

عنوان مقاله:

Comparative study of the effectiveness of mixed method (Rational-Emotive- Behavioral Therapy and Reality Therapy) and Reality Therapy on the Hope of Breast cancer Patients

محل انتشار:

دوازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

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خلاصه مقاله:

Introduction & Aim: Cancer is one of the most important health problems around the world and patient suffer from stress and mental problems after diagnosis and treatment process. The aim of this study is to assess the effectiveness of Rational-Emotive-Behavioral therapy on the Hope of Patients with Second Stage /Invasive ductal breast carcinoma in Tehran. **Methods:** This survey was quasi-experimental thereby 60 Breast cancer patients referring to cancer research center of Shohadaye Tajrish hospital were selected based on their score (≤ 24 Snyder Adult Hope Scale as pre-test). Mixed method of Rational – Emotive- Behavior Therapy and Reality Therapy (mixed) and reality therapy were applied individually as counseling method. After interventions, Snyder AHS as post-test were applied for each group. **Results:** The results showed that mixed method (Rational-Emotive-Behavioral Therapy and Reality Therapy) have been efficient and effective in increasing hope among breast cancer patients. ($P < 0.001$, $\eta^2 = 0.38$). **Conclusion:** It is suggested to apply mixed method and also Rational Therapy to increase Hope in breast cancer patients and also to preserve fertility before cancer treatment.

کلمات کلیدی:

Breast Cancer, Rational Emotive Behavior Therapy, Reality Therapy, Hope

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