based on our results, it is worth highlighting the relationship found between emotional wellbeing and the protective factors that we proposed. Patients who felt that they do not had personal tools to cope with the disease and did not feel able to overcome, had higher levels of anxiety and depression.

Conclusion

There are a few studies that investigate the influence of protective factors in women with breast cancer, and it is important to observe these variables as a coping mechanism that may be useful to consider to improve psychological treatments. Our research corroborates a significant relationship between protective factors and emotional wellbeing studies.

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