

Effect of Buddhist Group Therapy on Anxiety and Depression in Breast Cancer Patient Treating with Radiation Therapy

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Background:

Breast cancer patients are not only physical problem from the disease but also, psychological symptoms of anxiety and depression are commonly reported by women with treated breast cancer. Consequently it could effect on quality of life both of patients and family and high cost in health care system. The purpose quasi-experimental research was to compare the different mean scores of mindfulness, anxiety and depression of breast cancer patients before and after participating in Buddhist Group Therapy. Longitudinal follow up effects were measured at 1st and 2nd month. Mean scores of those 3 variables were compared between Buddhist Group Therapy and control group

Method:

There were 16 breast cancer patients, stage II and III, who receiving radiation therapy that was recruited purposively. The subjects were divided into two groups, experimental (n=8) and control group (n=8). Data were collected by using 2 questionnaires including the Mindfulness Attention Awareness Scale (MAAS) and Thai Hospital Anxiety and Depression questionnaire (Thai HAD). The internal consistency of two questionnaires (Cronbach' alpha) were .90 and .96 respectively. Data were analyzed by using repeated measure ANOVA and tested the different within groups by multiple comparison tests.

Results:

There was a statistically significant difference between mean scores before and after the Buddhist Group Therapy of the mindfulness scores in all 3 times measuring; immediately at the end, the 1st and 2nd month ($p < .05$). There was a statistically significant difference mean scores of anxiety and depression decreased in all 3 times measuring as well ($p < .05$). Moreover, patients in the experimental group had higher level of mindfulness than those in the control group while the anxiety and depression scores were lower than the control group ($p < .05$).

Conclusions:

The results of this study suggest that, Buddhist Group Therapy may reduce depression and anxiety in breast cancer who receiving radiation therapy so that nurses may apply this therapy in breast cancer patients. Depression will be released as a result.

Key word: Breast Cancer, Anxiety, Depression, Buddhist Therapy