PSYCHOLOGICAL FACTORS AND WELLBEING IN BREAST CANCER PATIENTS COMPARED TO HEALTHY WOMEN

Antonio Zayas*, Rocío Guil*, Mª del Mar Aires**, Cristina Guerrero*, Paloma Gil-Olarte*, José Miguel Mestre* & Gabriel de la Torre*
University of Cádiz (*) (SPAIN) University of Sevilla (**) (SPAIN)

ABSTRACT
Breast cancer is the most common cancer in women worldwide, with nearly 1.7 million new cases diagnosed every year. This represents about 12% of all new cancer cases and 25% of all cancers in women (World Cancer Research Fund International, 2015). Also, it is estimated an increase of between 22.000-25.000 new cases per year. Even more, in spite of being considered a multi-causal disease, we must consider that between the 70% and the 80% breast cancer occurs in women without a likely risk factor.

OBJECTIVE
To assess the relationship between level of self-esteem, psychological well-being, and life satisfaction in breast cancer patients compared to healthy women.

METHOD
PARTICIPANTS
30 breast cancer patients and 30 healthy women. Average age of 47.47 years old (SD= 6.35).

QUESTIONNAIRES
- Rosenberg Self Esteem Scale (RSES)
- Satisfaction With Life Scale
- Ryff’s Scales of Psychological Well-Being

RESULTS
One way ANOVA revealed significant differences between groups. Breast cancer patients reported more self-esteem, more well-being and major life satisfaction than control group.

CONCLUSIONS
In order to overcome their traumatic health experience, Breast Cancer Women (BCW) improved their skills to cope better with their personal situations. This improvement influences in their both life’s satisfaction and psychological wellbeing. Survived BCW are suitable volunteers for helping and coaching new BCW.

REFERENCES