

Needs for psychological support to women with breast cancer

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Breast cancer takes the second place in prevalence all malignant tumors and is one of the most common cancer diseases in women. The fact of the presence of this pathology is considered by many researchers as "ultra-strong stress", "a special type of mental trauma from the category of ultra-strong mental stimuli", "double psychic trauma" - the presence of cancer and the need to remove the mammary gland. This indicates to importance of psychological support in the management of this pathology, in addition to providing inpatient medical care.

Purpose: to study the need for psychological support to women with breast cancer.

Materials and methods: from December 2018 to February 2019, 380 women with breast cancer were questioned in Gomel health organizations, which provide medical care at inpatient and outpatient settings. For the questionnaire, we used a questionnaire on the scale C.D. Spielberg, Yu.L. Khanin for self-assessment of the level of anxiety and the questionnaire proposed in the Validation of the Japanese Society for Surgery of the Hand version of the Disability of the Arm, Shoulder, and Hand study, conducted in Japan in 2007. Statistical processing was carried out in the program "Statistica" 10.0. (Me (q1; q3), Mann-Whitney test).

Results: low level of anxiety was not observed in any woman who had undergone surgical or combined treatment for breast cancer, while the highest anxiety rates were noted among women who had from 6 months to 1-year period from the surgery to the moment of the survey. The level of anxiety varies depending on the amount of surgical intervention performed: with mastectomy, anxiety exceeds normal values. The indicators of situational and personal anxiety in women with breast cancer are increasing with age. 56.2% of women believe that they need psychological testing, while 56% of women turned to psychologists on their own, and after self-treatment, the level of anxiety remained high. After rehabilitation, women with breast cancer still having a high level of anxiety. Based on the obtained results, it can be concluded that it is necessary: to develop measures to provide psychological rehabilitation after treatment; to conduct psychological testing after surgical treatment; to develop a comprehensive program of psychological rehabilitation for women with breast cancer at all stages of treatment.