



Investigating the mental health of women with breast cancer

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Abstract

Mental health or mental health means the presence of psychological well-being or the absence of mental illness. A state of mental health refers to someone whose functioning is "at an acceptable level of emotional and behavioral regulation." From the point of view of psychology, mental health includes a person's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. According to the World Health Organization (WHO), mental health includes "mental well-being, perceived self-efficacy, autonomy, empowerment, intergenerational dependence, and self-actualization of one's intellectual and emotional abilities, as well as others." Cultural differences, subjective assessments, and various expert theories all influence how "mental health" is defined. Good mental health can improve quality of life, while poor mental health can make it worse. In general, the stages of diagnosis and treatment of any chronic disease can be the source of social and psychological pressures. Breast cancer is one of the most common chronic medical diseases that affects almost every 10 women during their lifetime. Therefore, women with breast cancer are among a group of patients who are exposed to various social and psychological pressures. Approximately 25-50% of women with breast cancer experience repeated stress-related problems. They have to deal with things like how to treat others (answering their questions and concerns about the disease), the shock of the diagnosis and its associated consequences (eg death, loneliness, pain) and worry about the results of the treatment.

Key word: Mental health, psychological factors, women, breast cancer.