

# EVIDENCE BASED IMPACT OF A HOLISTIC APPROACH ON QUALITY OF LIFE AMONG CANCER PATIENTS - THE DAR ZHOR MODEL FROM MOROCCO

## Prof. WASSILA BENKIRANE, PHD

Sidi Mohamed Ben Abdellah University, Faculty of Letters and Human Sciences Dhar El Mehraz, Department of Sociology, Fez-Morocco

### Introduction

Morocco's National Cancer Prevention and Control Plan (2020-2029) has created favorable conditions for developing supportive cancer care, though its integration into standard treatments remains limited.

This study evaluated the impact of supportive care services provided by Dar Zhor, a pioneering Moroccan patient's association offering an integrated program of 41 supportive care activities.

### Methods

Our quantitative study conducted in February 2025 examined 164 cancer patients who benefited from Dar Zhor's services.

The sample includes all beneficiaries of Dar Zhor (2024-2025) who agreed to participate in the survey.

The survey instrument, adapted from the PhenX Toolkit (SCNS-SF34) to align with both Moroccan cultural context and the association's specific activities, measured the perception before-and-after changes across five key domains: physical health, mental health, nutrition, body image, and social relationships.

The study was conducted with formal ethics approval (Protocol 01/25) from Casablanca's Faculty of Medicine.

	Items	Anxiety	Depression	Sadness	Fear of cancer recurrence	Fear of treatment	Financial fear	Uncertainty about the future of children/ family members	Concern about intimate relationship	Fear of the gaze of the other	Feelings of loneliness and isolation	Thanatophobia/ fear of death
Before supportive care	Not at all	3	9	5	26	26	22	27	89	61	38	40
	Slightly	12	29	15	24	36	30	15	19	32	25	21
	Moderately	17	30	34	20	24	28	25	20	29	34	30
	Very	39	33	38	32	22	19	16	20	12	23	25
	Extremely	93	63	72	62	56	65	81	16	30	44	48
After supportive care	Not at all	17	35	31	39	46	32	44	102	80	61	59
	Slightly	66	82	73	44	59	38	29	21	49	47	43
	Moderately	54	30	41	37	35	29	34	20	21	34	46
	Very	22	14	18	21	12	16	23	11	8	11	10
	Extremely	5	3	1	23	12	49	34	10	6	11	6

Figure 1. The evolution of psychosocial profiles after implementing supportive care interventions

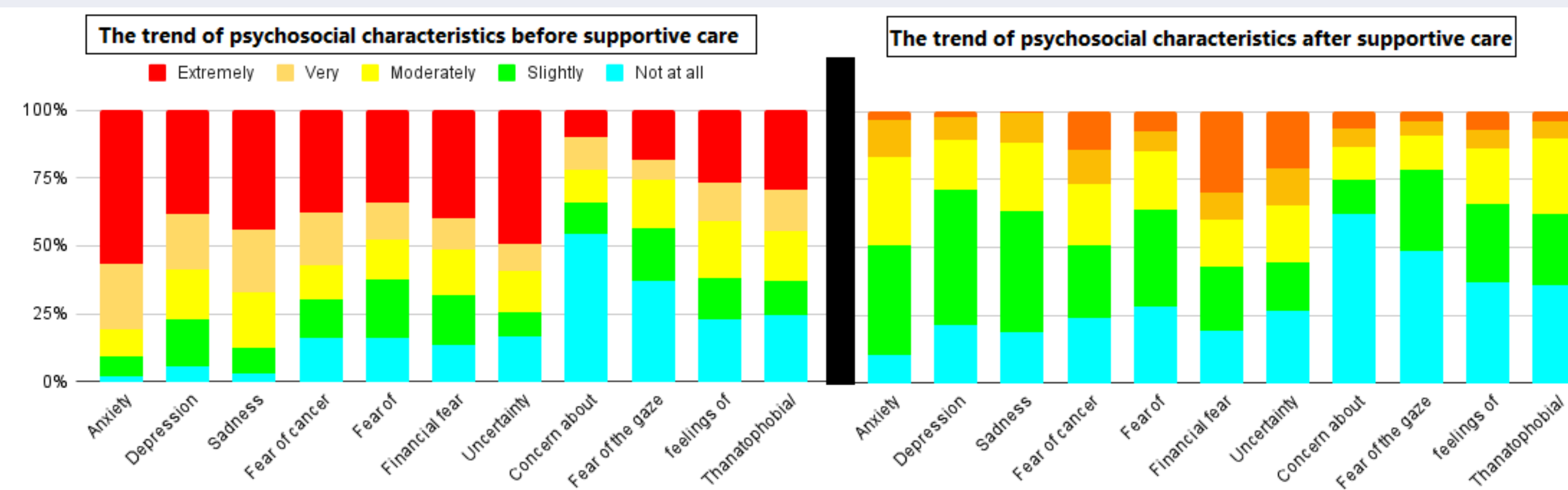


Figure 2. The trend of psychosocial characteristics before and after supportive care

### Results

The most important improvements occurred in psychological domains like these evolutions: extreme anxiety decreased from 93 to 5 patients, extreme depression from 63 to 3, as we observe in the table.

The success appears linked to the program's comprehensive nature. Beneficiaries accessed between 4-21 different activities (average: 10), like yoga (11%), psychological support (10%), laughter yoga (8%), nutrition counseling (7%), and Reiki (6%) being most integrated.

Results revealed a remarkable transformation in quality of life, with 93.3% of beneficiaries reporting improvement after interventions compared to 71.4% reporting deterioration beforehand.

This integrative approach produced synergistic effects that exceeded outcomes from single-modality interventions documented in previous studies.

### Discussion

The findings strongly suggest that personalized, multi-modal supportive care should be considered an essential component of cancer treatment protocols.

This holistic approach addresses multiple patient needs simultaneously, enhancing quality of life during cancer treatment and shifting from purely medical care to comprehensive support that respects patients' whole-person experience.

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