ORIGINAL ARTICLE

Iranian Quarterly Journal of Breast Disease 2016; 9(2).

Narrative therapy on breast cancer patients' anxiety and depression

Sajadian A: Quality of Life in cancer Department, Breast cancer Research Center, ACECR, Tehran, Iran.
Dokanei Fard F: Assistant Professor; Department of Psychology, Islamic Azad University, Roudehen branch, Iran.
Behboodi M: Assistant Professor; Department of Psychology, Islamic Azad University, Roudehen branch, Iran

Corresponding Author: Akram Sajadian, assajadi@yahoo.com

Abstract

Introduction: Narrative therapy is one of the important approaches to promote quality of life and mental health, by decreasing anxiety and depression for breast cancers' women. These patients have frequently assumed to produce many problems specially associated with feminine identity, body image, sexuality and anxiety and depression. It is regarded as an effective on change of behavior in life promoting mental and physical health. This study aimed for evaluation the efficacy of narrative therapy on the decrease of anxiety in breast cancer who attended in Iranian center for breast cancer, Tehran, Iran, 2013-2014.

Method: We conducted a clinical pre-test and post-test study with two groups. Experimental and control group. 60 breast cancer patients recruited in this study. All of participants already had received their primary treatments. After collecting their demographic, clinical information and answering pre test HADS (Hospital Anxiety and Depression Scale) questionnaire; they were divided into two groups, experimental and control group; each group with 30 members. During 5 weeks, 5sessions performed, each lasted 120 minutes and components of narrative therapy were done for experimental group .At the end of sessions, both groups were re-assessed in order to re-evaluate the changes of Anxiety (post test). Data collected and analyses by SPSS version 21

Results: Studying demographic characteristics of participants, revealed that the mean score of age for experimental and control group, was51/7(±11/8) and 45/5(±11/3).date analyzing , indicated that given their age(p=0/29), marital status (p=0/56), occupation(p=0/71), education (p=0/096), number of children (p=0/68) and had no statistically significant difference. Observed scores of anxiety in experimental group before and after treatment, respectively, are 15/28(±3/3) and 10/24(±2/2); and for control group were 13/20((±2/8) and 12/8(±3). These results indicated that decreasing anxiety during the study for experimental group (p‹0/0001),
There was significant difference for anxiety between pre and post test in control group (p‹0/0001).

Conclusion: This study suggested the effects of narrative therapy on decreasing anxiety in breast cancer patients. It seems that narratives can assist psychological recovery of cancer survivors and promoting quality of life in these patients.

Key words: Narrative therapy, anxiety, breast cancer, Iran.

[Downloaded from ijbd.ir on 2026-11-01]

[DOR: 20.1001.1.17359406.1395.9.2.4.8]