

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



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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.

DESCRIPTIVES		N	Mean	SD
Self-esteem Range (1-4)	Control	30	3.160	.691
	Experimental	30	3.646	.537
	Total	60	3.403	.661
Acceptance Range (1-6)	Control	30	4.494	.785
	Experimental	30	4.877	.826
	Total	60	4.686	.822
Positive Relations Range (1-6)	Control	30	4.527	1.099
	Experimental	30	5.244	.691
	Total	60	4.886	.979
Autonomy Range (1-6)	Control	30	4.158	.546
	Experimental	30	4.587	.751
	Total	60	4.372	.686
Life purpose Range (1-6)	Control	30	4.711	.904
	Experimental	30	5.133	.953
	Total	60	4.922	.945
Life Satisfaction Range (1-7)	Control	30	5.046	1.186
	Experimental	30	5.673	1.152
	Total	60	5.360	1.202

		ANOVA				
		Sum of squares	df	Mean square	F	Sig.
Self-esteem	Between Groups	3.553	1	3.553	9.262	.004
	Within Groups	22.247	58	.384		
	Total	25.799	59			
Acceptance	Between Groups	2.204	1	2.204	3.387	.071
	Within Groups	37.745	58	.651		
	Total	39.950	59			
Positive Relations	Between Groups	7.704	1	7.704	9.131	.004
	Within Groups	48.934	58	.844		
	Total	56.638	59			
Autonomy	Between Groups	2.763	1	2.763	6.401	.014
	Within Groups	25.034	58	.432		
	Total	27.797	59			
Life purpose	Between Groups	2.674	1	2.674	3.097	.084
	Within Groups	50.074	58	.863		
	Total	52.748	59			
Life Satisfaction	Between Groups	5.891	1	5.891	4.304	.042
	Within Groups	79.373	58	1.369		
	Total	85.264	59			

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

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