

Effect of yoga on quality of life symptomatic scale for patients with breast cancer undergoing chemotherapy

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Background: Breast cancer is the second most common cancer in the world. The disease and its treatments, including chemotherapy will be cause a range of symptoms and side effects; and quality of life were overshadowed. Yoga can be effective on the quality of life of these patients. The aim of this study was to determine the effect of yoga on quality of life symptomatic scale for patients with breast cancer undergoing chemotherapy.

Methods: This study is A two-stage clinical trial, before and after the yoga intervention. 40 female patients with breast cancer through sampling in chemotherapy ward at Seyedolshohada Hospital "as" were selected and randomly in two groups yoga (n = 20) and controls (n = 20) inserted. Yoga sessions for 8 weeks in 75 minutes every couple of days would run. The instrument was used for data collection including questionnaire demographic and clinical; and quality of life questionnaire Organization for Research and Treatment of Cancer Europe (EORTC QLQ-C30); and a standard questionnaire specifically to assess quality of life in breast cancer (EORTC QLQ-BR23; that was to be interviewed face to face the patient by a specialist oncologist within 3 months from the beginning June to the end of August 2011. The obtained data were statistically analyzed.

Results: Before the intervention, symptoms of diseases affected adversely on quality of life both yoga and control groups ($p < 0.001$, $r = -0.859$). After intervention, although all the symptomatic scores were decreased, but symptoms such as nausea and vomiting, pain, sleep disturbance, constipation, hair loss, and side effects of treatment were significant. Average score of the overall quality of life in before intervention group was 49.6 with a standard deviation of 1.3 and score after the intervention was 1.34 ± 81.7 .

Conclusion: Common symptoms of cancer and its treatment and quality of life in breast cancer patients undergoing chemotherapy may improve with yoga. Thus The yoga program can be use an effective, convenient and low cost to improve the quality of life of patients in medical centers to support their.

Keywords: yoga, symptoms, quality of life, breast cancer, chemotherapy.