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Original Research Article

Psychological Factors Affecting Quality of Life of Postoperative Breast Cancer Patients

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ABSTRACT

Mastectomy is a surgical procedure that can adversely affect mental health aspects and even quality of life (OOL) of patients. However, more research is needed to address this issue. This study hence aimed to investigate the psychological factors affecting OOL of breast cancer patients after mastectomy. This descriptive correlational study was conducted on 360 women (180 healthy women in the control group and 180 mastectomized women in the case group) at hospitals affiliated to Tabriz University of Medical Sciences (TUOMS) from 2018 to 2020. The participants were selected using convenience sampling and the data were collected using the Beck Anxiety Inventory, the Beck Hopelessness Scale, the Beck Depression Inventory, the Eysenck Personality Inventory (EPI), and the SF-36 Quality of Life Questionnaire. Finally, the data were statistically analyzed using descriptive and inferential statistical tests. The results showed that the mastectomized patients (the case group) experienced higher levels of anxiety, hopelessness, and depression and poorer personality traits compared to the normal women (the control group). As a result, QOL was lower in mastectomized patients than in the control group. The study findings suggested higher prevalence of mental illnesses among the mastectomized women because they experienced higher levels of anxiety, hopelessness, and depression and exhibited much poorer personality traits. All these variables reduced the QOL of such women.

Keywords: Quality of Life; Depression; Mastectomy; Psyche .