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Comparison of Two Methods of Training (Face-to-Face and Electronic) on Depression, Anxiety and Stress in Breast Cancer Patients

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Abstract

Introduction: Depression and anxiety are psychological problems after mastectomy surgery. Patient education and giving information has important role in nursing care in reducing anxiety and depression. Given that education to patient is done in different style, this study was conducted with purpose of Comparison of two methods of training (face-to-face and electronic) on depression, anxiety and stress in breast cancer patients in the center of cancer research in 1393.

Methods: This research was performed in a clinical trial on 90 patients dividing into three groups of 30 members, chosen at random and matched by age, marital status employment status and type of surgery. The patients receiving Face-to-Face and Electronic Education Methods were put in the experimental group and other patients were put in the control group only receiving routine Treatments. A data collection tool was specific questionnaire of depression, anxiety, stress DASS42 and demographic questionnaire. Then data were analyzed with SPSS v, 16 and the collected data were analyzed by descriptive, repeated measurement test and chi-square, ANOVA, Posthoc test LSD.

Results: The score mean of depression, anxiety and stress in the experimental groups were significantly different before and after treatment ($p<0.05$). The score mean of depression, anxiety and stress in control group had no significant deference before and after treatment.

Conclusion: The result of the study showed that undergoing heart surgery patients, experienced anxiety and depression that can negative effect on patient and disease process. Despite of difference between pre and postoperative scores in three groups, in experimental groups this difference was highly significant and by comparison between the experimental groups and control group after intervention was found differences. So nurses can use of two Educational methods because of the simplicity, efficiency, cost-effectiveness in patient education**.**

Keywords: Electronic Education Methods, Face to Face Patient Teaching, Breast Cancer, Depression, Anxiety, Stress.