
COGNITIVE BEHAVIORAL THERAPY AND QUALITY OF LIFE, LEVEL OF DEPRESSION AND PERCEIVED SOCIAL SUPPORT AMONG WOMEN WITH BREAST CANCER

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Introduction

Passing through the cancer increases the risk of depression. Also known that social support is an important predictor of a better adaptation and higher quality of life (QoL). Meanwhile, there are common cognitive distortions which may lead to inadequate perceive social support and deterioration in QoL. Correction of cognitive distortions through the use of cognitive behavioral therapy (CBT) should help to improve the functioning of cancer patients.

Aims

The first aim is establish correlation between cognitive distortions, level of depression, perceive social support and QoL. The second is examine the effectiveness of CBT among patients with breast cancer.

Methods

Longitudinal study included women with breast cancer and their partners. Experimental group consisted of 61 couples who had participated in ten-week CBT. A control group consisted of 56 couples, who did not benefit from any psychotherapy. The study used the following questionnaires: BDI, EORTC-QLQ-C30 (women) and BSSS (women and men).

Results

At baseline there were no differences between women in the experimental and control groups. Women evaluated the support much lower than the average level of support declared by their partners. At post-test evaluation of support by men has not changed, but there observed an improvement in evaluation of support among women in CBT-group and a further deterioration in the evaluation in the control group. Simultaneously, an improvement in QoL and reduction in depressive symptoms were noticed in CBT-group.

Conclusions

Correction of cognitive distortions through the use of CBT should help to improve the functioning of patients with breast cancer.