

## Five weeks of massage therapy on stress and depression in women after breast cancer surgery

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**Background:** Diagnosis, treatment, consequences, and side effects of treatment and recurrence of breast cancer lead to psychological reactions such as stress and depression. The aim of this study was to determine the effect of massage on stress and depression in women after breast cancer surgery.

**Methods:** In this quasi-experimental study in women after breast cancer surgery who were referred to the surgical clinic of Arak, 26 people were selected and divided into two groups of patient (experimental 14 and control 12). Massage group received 5 weeks (two sessions per week, each session 45 minutes). The Cooper stress and Beck depression questionnaires were used in this study. Data analysis software SPSS version 16 using paired t-test and one-way analysis of variance and a confidence level of 95% ( $p < 0/05$ ) was performed.

**Results:** Results showed that massage reduces stress and depression for patients after breast cancer surgery in the intervention group and the control group, so the mean score from Cooper stress inventory of  $72/65 \pm 8/4$  to  $36/07 \pm 7/3$  and Beck depression inventory of  $28/47 \pm 8/04$  to  $18/27 \pm 4/46$  was confirmed ( $p < 0/05$ ).

**Conclusion:** In this study, the positive effects of massage therapy on reducing stress and depression in for patients after breast cancer surgery. Therefore it is recommended to promote physical and mental health of breast cancer patients are using massage as a successful approach.

**Keywords:** Stress, Depression, Breast cancer, Massage.