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The Effectiveness of Existential Group Therapy and Reality Group Therapy in Treating the Problem of Body Image in Women Who Undergo Mastectomy

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Objective(s)
Breast cancer is the most common cancer among women. Recently, some evidence suggests that body image plays an important role in psychological functions of breast cancer patients. Therefore, the purpose of this study was to determine the effectiveness of existential and reality group therapy in treating the problem of body image in women who undergo mastectomy.

Materials and Methods
A semi-experimental trial of pretest and posttest was carried out on two experimental and control groups. The sample of this study included 24 women who had undergone mastectomy. Participants were assessed by Multidimensional Body-Self Relations Questionnaire (MBSRQ). Data were analyzed using MANCOVA.

Results
Comparing with the reality group therapy and control group, existential group therapy was significantly effective in treating the problem of body image in women who had undergone mastectomy.

Conclusion
In contrast to reality group therapy, Existential group therapy is effective in treating the problem of body image in women who undergo mastectomy.

Keywords: Existential Group Therapy, Body Image, Breast cancer

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