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The effectiveness of psychotherapy on improving coping strategies in women with breast cancer

Mehrangiz Shoaa kazemi: PHD**.** Member, Alzahra University.
Shiva Monemi Motlagh: MA. Guidance & counselor
Masoomeh Saadati: MA. Guidance & counselor

Corresponding Author: Mehrangiz shoaa kazemi, M_shkazemi@yahoo.com

Background: This study was designed to investigate the effectiveness of psychotherapy four factors (Awareness increasing, hope, Therapeutic relationship and Adjusting the client response) on improving coping strategies in women with breast cancer.

Methods: This research was based on quasi-experimental method with a pretest- posttest and control group and follow-up for a month. This research is within the statistical community Breast cancer patients covered Beheshti University Cancer Center with The Purposive sampling of visitors to the center of the Azar Clinic were selected. 30 women with breast cancer were randomly selected through voluntary accessible sampling and randomly assigned to experimental and control group (n=15). Experimental group was attended in an 8- sessions 1/5 hour, once a week under the psychotherapy intervention group received four form factors. After intervention and loss account remained in the experimental group 11 cases and in the control group 12 cases. The main question of this study was that, whether the four factor model of treatment based on the coping skills of women with breast cancer is effective? Research tool included CRI (Coping Responses Inventory) are Billings and moos. Data was analyzed by the dependent t-test and covariance analysis (ANCOVA & MANCOVA) with the use of SPSS17 software.

Results: Indicated significant difference problem oriented coping responses; refocus on planning and positive reappraisal emotion regulation strategies. Follow-up after one month confirmed the results obtained in the two groups.

Conclusion: Showed the importance of four factors Psychotherapy as one of Psychological supporting consolation in increasing mental health of women with Breast Cancer. Four factors Psychotherapy can have an important role in facing with illness and Improving Coping strategies of women with Breast Cancer.

Keywords: four factors Psychotherapy, Coping Responses**,** Breast Cancer.

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