

### Quality of life and mental health in caregivers of patients with breast cancer

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#### Background

Caregivers have a considerable role in caring and recovery of cancer patients. Cancer patients' caregivers may be affected by various stressors and on the other hand behaviors such as neglecting their own due to care from a patient who has breast cancer, can influence their health and quality of life.

#### 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, Quality of life, Mental health, Caregivers ".

#### Findings

Based on the results of several studies many of cancer patients' caregivers reported moderate and low quality of life. Some of the cancer patients' caregivers were disappointed and hopeless that this mental changes led to inactivation of any productive actions. These condition can affect personal relations, clinical course and prognosis of patients' disease and quality of life in whole of family. Caregivers low quality of life can prevention chance of recovery in patients, also.

#### Conclusions

According to the studies, families are dramatically affected by a diagnosis of cancer, and they have a wide range of support needs. Lack of special attention to caregivers is a serious gap in health care. Better caregiver quality of life was associated with better caregiver mental health condition and patient physical well-being. Early palliative care interventions directed at patient symptoms and caregiver support may improve quality of life in this two population.

**Key words:** Breast Cancer, Quality of life, Mental health, Caregivers