

EFFECT OF GROUP COUNSELING FOR THE EMPOWERMENT OF MENTAL HEALTH ON RESILIENCE IN CANCER PATIENT

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Background: The emotional impact of cancer diagnosis that patients may feel shock, disbelief, fear, anxiety, guilt, sadness, grief, depression, and anger. Each person may have some or all of these feelings, and each will handle them in a different way. Group counseling may help patients for emotional coping. The purpose of this quasi experimental research was to evaluate the effect of group counseling for resilience in cancer patients.

Methods: We conducted the quasi experiment design of 20 cancer patients whom were treated with radio therapy between May to July 2011. The participants were divided into 2 groups, 10 for control and 10 intervention groups. Participants in the intervention were attended group counseling for twice a week in 4 weeks, and each 60-90 minutes per time. Participants in the control group were offered no interventions and received their usual medical care. The questionnaire used for data collection included personal information, Resilience scale, and group counseling evaluation. The independent t-test and pair t-test were employed to analyze the data.

Results: There was a statistically significant difference the mean score of Resilience between the intervention group and control group ($p<0.05$), and there was a statistically significant difference the mean score of Resilience between before and after intervention in the intervention group ($p<0.05$).

Conclusion: The findings suggest that group counseling could resilience cancer patients for emotional coping that clinician may apply for helping cancer patients.

Research Implications: The result of this study show the program can be applied for empowerment of mental health crisis in patients with other chronic disease.

Clinical Implications: Normal score standard of resilience from the Department of Mental Health, Thailand is 55-69 points. The results of this study showed that the experimental group was 69.80 point, that higher than standard. When testing the difference between the control group and the experimental group was found to have a mean score difference 19.5 point, which is statistically significant (p -value <0.05).

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