

THE EFFECT OF SELF-COMPASSION, SPOUSAL SUPPORT AND SELECTED FACTORS ON PSYCHOLOGICAL WELL-BEING IN WOMEN WITH BREAST CANCER

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Aim

This study investigated the positive effects of self-compassion, spousal support and selected factors on the psychology of women diagnosed with breast cancer.

Method

Data were collected face-to-face using a general characteristics form, The Self- Compassion Scale- Short Form, The Spousal Support Scale and The Psychological Well- Being Scale. Shapiro-Wilk test, number, percentage, mean, correlation and regression analysis were used to evaluate the data.

Results

The mean age of the women participating in the study was 44.97 ± 11.12 (min-max: 21-84) years, 23.5% had a diagnosis of Stage I breast cancer, 52% had breast-preserving surgery, and 35% had reconstruction performed after breast cancer surgery. The mean Spousal Support Scale score of the women was 64.63 ± 14.80 ; the mean Self-Compassion Scale score was 35.56 ± 7.37 ; the mean score of psychological well-being was 41.01 ± 14.06 .

A significant, positive relation was found between self-compassion and psychological well-being scores of the women diagnosed with breast cancer ($p < 0.05$), but there was no significant relation between spousal support and psychological well-being scores ($p > 0.05$).

While the education level of the patients and the status of undergoing reconstruction operation after breast cancer surgery significantly affected their psychological well-being ($p < 0.05$), other variables were found to have no effect on their psychological well-being levels ($p > 0.05$).

Conclusion

In this study, the women diagnosed as breast cancer were found to have moderate levels of self-compassion and higher than moderate levels of spousal support and psychological wellbeing. The women having a high education level and a high self- compassion level and undergoing reconstruction had a significantly high level of psychological wellbeing.