

## عنوان مقاله:

Short –Term Efficacy of Stress management practices of cognitive – behavioral Therapy ( CBT ) on the perception of illness in women suffering from breast cancer

## محل انتشار:

یازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

Introduction: This study aimed to assess the efficacy of cognitive- behavioral stress management short term on the understanding of disease was diagnosed with breast cancer . Methods : In this study 40 patients with breast cancer ( diagnosed by specialists and based on the screening interview ) selected at random , after completing the form moral satisfaction in two groups ( n = 20 ) and control ( n = 20 ) were replaced. The experimental group received usual medical care for 8 weekly 2-hour sessions of group cognitive intervention - was treated and the patient control group received only routine medical care. Patients in both groups after the intervention and immediately after completion perception of illness Broadbent (2006) were completed. Results: The results showed that the experimental group compared with the control group, a significant decrease in perceived stress of illness after the test. Conclusions: Cognitive stress management program - short-term behavior can lead to a reduction in perceived stress patients with .breast cancer

## کلمات کلیدی:

short-term stress management. cognitive behavioral therapy. Perception of illness. Breast cancer

## لینک ثابت مقاله در پایگاه سیویلیکا:

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