

The effect of psychological interventions on health and improving consequences in breast cancer treatment

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Background: Breast cancer is one of the most common malignancies affecting women around the world. The diagnosis and treatment for breast cancer can cause significant psychological distress that which in turn can affect coping, health and treatment consequences.

Methods: This study was a comprehensive literature review performed through searches in databases such as Medline, PubMed, Science Direct, Scopus, and Google Scholar using the terms " Breast Cancer, Psychological interventions, Adjustment, Health outcomes, Cancer treatment ".

Findings: Based on the results of many studies psychiatric interventions such as psychological support groups can have positive benefits on psychological adjustment among breast cancer survivors. Psychological distress, and psychosocial support with effect the adjustment of patients, influence their experience of and adherence to medical treatment, and may affect the course of the disease and is associated with better health outcomes for them also.

Conclusions: According to the studies, women with breast cancer have difficulty in all areas of their lives in the course of the disease and during the treatment process. It can be expected that psychological interventions for them will always produce beneficial effect on patients' psychological state and adjustment with the new situation and can be high chance of success in coping of cancer survivors with their diseases and improve their health consequence.

Key words: Psychological interventions, Adjustment, Health outcomes, Cancer treatment