In 1995, the World Health Organization 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 are 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 $SD = 6.35$.

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 growth coping strategy could be important to influence in the health perception.

REFERENCES
