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The effectiveness of reality therapy on the hope of breast cancer patients

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Background: Today breast Cancer is among the most important global health problems. Diagnosis of breast cancer may cause different psychological problems including: sense of unbelief, anxiety, guilt, and many more. Feeling these awful emotions in one hand and inconvenient situation of patient in another hand causes disturbances in healthy life style of patient.
Considering that cancer effect on psychological aspects of patient it is worthy to note that returning patient to healthy life style besides saving her life is paramount goal.

Methods: This survey was quasi-experimental thereby 60 Breast cancer patients referring to cancer research center of Shahadaye Tajrish hospital were selected based on their score (≤24 Snyder Adult Hope Scale as pretest). They were divided randomly in 2 experimental and a control group. (30 patients per each). Reality therapy was applied individually as counseling method. Each session lasted between 30 to 45 minutes for 8 sessions. After interventions, Snyder AHS as posttest were applied for each group.

Results: The meaningful differences of scores before and after intervention revealed us that this technique has been efficient and effective in increasing hope among breast cancer patients.

Conclusion: It is suggested to apply RT to increase Hope in breast cancer patients to return to their healthy life style and also to preserve fertility before cancer treatment.

Keywords: Breast Cancer, Reality Therapy, Hope.

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