

عنوان مقاله:

How do I deal with Breast Cancer: A qualitative inquiry into the coping strategies of Iranian women survivors

محل انتشار:

دوازدهمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1401)

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خلاصه مقاله:

Background: Breast cancer is the most frequent cancer in Iran. Understanding the coping strategies employed by cancer survivors can provide valuable information for designing interventions to help them adapt to the problems produced by cancer and its treatment. This study aimed to explore the coping strategies of BC survivors in Iran. **Methods:** This qualitative study was conducted in Mashhad, Northeast Iran, between April and December ۲۰۲۱. Fourteen BC survivors were selected through purposive sampling. The data were collected using semi-structured interviews. Data were analyzed using conventional content analysis. MAXQDA ۱۲ software was used for data organization. **Results:** The main categories that emerged from the participants' data analysis were "behavioral coping strategies" and "emotional coping strategies." Behavioral coping strategies included efforts to adopt healthy nutrition, attempts to improve a healthy lifestyle, maintenance of everyday activities, use of specialized cancer support consultation services, and seeking to increase health literacy about BC. The emotional coping strategies consisted of denial as a temporary escape route, positive thinking and focusing on the positive aspects of life, reinforcement of spirituality, and seeking the support of relatives. **Conclusion:** Our findings provide an in-depth understanding of Iranian women's strategies for coping with BC. A trained team of oncologists, psychiatrists, mental health professionals, and reproductive health specialists needs to contribute significantly to improving the coping ability of patients with cancer, which could lead to enhanced health promotion and a higher quality of life.

کلمات کلیدی:

Breast Cancer", "Content Analysis", "Coping Strategies", "Coping Styles", "Iranian Women

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