

## عنوان مقاله:

The Effect of Spiritual Group Therapy on Mental Health and Life Quality of the Patients with Breast Cancer: a Review Study

## محل انتشار:

پانزدهمین کنگره بین المللی زنان و مامایی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

## نویسندگان:

Zahra Gholipour Soleimani - BS student of Nursing, Student Research Committee, Islamic Azad University of Rasht, Rasht, Iran

Arezou Monfared - Trainer, Nursing Department, Faculty of Nursing and Midwifery, Islamic Azad University of Branch, Rasht, Iran

## خلاصه مقاله:

**Introduction:** Breast cancer is a life-threatening disease. The process of treating cancer is usually associated with physical, psychological and social complications in patients, which in turn can exacerbate the disease by weakening the patient. Thus, one must pay attention to maintaining and improving mental health of the patients. One of the most significant factors creating piece is remembering God that can be taught in the process of spiritual therapy. In recent years, the effectiveness of spiritual therapy has been given so much attention. Thus, the study was conducted to determine the role of spirituality therapy in the mental health and life quality of the patients with breast cancer. **Materials and Methods:** This review study was conducted with the keywords of spiritual therapy, life quality, mental health, and breast cancer based on Mesh, through a search in Google scholar, science direct, pubmed, magiran databases during the years 2001-2019. After critical evaluation of the papers based on the CONSORT tool, the papers were classified according quality as poor, medium, and good quality. Seventy two papers were found and after removing repetitious, unrelated, and the ones with full text inaccessible, 34 papers with good to medium quality were selected for final analysis. **Results:** Spirituality is an individual-dependent subjective concept that forms the immaterial aspects of human obtained through communication with God, self, others, and the environment, and defined as an individual's sense of peace, purpose, and connection with others and beliefs in the meaning of life. The results from different studies showed that SGT interventions increase mental health of the patients and increase the life quality and mental health of women with breast cancer. Interventions in the subscales of mental health including life quality, depression, anxiety, insomnia, and social dysfunction were effective as well. **Conclusion:** since cancer heavily affects on life quality, and psychosocial and social performance, and various studies have shown that spiritual therapy has managed to incorporate mental health components, such as maintaining self-esteem, giving meaning and purpose, and mental and emotional relaxation, performing psychological interventions focused on spirituality are recommended in the treatment plan for the patients with breast cancer

## کلمات کلیدی:

Spiritual therapy, life quality, Mental health, Breast cancer, Non medical intervention

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/954139>

