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EFFICACY OF COGNITIVE BEHAVIOUR GROUP THERAPY WITH PORTUGUESE BREAST CANCER SURVIVORS

A. Torres^{1,2}, A. Pereira^{1,2}, S. Monteiro^{1,2}

¹Department of Education, University of Aveiro, Aveiro, ²Portuguese Cancer League, Coimbra, Portugal

Introduction: Breast Cancer is the most frequent cause of death by cancer in Women. Therefore Breast Cancer is a priority of the Portuguese Health Ministry. Mental illness, as Depression, is also a priority of that Ministry and breast cancer presents higher psychopathology comorbidity than general population. These both facts emphasize the relevance of the studies about interventions to promote mental health of Portuguese breast cancer women. Simultaneously, there are little studies about the applicability and efficiency of Cognitive Behavior Group Therapy in the European context and in Portugal in particular.

Objectives: We purpose to develop a group cognitive behavior therapy (CBT) program to breast cancer survivors and implement it in a Portuguese group.

Methods: After a proper review of cognitive behavior group therapy programs to oncologic patients, we will adapt them to the Portuguese population. Then, a study will be made with a group of breast cancer survivors. We intent to assess them before and after the therapy in respect to the following psychological variables: self-concept, optimism, coping, quality of life and psychopathology.

Results: We expect to improve the knowledge about the applicability of Cognitive Behavior Group Therapy in Portuguese (and European) context.

Conclusions: In sum, we expect to contribute with efficient psychological interventions to Breast Cancer Women survivors, in respect to self-concept, optimism, coping, quality of life and psychopathology.