عنوان فارسی مقاله:
اثر درمان رفتار-شناسی بر کیفیت زندگی و عزت نفس زنان مبتلا به سرطان سینه

عنوان انگلیسی مقاله:
The influence of cognitive-behaviour therapy on quality of life and self-esteem in women suffering from breast cancer

توجه!
این فایل تنها قسمتی از ترجمه می‌باشد. برای تهیه مقاله ترجمه شده کامل با فرمت وی‌وی‌ایش همراه با نسخه انگلیسی مقاله، اینجا کلیک کنید.
CONCLUSIONS

On the basis of the presented results a conclusion can be drawn that psychotherapy may become a valuable addition to standard oncological treatment. It seems especially significant when a patient awaits medical procedures or when causal treatment is not possible. By reducing the intensification of somatic and psychic symptoms, psychotherapy may also contribute to diminishing the number of medications used by a patient and eventually to lowering costs of pharmacological treatment. The most essential aspect of cognitive-behaviour therapy is that it includes the patients in the treatment process, which increases the women’s sense of their own value and the sense of control while suffering from cancer disease.

In view of the above it seems proper that psychotherapeutic groups should be formed at oncological centres and that first of all physicians should inform their patients about the possibility and usefulness of cognitive-behaviour therapy even when symptoms of mental disorders have not been observed.