



# RESILIENCE AND POST-TRAUMATIC GROWTH AMONG CANCER PATIENTS IN TURKEY

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## ABSTRACT

**Introduction:** Psychological resilience refers to individual's capacity to overcome adverse situations and ability to adapt into new condition. Post traumatic growth defined as positive changes as a results of the struggle with highly challenging life events. Cancer diagnosis and disease process can cause intensive stress in person since it is perceived as life threatening illness.

**Objectives:** The aim of this study was to determine the status of resilience and post-Traumatic Growth of cancer patients.

**Methods:** The study has been conducted at a university hospital ambulatory treatment center of medical oncology department. Sample included the patients with cancer over 18 years, has received at least one course of chemotherapy and volunteer to participate. We have reached 112 responses and aimed to complete with 200 patients. In data collection Turkish version of the Resilience Scale for Adults and Post-Traumatic Growth Inventory were used.

**Results:** The mean age of the participants were  $56.45 \pm 11.72$ . Majority of them were women (78.6%), married (71.4%), 29.5% of them high school graduates. Almost half of the patients (44.6%) have diagnosed with gynecologic cancers. Resilience scale mean was  $132.34 \pm 18.74$  and  $64.33 \pm 19.98$  for Post-Traumatic Growth Inventory.

**Conclusions:** Compared to the current literature, our preliminary results showed that patient reported resilience and post-traumatic growth were high among this sample.

## METHODS

**Type of Research**  
Descriptive

**Setting**  
University hospital  
ambulatory treatment  
center of medical  
oncology department

**Sample**  
112 patients with cancer over 18 years, has received at least one course of chemotherapy and volunteer to participate were included.

### DATA COLLECTION

**Demographic Form**

**Post-Traumatic Growth Inventory (PTGI);**  
Tedeschi & Calhoun, 1996)

It's a 21 item questionnaire with three dimension in Turkish version (Kagan et al, 2012).

**Resilience Scale for Adults (RSA; Friborg et al., 2003)**

It is a 33-item self-report scale for measuring protective resilience factors among adults with 6 dimensions; validated into Turkish by Basim & Cetin (2011).

## RESULTS

### Sample Characteristics

The mean age was  $56.45 \pm 11.72$  (range: 24 and 88 years) Majority of them were women (78.6%), married (71.4%), primary school graduates with diagnosis of gynecologic (44.6%) and breast (24.1%) cancers; 52.7% had comorbid diseases. 69.6 % of them had surgery and 31.3% received radiotherapy.

### Mean Scores From RSA and PTGI dimensions

Resilience Scale for Adults	Mean $\pm$ SD	Min	Max
	132.34 $\pm$ 18.74	90	161
Perception of Self	24.52 $\pm$ 4.59	11	30
Perception of Future	15.54 $\pm$ 3.63	7	20
Structural Style	15.20 $\pm$ 3.24	7	20
Social Competence	24.46 $\pm$ 4.69	13	30
Family Cohesion	23.77 $\pm$ 4.56	13	30
Social Resources	28.82 $\pm$ 4.93	14	31
Post-Traumatic Growth Inventory	Mean $\pm$ SD	Min	Max
	64.33 $\pm$ 19.98	17	104
Changes in Self-Perception	32.29 $\pm$ 10.64	8	50
Changes in Philosophy of Life	17.16 $\pm$ 6.43	1	30
Changes in Relationship with Others	14.87 $\pm$ 5.04	0	25

The highest score is taken from social resources, the lowest score is from structural style dimension in the resilience scale.

The highest score among the sub-dimensions was "Change in Perception of Self" and the lowest score was "Change in Relationships with Others" in the Post-Traumatic Growth Inventory.

They were no statistically significant associations between demographics and scale scores but it has been found statistically significant associations between diagnosis and comorbidities with the total resiliency scores and its perception of self and social resources dimensions scores.

There is a positive correlation between Resiliency Scale and Post Traumatic Growth Inventory.

## CONCLUSIONS

Compared to the current literature, our preliminary results showed that patient reported resilience and post-traumatic growth were high among this sample.

Future studies are needed to better understand the associations of resilience and post-traumatic growth.

## REFERENCES

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