

Effectiveness of Psycho-educational Nursing Program on Emotional Distress and Mental Adjustment in Women with Breast Cancer

ABSTRACT

Background: Emotional distress in Breast cancer patients may interfere with the ability to cope effectively with breast cancer, its physical symptoms and its treatment. This in turn causes significant increase in psychiatric morbidity leading to poor adjustment in the patients. **Aim of the study:** This study aimed to develop and evaluate the effectiveness of the psycho-educational program on emotional distress and improving mental adjustment among women with Breast Cancer. **Sample:** This study used a convenient sample of 50 adult women diagnosed with breast cancer. **Setting:** This study was conducted at the outpatient department of the clinical oncology center at the Nasser Institute Hospital **Tools for data collection:** data were collected by using four tools: structured interview questionnaire sheet, the Hospital Anxiety and Depression Scale (HADS), the Rosenberg self-esteem scale (RSES) and the Mini-Mental Adjustment to Cancer Scale (Mini-MAC). **Results:** The result revealed improvement in anxiety and depression of the studied subjects in pre test-post test with positive statistically significant differences. There is a statistically significant increase in the total mean scores of the self esteem among the studied women after participation in the psycho-educational program. The results of the current study revealed that highly statistically significant differences were found in all the mental adjustment subscales among the studied women at pre and post the psycho-educational program. **Conclusion:** The psycho-educational intervention program may have a useful effect in reducing emotional distress for women with breast cancer improve their mental adjustment. **The study recommended** that established educational seminar for health care providers, mental health nurses, and graduated nurses and under graduated students about utilization of psycho-educational intervention programs for those patients with breast cancer.

Key words: *Breast Cancer, Emotional Distress, Mental Adjustment, Psychoeducation, Nursing, Benha.*

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