

## Survey of the effect of Occupational Therapy program pamphlet on Quality of Life in women with Breast Cancer

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**Background:** Breast Cancer is one of the most common cancers in women. Although common treatments in this type of cancer (surgery, radiotherapy, chemotherapy and hormonal therapy) can decrease the risk of mortality but psychosocial and physical problems have effect on activities of daily living like home maintenance. The goal of this research is studying of the effect of Occupational Therapy program pamphlet on Quality of Life in women with Breast Cancer.

**Methods:** This study was carried out on 30 women with breast Cancer in oncology center of Golestan Hospital in Ahvaz. The sample was from available community. Women with breast cancer were tested with SF36 quality of life test (validity is between 0.77 to 0.90 and reliability is 0.70 with Cranach's alpha). Then Occupational Therapy program pamphlets were taken with verbal and practical explanations. All patients were visited monthly in oncology center to check and modify their programs. These patients were checked again with SF36 to evaluate changes in quality of life following pamphlet of Occupational Therapy programs. Results analyzed by SPSS16 software with using paired T Test.

**Results:** Results shows that Occupational Therapy program pamphlet was effective statistically in 6 sections of quality of life, but not effective statistically in physical functioning and public health sections.

**Conclusions:** Occupational Therapy programs through pamphlet have effect on most of sub items of Quality of life in women with breast cancer.

**Keywords:** Rehabilitation, Breast Cancer, Quality of life, Women.