Prediction of posttraumatic growth base on of spirituality and social support in patients with breast cancer

Zahra Nikmanesh: Associate Professor, Department of Psychology, University of Sistan and Baluchestan, Zahedan, Iran.
Nasrin Mirabdollahi: MA of General Psychology, University of Sistan & Baluchestan, Zahedan, Iran.
Mohammad Ali Emamhadi: Associate Professor of Toxicology and Forensic Medicine, School of Medicine. Shahid Beheshti University of Medicine Science, Tehran, Iran.

Corresponding Author: Zahra Nikmanesh, nikmanesh@ped.usb.ac.ir

Background: breast cancer is the most prevalence cancer in Iranian women. Acknowledge of cancer is a serious stressful factor. Therefore these patients show different levels of clinical distress such as posttraumatic stress, depression and anxiety. Posttraumatic growth is a positive personal experience of changing in encountering with tension and harmful event. Empirical investigations indicated relations among some variable as spirituality/religiosity and social support with mental health in different groups and populations.
The purpose of this research is to investigate on roll of spirituality and social support in prediction of posttraumatic growth (PTG) in women with breast cancer.

Methods: The research method is Correlation and prediction type. Participants were 106 female with breast cancer that hospitalized at 3 hospitals in Tehran, Iran from November to February, in 2011. They were selected by census. Research instruments were the Posttraumatic Growth Inventory (PGI), Spirituality Questionnaire (SQ) and Medical Outcomes Survey social support scale (MOS). Statistical analysis was conducted by using Pearson Correlation and Stepwise Regression.

Results: The result showed that there is a positive and significant relationship between the Post Traumatic Growth with spirituality (r=.67) and social supports (r=.66). The results of Stepwise Regression Analysis indicated that spirituality alone predicted .45 and in the second step, spirituality along with social support predicted .53 of PTG variances.

Conclusion: Accordingly it is inferred that spirituality and social support have effect on PTG in female with breast cancer and we can improve the PTG by teaching and interference for increasing of spirituality and social support.

Keywords: Breast Cancer, Post Traumatic Growth, Social Support, Spirituality.