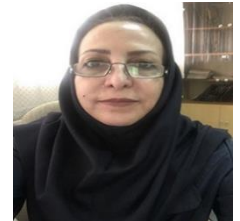


## *The Effect of Family-Based Intervention on Quality of Life and Sense of Cohesion in Women with Breast Cancer*

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**Introduction:** Survival in patients with cancer has increased in recent years with the advancement of early detection tools, medications and therapies. This has made the importance of supportive cares for patients more important than ever. These cares focus on the health and well-being of patients and do not emphasize disease-causing factors. One of the most effective steps to improve the quality of life for patients is to pay attention to their cohesion. A sense of cohesion reflects one's life vision and ability to respond to critical and stressful situations. In recent years, special attention has been paid to improving the sense of cohesion and consequently the quality of life of patients. Various interventions such as family-based group therapy and peer group, are among these interventions. The purpose of this study was to compare the cohesion, quality of life and the relationship between these two factors in two groups of women.

**Material & Methods:** Study participants were selected from women aged 18-65 years with stage 3 and higher of breast cancer referred to the Cancer Center in Isfahan. 80 patients after taking informed consent were randomly assigned to family based and self-care intervention groups. BR23 quality of life questionnaire (range of 23 to 92) and Antonovski SOC13 sense of cohesion (range 13 to 91) were applied. Validity and reliability of questionnaires were approved in Persian language. The status of patients was assessed before and after intervention.

**Results:** The mean age of patients was  $45.47 \pm 7.9$ . The mean score of quality of life and sense of cohesion in family focused group were  $60.4 \pm 10.7$  and  $50.3 \pm 13.3$  and in peer group were  $59.3 \pm 8.4$  and  $51.7 \pm 9.6$ , respectively. ( $p > 0.05$ ). After intervention, in family focused group, it was  $66.7 \pm 6.05$  and  $61.3 \pm 12.9$ . In peer group intervention  $62.2 \pm 5.9$  and  $55.8 \pm 9.3$ . The scores of qualities of life and sense of cohesion increased in both groups after intervention but it was remarkable in family-based group.

**Conclusion:** The results of this study showed that, patients with cancer need, family and peer support, to find out meaning of life, to understand the nature of disease, and to be able to improve their quality of life.

**KEYWORDS:** Breast cancer - Sense of cohesion - Quality of life - Family-based intervention

### *Biography:*

Ziba has completed her specialty from Isfahan University. She is the Head of the Department of Community & Family Medicine and vice-chancellor of research of Medicine faculty in Isfahan /Iran. She has published more than 100 papers in international journals and has been serving as an editorial board member of reputed journals.

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