ORIGINAL ARTICLE

**Iranian Quarterly Journal of Breast Disease 2014; 7(2).**

# Impact of Cognitive – Behavioral Group therapy Stress Management Intervention on mental health and pain coping strategies breast cancer patients

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[ DOR: 20.1001.1.17359406.1393.7.2.6.6 ]

## Abstract

**Background:** Breast cancer is the most common cancer in women. It jeopardizes different aspects of individual health including mental health. The aim of present research was to determine the effects of cognitive- behavior group therapy stress management on mental health and pain coping strategies of women with breast cancer.

**Methods:** A quasi-experimental design with pretest-posttest and control group was used in this study. For this purpose, 30 female patients with breast cancer who had referred to the Cancer Support Association (YAS Kerman) were selected by convenience sampling method in the fall of1389. Data gathering instrument was mental Health Questionnaire (GHQ-28) and pain coping strategies Questionnaire which were completed by patients at the beginning and end of group therapy. Data was analyzed using covariance analysis.

**Results:** In the experimental group, there results indicated that Cognitive – Behavioral Group therapy Stress Management, give rise to improve mental health, anxiety ($p< 0.01$), depression ($p< 0.01$), Somatic Symptoms ($p< 0.01$), and social function ($p< 0.01$). Also, in the field of using from pain coping strategies, there are significant differences between control and experimental groups ($p< 0.01$). These results were confirmed after two month following up.

**Conclusion:** These results were confirmed after two month follow up. The results from data indicated that cognitive-behavior stress management group therapy has given rise to improvement of mental health and increasing of using from pain coping strategies of breast cancer patients. Hence, this method can be used in oncology centers as a complementary therapy alongside medical treatment. Social activities physical function

**Keywords:** Cognitive-behavior group therapy, Stress management, mental health, Pain coping strategies, Breast cancer.