

## عنوان مقاله:

Online intervention for young women with breast cancer: Challenges and Opportunities

## محل انتشار:

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## خلاصه مقاله:

Background: This review examines the evidence-based literature surrounding the use of online resources for breast cancer patients. Young breast cancer survivors and their spouses are at an elevated risk for relationship distress and poor psychological adjustment relative to older age couples. Limited availability of time and resources and the distance to travel are major barriers to engaging in evidence-based psychosocial support programs. Methods: The following databases were systematically searched for relevant literature: MEDLINE, and Psych INFO. Included were studies conducted in an outpatient setting, and reporting a measurable, clinically relevant outcome. Fourteen studies satisfied the inclusion criteria. Results: The efficacy of online interventions was varied, with some demonstrating positive effects on quality of life and related measures, and two demonstrating poorer outcomes for intervention participants. The majority of interventions reported mixed results. Conclusions: The overall benefit of online interventions for breast cancer patients is unclear. The online intervention involves psycho-education and experiential exercises to enhance communication, coping ability, mutual empathy, and perspective-taking in relation to cancer. An online facilitator who is a trained mental health professional will guide and support couples throughout the process. The efficacy of on-line interventions for cancer patients is unclear. All on-line interventions should be developed using the available evidence-base to expand our understanding of this area. Unfortunately in Iran has not started online intervention for cancer patients. It seems that despite contradictory in results, in some patients who do not have access to the facilities service, online education is helpful

## کلمات کلیدی:

Breast, Cancer, Oncology, Online, Internet

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