

Survey Situation of Mental Health of Pregnancy Women with Breast Cancer: A Systematic Review Study

Shadi Goli ^{1*}, Nasim Khademi ², Farzaneh Rahimi ³

Abstract

Introduction: Physiologic changes related to the pregnancy and the fetus are the most important diagnostic and therapeutic challenges in pregnant women. The signs and the symptoms of the pregnancy can mask breast cancer in a pregnant woman and lead to late cancer diagnosis. In addition, concerning fetus safety, there are many limitations and contraindications for using diagnostic and therapeutic methods during pregnancy. We decided to conduct a systematic review study titled "Mental health examination of pregnant women with breast cancer" so that by examining this issue and emphasizing it more, we can reduce this mental burden.

Materials and Methods : A systematic review was conducted on the English and Persian documents published throughout a 10- year period (2013–2023) in PubMed/Medline, Science Direct, Web of Science and Google scholar databases.

Results : A pregnant woman struggles with physical and mental problems caused by hormonal changes during her pregnancy. Now, if cancer is added to these difficult conditions, the pregnant woman will suffer a lot of psychological burden. many pregnant women with breast cancer, fear and anxiety were reported about the possible consequences of the disease, and in women who were diagnosed with this disease for the first time during pregnancy, the fear of death and orphaning their children was expressed. Also, the feeling of vulnerability, shock and confusion, inability to think correctly and take appropriate action were seen in these women. These women have to make very emotional decisions that disrupt their expectations about pregnancy and motherhood. It has been noted that breast cancer treatment poses a threat to women's gender identity as a result of breast loss. Both the roles of "mother" and "patient" entail social obligations, but these obligations may conflict with each other. The researchers found that the parenting abilities of mothers with breast cancer decrease over time. Also, the feeling of frustration and failure becomes apparent as the child grows up and his care duties increase.

Conclusion: Increasing the quality of life and preventing and reducing mental illnesses are important goals of the mental health of pregnant women. health workers are expected to be able to improve the knowledge and attitude of pregnant women in this field in order to reduce the worries of pregnant women.

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- 1-Nursing and Midwifery Science Development Research Center, Najafabad branch, Islamic Azad University, Najafabad, Iran. (Email: shadi_goli@yahoo.com)
2- Nursing and Midwifery Science Development Research Center, Najafabad branch, Islamic Azad University, Najafabad, Iran.
3- Nursing and Midwifery Science Development Research Center, Najafabad branch, Islamic Azad University, Najafabad, Iran.

