ORIGINAL ARTICLE

Iranian Quarterly Journal of Breast Disease 2016; 8(4).

The Effectiveness of Cognitive-Behavioral Therapy Based 8-step Pattern of Cash to Improve Psychological well-being of Women with Breast Cancer

Bavadi B: Department of Clinical Psychology, Islamic Azad University, Science and Research Branch of Tehran, Tehran, Iran
Poursharifi H: Department of Health Psychology, Tabriz University, Tabriz, Iran
Lotfikashani F: Department of Psychology, Islamic Azad University ROUDEHEN, Shahid Beheshti University Cancer Research Center, Tehran, Iran

Corresponding Author: Bita Bavadi, bita.psycho@yahoo.com

Abstract

Introduction: Breast cancer is one of the most common types of cancer among women around the world that like other chronic diseases reduce the psychological well-being. Maintaining and promoting the psychological well-being are in need of psychological intervention in this area. Study the effects of cognitive behavioral group therapy model-based 8-stage Cash to improve psychological well-being of women with breast cancer under Cancer Research Center, Shahid Beheshti University of Medical Sciences has examined.

Methods: Method of quasi-experimental study with pretest-posttest control group. For this purpose, 30 patients with cancer and sampling were selected randomly were assigned to two groups of control. All 30 patients completed the questionnaire RPHQ the Psychological well-being. 8 sessions of 90-minute experimental group cognitive-behavioral intervention model based on the 8-stage Cash participated and the control group received no intervention. In the end, both groups were tested again. After collecting the questionnaires, data obtained using analysis of covariance and analyzed by SPSS software version 20 was.

Results: Data obtained using single-parameter analysis of covariance showed that cognitive-behavioral therapy-based 8-step pattern Cash improving psychological well-being after the test phase has been statistically significant effect ($p<0/005$) and its effects to the follow-up stage remains.

Conclusion: The results showed that cognitive-behavioral intervention model based on the 8-stage Cash through challenging irrational beliefs about their patients and improve psychological well-being of these beliefs are correct. Therefore, in line with current medical treatments, this intervention can be used to enhance psychological well-being of breast cancer patients.

Keywords: Cognitive-behavioral Therapy, Psychological well-being, Breast Cancer.

[Downloaded from ijbd.ir on 2026-10-31]

[DOR: 20.1001.1.17359406.1394.8.4.5.6]