

COPING STRATEGIES AS PREDICTORS OF SELF-ESTEEM IN OVERCAME BREAST CANCER WOMEN (BCW)



Antonio Zayas*, Rocío Guil*, M^a del Mar Aires**, Cristina Guerrero*, Paloma Gil-Olarte*, José M. Mestre,* & Gabriel G. de la Torre*

University of Cádiz (*) (SPAIN)
University of Sevilla (**) (SPAIN)

INTRODUCTION

In 1995, the Beijing Declaration defined health as complete well-being, not just the absence of illness or infirmity, including social, physical, emotional and mental health as a fundamental human right. In order to know how coping strategies improve the health perception in BCW (especially with the self-esteem), we developed a study to find out which coping strategies is related to self-esteem in BCW that overcame their disease.

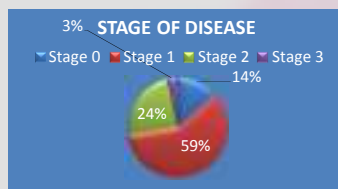
OBJECTIVES

- Providing empirical evidence to develop psychological interventions for improving the levels of BCW'S well-being.
- Finding out the possible predictive value for using different coping styles with self-esteem level in a sample of Spanish BCW, controlling age and disease stage.

METHOD

PARTICIPANTS

30 breast cancer patients $M= 47.47$ years old and $SD= 6.35$.



INSTRUMENTS

- Rosenberg Self Esteem Scale (RSES)
- Stress-Management Evaluation Scale (COPE)

CONCLUSIONS

After controlling *age* and *disease stage*, Personal Growth would be an effective coping strategy, which might help to improve Self-Esteem levels of BCW. Apparently, the situation (dealing with the cancer) developed the potential traits for facing the disease. There is not data for knowing the impact of this strategy in the cancer's outcome. However, personal grow coping strategy could be important to influence in the health perception.

RESULTS

Correlation analysis showed low-moderate significant associations between higher Self-esteem and Coping strategies: Acceptance, Restraint and Personal Growth.

	Descriptive Statistics		
	Mean	SD	N
Self-esteem (range 1-4)	3.646	.537	30
Age (range 23-60)	41.40	12.49	30
Stage (range 1-4)	2.100	.803	30
Acceptance (range 1-4)	3.125	.778	30
Restraint (range 1-4)	2.141	.652	30
Personal Growth (range 1-4)	3.516	.688	30

	Correlations between Self-esteem and Coping strategies									
	Seeking of Emotional Social Support	Religious coping	Humor	Active coping	Suppression of competing activities	Focus on venting of emotions	Acceptance	Restraint	Personal Growth	Behavioral disengagement
Pearson Correlation	.114	-.076	-.040	.038	-.153	-.147	.284*	-.324*	.275*	.035
Sig. (1-tailed)	.385	.565	.764	.771	.243	.264	.028	.012	.034	.791
N	60	60	60	60	60	60	60	60	60	60

*p<0,05

Hierarchical multiple regression analysis confirmed these findings and revealed that Personal Growth predicted part of the variance of Self-Esteem not accounted for age and the illness stages.

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate	Change Statistics				
					R ² Change	F Change	df1	df2	Sig. F Change
1	.339 ^a	.115	.049	.523	.115	1.754	2	27	.192
2	.786 ^b	.618	.538	.365	.503	10.511	3	24	.000

a. Predictors: (Constant), Stage, Age
b. Predictors: (Constant), Stage, Age, Acceptance, Restraint, Personal Growth

Model	Variables Entered	Variables Removed	Method	Coefficients ^a		t	Sig.		
				Unstandardized Coefficients B	Std. Error				
1	Stage, Age ^b		. Enter	(Constant)	5.335	.974	5.478	.000	
				Age	-.026	.017	-.303	-.150	.145
				Stage	-.225	.135	-.337	-1.669	.107
2	Acceptance, Restraint, Personal Growth ^b		. Enter	(Constant)	2.454	.895	2.742	.011	
				Age	-.016	.012	-.183	-1.245	.225
				Stage	-.040	.101	-.080	-.399	.693
				Acceptance	.120	.091	.174	1.318	.200
				Restraint	-.074	.113	-.090	-.654	.520
				Personal Growth	.510	.109	.654	4.698	.000

a. Dependent Variable: Self-esteem
b. All requested variables entered.

a. Dependent Variable: Self-esteem

REFERENCES

- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton: Princeton University Press.
- Carver, C.S., Scheier, M.F., & Weintraub, J.K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 56, 267-283.

5th biennial ICTF meeting
Netherlands Cancer Institute
Amsterdam 14-16 March

