

## عنوان مقاله:

The effectiveness of training life skills (stress management, anger management, problem solving, self awareness) on life quality of cancer patient

## محل انتشار:

یازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

تعداد صفحات اصل مقاله: 2

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## خلاصه مقاله:

Purpose: this study aims to determine the effectiveness of training life skills (stress management, anger management, problem solving, self awareness) on life quality of cancer patient. Method: this study is experimental. the statistical community includes all cancer patients referring to hospital of Rasht city to do chemotherapy in 2012. Firstly, among all the hospitals, one of them has been chosen randomly. and then that among 150 cancer patients, 80 patients had the criteria to participate in the study has been chosen. among 80 patients, 40 men and 40 women have been placed randomly into two 20 people control and experimental groups. experimental group has received life skills training in 45 minute session once a week for 3 months and the control group didn't involved in it. both groups responded to the European organization for research and treatment of cancer Questionnaire core 30 (EORT QLQ\_C30) before and after intervention. Finding: the statistical community data has been analyzed through MANCOVA by SPSS software. the results indicate that there is a meaningful difference between control and experimental group averages in all quality aspects of physical, role-playing, emotional, cognitive and social life ( $P=0/000$ ). And that is, training life skills improves life quality in the patients. Conclusion: training of life skills is effective on promoting the quality of life cancer patients life.

## کلمات کلیدی:

life skills, life quality, cancer

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/726861>

