

The Effects of Yoga on Symptom Scales Quality of Life in Breast Cancer Patients Undergoing Radiotherapy

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Abstract

Introduction: Breast cancer is the second most common cancer in the world. The disease and its treatment, including radiotherapy cause a range of symptoms and side effects and affect patients' quality of life. The purpose of this study was to determine the effect of yoga on symptom domains of quality of life in breast cancer patients undergoing radiotherapy.

Method: The present study was a clinical trial with pre and post intervention. The subjects included 40 women with breast cancer in the radiotherapy department of Isfahan Sayyed-Al-Shohada hospital. Yoga sessions were held in a period of 8 weeks, each lasting for about 75 minutes on the even days of the week. The instruments of data collection were three questionnaires including demographic and health questionnaire, life quality questionnaire of European Organization of Research Treatment of Cancer (EORTC QLQ-C30) and standard specific questionnaire of investigating the life quality of patients with breast cancer (EORTC QLQ-BR23) which was completed through a face-to-face interview by oncology specialist with the patients during three months since April till the end of June 2011.

Results: The mean score of life quality of Yoga group was 50.8 with a standard deviation of 9.12 before the intervention which increased to the mean score 81.7 with a standard deviation of 13.4 after the intervention. After the intervention, the scale of fatigue, nausea and vomiting, pain, loss of appetite, breast symptoms and side effects of treatment were observed statistically significant differences ($p < 0.05$).

Conclusion: The study indicates that Yoga improves the symptom scales of life quality in the patients with breast cancer undergoing radiation therapy. Therefore, Yoga can be utilized as an effective, simple and low-cost method in improving the life quality of such patients.

Keywords: Yoga, Life Quality, Breast Cancer, Radiotherapy.

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