

Research Paper

Effect of Psycho-Social Rehabilitation on Psychological Well-being, Mental Health and Body Image Concern in Mastectomized Women

Toktam Sadat Jafar Tabatabaei ^{1,*}, Saloomeh Akbari ², Maryam Ghorbani ³, Nahid Nasirfam ⁴, Fatemeh Esmaili ⁵

¹ Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran

² MA of Consultation and Guidance, Department of Psychology, Roodehen Branch, Islamic Azad University, Roodehen, Iran

³ Ph.D. Student of Educational Technology, Department of Educational Sciences, Faculty of Educational Science and Psychology, Allameh Tabatabaei University, Tehran, Iran

⁴ Ph.D. Student of Educational Psychology, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran

⁵ Lecture, Department of Psychology, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran

* **Corresponding author:** Toktam Sadat Jafar Tabatabaei, Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran. E-mail: toktamtabatabaee@yahoo.com

How to Cite this Article:

Jafar Tabatabaei TS, Akbari S, Ghorbani M, Nasirfam N, Esmaili F. Effect of Psycho-Social Rehabilitation on Psychological Well-being, Mental Health and Body Image Concern in Mastectomized Women. *J North Khorasan Univ Med Sci.* 2020;**6**(4):49-58.

DOI: [10.29252/ijrn-06046](https://doi.org/10.29252/ijrn-06046)

Received: 14 Oct 2019

Accepted: 04 Mar 2020

Keywords:

Body Image
Mastectomy
Mental Health
Rehabilitation
Well-Being

© 2020 Iranian Journal of
Rehabilitation Research in Nursing

Abstract

Introduction: Breast cancer is one of the most common malignant tumors in women which their most common treatment is mastectomy. Mastectomized women have many psychological problems. Regarded to effectiveness of psycho-social rehabilitation, the present research aimed to determine the effect of psycho-social rehabilitation on psychological well-being, mental health, and body image concern in mastectomized women.

Methods: The method of the present study was quasi-experimental with pretest and posttest design with a control group. The research population was mastectomized women in Pastorino hospital of Mashhad city in the 2018 year. From the members of the society, 50 people, after reviewing the inclusion criteria, were selected by the available sampling method and randomly replaced into two equal groups. The experimental group trained eight sessions of 90-minutes as a group psycho-social rehabilitation program, and the control group didn't receive any training. Data collected by form of demographic information and the questionnaires of psychological well-being, mental health and body image concern and analyzed with using statistical tests of Chi-square, t-test and multivariate analysis of covariance.

Results: The findings showed that there was no significant difference between the experimental and control groups in terms of age, education, and duration of mastectomy in mastectomized women ($P > 0.05$). Also, in the pretest stage, there was no significant difference between the experimental and control groups in terms of psychological well-being, mental health, and body image concern ($P > 0.05$). Still, in the posttest stage, there was a significant difference in terms of all three variables ($P < 0.05$). In other words, psycho-social rehabilitation programs led to significant improvement of psychological well-being and mental health and a significant decrease of body image concern in mastectomized women ($P < 0.05$).

Conclusions: Results showed, use from psycho-social rehabilitation approach along with other educational and therapeutic approaches by therapists and health professionals can be useful in improving different psychological characteristics especially enhance psychological well-being and mental health and decrease of body image concern of vulnerable groups including mastectomized women.

Extended Abstract

OBJECTIVE

Breast cancer is one of the most common malignant tumors in women, and this disease in all its forms and stages can have a profound effect on the family system [1]. One of the treatment

methods for breast cancer is mastectomy [2], which affects the quality of the sexual relationship and disrupts sexual function. Mastectomized women often have a negative body image [4] and usually have psychological

problems related to mental health and psychological well-being [5]. Body image concern is a multidimensional construct involving thoughts, feelings, beliefs, and behaviors related to the perceived body, and this construct refers to a negative assessment of body size, shape, and weight [7]. When a person experiences negative evaluation or being ridiculed by others, a negative body image is formed [6]. Also, Mental health is one of the most critical aspects of health, meaning the ability to balance and harmonious communication with others, to changing and modifies one's social environment, and to resolving personal conflicts and tendencies logically, equitably, and appropriately [8]. Today, mental health plays an important and prominent role in ensuring the dynamics and efficiency of the individual and society [9]. Also, psychological well-being is an attempt to realize one's talents and abilities, which include positive feelings and general satisfaction from life [11]. Mental well-being plays an active role in reducing stress and anxiety and improving the quality of life and health [12]. One of the therapeutic approaches to enhance many psychological problems is psycho-social rehabilitation [14]. This rehabilitation program emphasized the training of general individual and social skills and led to promotes mental health, enriches human relationships, and enhances health-related behaviors [16]. Psycho-social rehabilitation helps individuals to act positively and protect themselves and society from psycho-social trauma and improve the level of health [17]. According to the content, the present research aimed to determine the effect of psycho-social rehabilitation on psychological well-being, mental health, and body image concern in mastectomized women.

METHODS

The method of the present study was quasi-experimental with pretest and posttest design with experimental and control groups. The population was undergoing mastectomized women in Pastorino hospital of Mashhad city in the 2018 year. From the members of the community, 50 people after reviewing

the inclusion criteria were selected by available sampling method and randomly were replaced into two equal groups including experimental and control groups (each group 25 people). The experimental group trained 8 sessions of 90-minutes (one sessions per week) as a group psycho-social rehabilitation program by a clinical psychologist with a degree of education period in a one of the psychological services clinics of Mashhad city and the control group was replaced on the waiting list for training. After reassuring subjects about ethical considerations and obtaining conscientious participation in research, for collect data used from the form of demographic information and the questionnaires of psychological well-being, mental health and body image concern. In the present study the reliability were calculated by Cronbach's alpha method for psychological well-being, mental health and body image concern in mastectomized women 0/88, 0/93 and 0/84, respectively. Data after collected were analyzed with using statistical tests of Chi-square, t-test and multivariate analysis of covariance in SPSS-20 software in significant level of $P < 0/05$.

RESULTS

The results of the Chi-square test showed that between the experimental and control groups, there was no significant difference in terms of age, education, and duration of mastectomy in mastectomized women ($P > 0/05$). The results of the t-test showed that between the experimental and control groups in the pretest stage, there was no significant difference in terms of psychological well-being, mental health, and body image concern in mastectomized women ($P > 0.05$). Still, between the mentioned groups in the posttest stage, there was a significant difference in terms of all three variables of their psychological well-being, mental health, and body image concern ($P < 0.05$) (Table 1). In other words, psycho-social rehabilitation programs led to a significant improvement in psychological well-being and mental health and a significant decrease in body image concern in mastectomized women ($P < 0/05$) (Table 2).

Table 1. T-Test Results

| Variables | Experimental Group | Control Group | P Value |
|---------------------------------|--------------------|---------------|---------|
| Psychological well-being | | | |
| Pre-test | 37.29 ± 6.35 | 38.61 ± 6.47 | > 0.05 |
| Post-test | 46.17 ± 6.82 | 39.24 ± 6.40 | < 0.001 |
| Mental health | | | |
| Pre-test | 43.26 ± 7.29 | 42.15 ± 7.03 | > 0.05 |
| Post-test | 34.77 ± 5.24 | 43.32 ± 7.29 | < 0.001 |
| Body image concern | | | |
| Pre-test | 52.23 ± 6.47 | 50.96 ± 6.11 | > 0.05 |
| Post-test | 43.85 ± 5.03 | 51.22 ± 3.38 | < 0.001 |

Data are presents as Mean ± SD.

Table 2. MANCOVA Results

| Variables | Source | Sum of Squares | df | Mean Squares | F | P Value | Eta Squared | Test Power |
|--------------------------|--------|----------------|----|--------------|--------|---------|-------------|------------|
| Psychological well-being | Group | 937.64 | 1 | 937.64 | 115.48 | < 0.001 | 0.88 | 0.96 |
| Mental health | Group | 852.13 | 1 | 852.13 | 109.37 | < 0.001 | 0.86 | 0.93 |
| Body image concern | Group | 682.15 | 1 | 682.15 | 99.70 | < 0.001 | 0.81 | 0.89 |

CONCLUSIONS

The results of the present study showed that training of psycho-social rehabilitation led to improve psychological well-being and mental health and decrease body image concern in mastectomized women. Considering to the physical and psychological problems of mastectomized women and the effectiveness of psycho-social rehabilitation programs to improve personal and social living conditions, it is recommended that to enhance different psychological characteristics including improving psychological well-being and mental health and decrease of body image concern of vulnerable groups including mastectomized women to use from psycho-social rehabilitation approach along with other educational and therapeutic strategies.

Ethical Considerations

This research has a code of ethics number of IR.IAUBirjand.1397.43 from Islamic Azad University of Birjand branch. Also, it performs Helsinki ethics protocols, the information of subjects remains anonymous, and after the study, all this information will be protected. Also, all participants signed the research consent form and described for all of them the purpose, importance, and necessity of research.

Funding or Supports

This study had no sponsors and was conducted with a personal cost.

Author's Contribution

In the present article, Salome Akbari was responsible for data collection and entering data to a computer, Maryam Ghorbani and Nahid Nasirfam was

accountable for collecting theoretical and research backgrounds and assistance in writing the article, Fatemeh Esmaili was responsible for assist in the implementation of the intervention and Toktam Sadat Jafar Tabatabaei was accountable for the implementation of response and writing, submitting and editing the article.

Conflict of Interest

Based on the authors declare in this study, there is no conflict of interest.

Applicable Remarks

In this study, mastectomized women had problems in the field of psychological well-being, mental health, and body image, and training psycho-social rehabilitation program could improve their psychological well-being and mental health and reduce their body image concern. Then, learning psycho-social rehabilitation by nurses, therapists, and health experts and its proper use can play an essential role in improving psychological characteristics related to health. As a result, the mentioned rehabilitation program can play a critical role in policies of preventive, health, and treatment-related to vulnerable groups, including mastectomized women in improving psychological well-being and mental health and reduce their body image concern.

Acknowledgments

The authors of this article are gratitude and appreciation from the authorities of Pastorno hospital of Mashhad city due to collaborating with researchers and from participants due to active participation.