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Effectiveness of Cognitive-Behavioral Group Therapy on Self-Efficacy and Quality of life in Women with Breast Cancer: A clinical Trial

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Abstract

Introduction: Breast cancer is one of the most common cancers among women. Breast cancer can predispose people to psychological problems and reduce their self-efficacy and quality of life. The purpose of this study was to investigate the effectiveness of cognitive behavioral group therapy on self-efficacy and quality of life in women with breast cancer.

Methods :This research utilized a pre-test and post-test semi-experimental design with a control group. A total of 32 subjects were selected from women with breast cancer presenting to Imam Khomeini Hospital in Tehran. They were then randomly assigned to experimental and control groups (n=16 for each group). The experimental group received a cognitive-behavioral group therapy for eight sessions of two hours, but the control group did not receive any intervention. The research instruments were sherer self- efficacy questionnaire and short form of ware and sherbourne quality of life questionnaire (SF-36). Data were analyzed by multivariate analysis of covariance.

Results: The results showed that the experimental group and the control group had a significant difference in terms of self-efficacy and quality of life ($P<0.001$). Therefore, the quality of life and self-efficacy of women with cancer in the experimental group, who underwent cognitive-behavioral group therapy, was significantly higher than those of the control group ($P<0.001$).

Conclusion: The results of this study showed that cognitive-behavioral group therapy can affect the self-efficacy and quality of life in women with breast cancer.

Keywords: Breast Cancer, Self-efficacy, Quality of Life, Cognitive-behavioral Group Therapy.

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