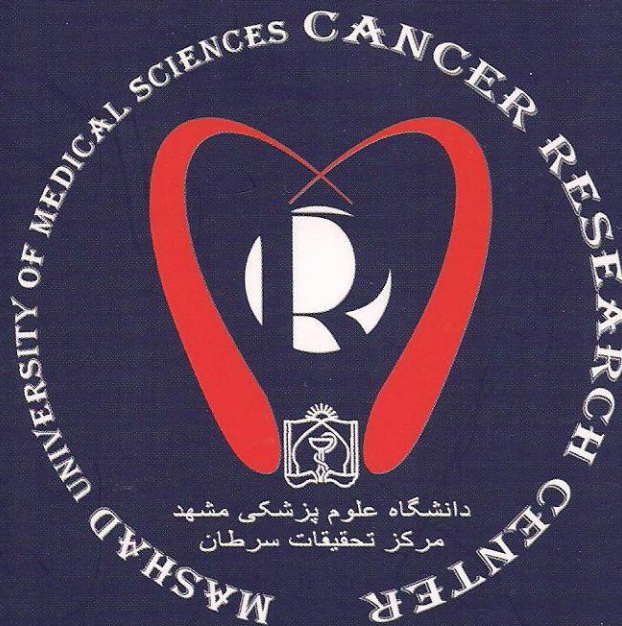


International Multidisciplinary Cancer Congress
4-6th September 2012
Mashhad-Iran



Cancer Research Center
Mashhad University of Medical Sciences

Website: <http://www.mums.ac.ir/cancer>
E-mail: cancerresearch@mums.ac.ir

Mashhad-Iran

P.O.Box: 91775-1365

Tel: + 98-511-8823265

Fax: + 98-511-8823251

www.mums.ac.ir/basic_medical/en/index

E-mail: jbms@mums.ac.ir

The Effectiveness of Existential Group Therapy and Reality Group Therapy in Treating Depression in Women Who Undergo Mastectomy

Hoda Parizadeh¹, Hossain Hassanabadi², Ali Mashhadi³, Ali Taghizadeh⁴

Objective(s)

Depression is a common experience among cancer patients. Surveys and clinical studies have shown that about 25% of cancer patients suffer from major depression. Physical factors, such as chemotherapy, radiation, and some medications, like Steroid, pain, general decline of physical health, and the need for continuing current treatments play an important role in the depression of cancer patients. Therefore, the purpose of this study was to determine the effectiveness of existential and reality group therapy in treating depression in women who undergo mastectomy.

Materials and Methods

A semi-experimental trial of pretest and posttest was carried out on two experimental and one control groups. The sample of this study included 24 women who had undergone mastectomy. Participants were assessed by DASS-21. Data was analyzed using ANCOVA.

Results

Comparing with the control group, existential group therapy and reality group therapy both were significantly effective in treating depression in women who had undergone mastectomy, but there were no significant difference between these two approaches.

Conclusion

Existential group therapy and reality group therapy are effective in treating depression of women who undergo mastectomy, and there is no significant difference between these two approaches.

Keywords: Existential Group Therapy, Reality Group Therapy, Depression, Mastectomy, Breast Cancer, DASS-21

¹Corresponding author: MA. In clinical psychology, Ferdowsi University of Mashhad ()

²PhD. in clinical psychology, Assistant Professor, Department of Clinical Psychology, Faculty of Education and Psychology, Ferdowsi University of Mashhad ()

³PhD. in clinical psychology, Assistant Professor, Department of Clinical Psychology, Faculty of Education and Psychology, Ferdowsi University of Mashhad ()

⁴Cancer Research Center, Omid Hospital, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran