

عنوان مقاله:

Studying Effect of Mindful-based Self-care Training on Family Functioning and Mindful Self-care of Breast Cancer Patient's Spouses

محل انتشار:

نهمین کنفرانس بین المللی پژوهش در روانشناسی، مشاوره و علوم تربیتی (سال: 1400)

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خلاصه مقاله:

Background: In spite of the important role of spouses as the main caregiver, the psychological health of breast cancer patients' spouses hasn't been much studied. Purpose: To determine the effect of mindful-based self-care training on family functioning, and self-care among the breast cancer patients' spouses. Design: A quasi- experimental study was done with one-group pre-and post-test design. Material and Methods: The study sample consists of 46 randomly selected spouses of the cancer patients, who had the inclusion criteria, referring to the specialized Cancer Clinics affiliated with Mazandaran University of Medical Sciences, Sari, Iran. The data were gathered using Family Assessment Device (FAD- 60) Questionnaire, and the Mindful Self-Care Scale- SHORT (MSCS) before and after implementing the mindful self-care training. Statistical Analysis: Using ANOVA and dependent t-test using SPSS-22 at 0.05 level. Results: According to the results, the mean (\pm SD) of family function was estimated as 134.30 (\pm 16.12) and 145.06 (\pm 16.87). The mean (\pm SD) of mindful self-care was achieved as 120.04 (\pm 20.60) and 131.69 (\pm 16.62) in the pre- and post-tests, respectively ($P < 0.05$). The findings denoted the significant effect of the training on family functioning, and the self-care of the breast cancer sufferers' spouses ($P < 0.05$). Conclusion: The study findings suggested that mindful self-care training meaningfully influenced improving the family function, and promoting mindful self-care among the breast cancer patients' spouses.

کلمات کلیدی:

Self -care, Mindfulness, Family Functioning, Breast Cancer

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