

The Effectiveness of the Spiritual Treatment Groupon Improving the Quality of Life and Mental Health in Women with Breast Cancer

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Abstract

Background and Objectives: The purpose of this study was to explain Effectiveness of spiritual therapy based on group on increase mental health and quality of life in Women with breast cancer.

Materials & Methods: This study is a clinical trial, in a per – post design. 24 patients (women with breast cancer) were randomly selected, and located in the experimental group (n =12) and control group (n =12). Participants in the experimental group (each 90 minutes) received spiritual therapy for 12 sessions. Collection tool data in this study was Symptom Chek List – 90 – Revised (SCL- 90 – R) and Quality of life questionnaire (QLQ). Data were analyzed by using SPSS software and descriptive statistics methods (mean, standard deviation, variance) and inferential statistics (analysis of covariance, analysis of variance, Z, F Levin, KS). In this study, all relevant ethical issues were considered.

Results: The findings of this study showed that spiritual therapy based on group has considerable influence on increase mental health and quality of life in women with breast cancer. In other words, this intervention could improve the quality of life and mental health in the experimental group

Conclusion: The result of this study showed that spiritual therapy, is known effective source for dealing with physical and psychological response, and This intervention can be used in Common medical treatments to improve the quality of life and mental health in women with breast cancer.

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Summary

Background and Objectives: It has been reported that “Breast Cancer” is one of the most common cancers and it is the first cause of death among women in Iran (- 1). Nowadays, it is a hot discussion and in fact it is a tragedy for Iranian women. The patients experience a severe emotional stress and turmoil reducing the quality of life and their daily performance and endangering their mental health (2). Due to the threatening nature of cancer, many patients face meaning crises. The approach of spiritual treatment helps the patients to strengthen their spiritual and

religious beliefs and protect them from psychological harmusing spiritual- religious solutions (3).

Materials and Methods: A pre - test and post - test quasi - experimental design with a random sampling is used in this study. The statistical population of this study included patients between 18 and 60 years old with breast cancer in 1394 referring to Taleghani Hospital in Tehran. Oncologists diagnosed their diseases and they were under treatment at the hospital. Twenty four patients with breast cancer were randomly selected and divided into two groups of experimental (n = 12) and control (n = 12). Twelve 90 - minute sessions of spiritual treatment were held for the experimental group.

The data collection instruments in this study include:

A) A questionnaire of demographic characteristics (age, education level, marital status, a history of physical and neuropsychiatric disease, etc.).

B) A questionnaire of the quality of life: The questionnaire includes 36 questions studying 8 health concepts.

The scores of 0 to 100 are used to score the questions of Sf36 which is obtained based on the standard criterion for scoring Sf36 (4).

C) The questionnaire of mental health SCL - 90:

It includes 90 questions to evaluate psychological symptoms, and the participants fill in the questionnaire. The questions of this test include 9 dimensions of the symptoms of mental diseases and three general indices. In addition to the 9 scoring dimensions, test interpretation was done using three general indices of symptoms, discomfort coefficient and the total of symptoms (5).

The scoring of the questionnaire is based on a 5 - point Likert scale.

Results: The intervention group of spiritual treatment and the control group were matched in terms of age classification, education level, marital status, duration of disease, number of chemotherapy and radiation, and employment status. The results of Chi - square test revealed that there was not a significant difference between the two groups in any of the demographic variables ($p > 0.05$). The obtained data were analyzed through the covariance method and statistical software of SPSS (version 20). The results indicate that there is a significant difference between the experimental and control group in the subscales of the variable of quality of life, including physical and mental elements. The effect of the experimental group (practical significance) on the variables of physical and psychological elements was 0.34 and 0.54 respectively. For example, 54% of the total variance of individual differences in the mental elements of the quality of life for women with breast cancer in the experimental group and 34% of the variance in physical elements was due to the effect of the intervention. Furthermore, the results of this study show that there is a significant difference in the post-tests between the experimental and control groups in the variable of mental health. The effect of the experimental group (practical significance), on the variables of aggression, anxiety, interpersonal sensitivity, depression and physical complaints was 0.41, 0.32, 0.68, 0.31, and 0.35 respectively. For example, 41% of the total variance or individual differences in mental health elements of women with breast cancer in the experimental group were due to the effect of the intervention. In addition, the high power of the statistical analysis of this study suggests that the null hypothesis have been properly rejected with a high probability.

Conclusion: This study was conducted to evaluate the effectiveness of the approach of the spiritual treatment group on increasing the quality of life of women with breast cancer under the treatment of Taleghani Hospital. The findings show that the spiritual treatment group could increase the quality of life and mental

health of the patients with breast cancer as a group. The findings suggest that experiencing spiritual treatment is a very effective strategy to overcome the problems caused by cancer in the patients. The present study made an effort to teach the concepts such as friendship, relationship with the sacred, understanding the concepts and benefits of forgiveness and reducing the feelings of guilt so that the women understand different aspects of life and gain certain experience causing them to be responsible and improve their virtue. Finally, this way, they were able to overcome the symptoms of depression, anxiety, physical symptoms and side effects of drugs.

The limitations of the study: In this study, self - report measuring instruments were used which increases the probability of error and decreases the precision of measuring. The statistical population included women with breast cancer which can decrease its generalizability to different types of cancer to some extent.

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