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عنوان

بررسی تأثیر مشاوره گروهی کاهش استرس مبتنی بر ذهن آگاهی بر  
واکنش‌های روان شناختی و برخی فاکتورهای التهابی زنان مبتلا به  
سرطان پستان مراجعه کننده به مطب ها و مراکز درمانی دانشگاه علوم

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## چکیده

مقدمه و اهداف: سرطان پستان میان زنان شایع ترین و تاثیرگذارترین سرطان از نظر عاطفی و روانی است که باعث کاهش کیفیت زندگی، عدم تمایل به ادامه درمان و پیشرفت روند بیماری می شود؛ لذا پژوهشی با هدف تعیین تاثیر ذهن آگاهی بر واکنش‌های روان شناختی از قبیل استرس، اضطراب، افسردگی و تست های آزمایشگاهی شامل کورتیزول و CRP در زنان مبتلا به سرطان پستان انجام شد.

روش‌ها: این تحقیق از نوع کارآزمایی بالینی است که شرکت کنندگان با روش نمونه گیری در دسترس انتخاب و با استفاده از جدول اعداد تصادفی در دو گروه کنترل (۲۲ نفر) و مداخله (۲۲ نفر) قرار گرفتند. گروه مداخله به مدت هشت هفته و هر هفته یک جلسه تحت مشاوره گروهی کاهش استرس مبتنی بر ذهن آگاهی قرار گرفتند. قبل و بلافاصله بعد از مداخله پرسشنامه های افسردگی بک-II، اضطراب بک و مقیاس استرس ادراک شده توسط شرکت کنندگان تکمیل شده و نمونه خون جهت آزمایشات کورتیزول و پروتئین سی از ایشان گرفته شد. داده ها توسط نرم افزار SPSS نسخه ۱۸ مورد تجزیه و تحلیل قرار گرفتند.

یافته‌ها: در زمینه واکنش های روان شناختی، میزان استرس ادراک شده و افسردگی اختلاف امتیازات بین دو گروه مداخله و کنترل، قبل و بعد از مداخله اختلاف معنی داری مشاهده نشد ( $P > 0,05$ ). در حالیکه این اختلاف امتیاز در مورد میزان اضطراب بین دو گروه، قبل و بعد از مداخله، معنادار بود ( $P < 0,01$ ). ضمن اینکه از نظر CRP و کورتیزول نیز اختلاف قابل توجهی بین دو گروه، قبل و بعد از مداخله یافت نشد ( $P = 0,18$ ).

بحث و نتیجه‌گیری: با توجه به اینکه مداخله ذهن آگاهی مبتنی بر کاهش استرس از بین واکنش های روان شناختی تنها بر اضطراب زنان مبتلا به سرطان پستان موثر بوده است و بر کورتیزول و CRP نیز تاثیری نداشته است. به نظر می رسد با توجه به مشکلات متعدد جسمی و روانی که این بیماران تحمل می‌کنند شاید لازم باشد در خصوص تغییر در نوع و کیفیت مداخلات روان شناختی همراه با حمایت های همه جانبه با توجه به نیازسنجی در این بیماران برنامه ریزی‌های لازم صورت گیرد.

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## Abstract

**Background and objectives:** Breast cancer is the most common and affective cancer among women, affecting the quality of life, unwillingness to continue treatment and progression of the disease process. The purpose of this study was to investigate the effect of mindfulness on psychological reactions such as stress, anxiety, depression and laboratory tests including cortisol and C-reactive protein (CRP) in women with breast cancer.

**Methods:** This clinical trial study is available through sampling. 44 Participants were randomly divided into two groups (control and intervention) using random number table. The intervention group underwent mindfulness-based stress reduction therapy for eight weeks (one session each week). They completed pre- and post- test of Beck Depression Inventory-2, Beck Anxiety Inventory and Perceived Stress Scale were completed by participants and blood samples were taken for cortisol and C-protein assays. The data were analyzed by SPSS 18 software.

**Results:** There was no significant difference in psychological reactions, perceived stress and depression scores between the intervention and control groups before and after the intervention ( $P=0/15$ ). However, this difference was significant for anxiety level between the two groups before and after the intervention ( $P < 0.001$ ). there was no significant difference between the mean CRP and cortisol before and after the intervention ( $P = 0.18$ ).

Cunclusion: Conclusion: Considering that MBSR intervention was only effective on anxiety of women with breast cancer, it did not affect cortisol and CRP. It seems that due to the numerous physical and psychological problems that these patients endure, it may be necessary to plan for changes in the type and quality of psychological interventions along with comprehensive support with regard to need assessment in these patients.

Keywords: Psychological Reactions, Stress, Depression, Anxiety, Breast Cancer, Mindfulness-Based Stress Reduction, Inflammatory Factors, Cortisol, CRP



دانشگاه علوم پزشکی کرمان  
تحصیلات تکمیلی دانشگاه

بسمه تعالی  
صور تجلسه دفاع از پایان نامه

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پیوست.....

جلسه دفاعیه پایان نامه خانم معطره میرمحمودی بهراسمان دانشجوی کارشناسی ارشد پرستاری مراقبت های ویژه ورودی ۹۵ تحت عنوان " بررسی تأثیر مشاوره گروهی کاهش استرس مبتنی بر ذهن آگاهی بر واکنش های روان شناختی و برخی فاکتورهای التهابی زنان مبتلا به سرطان پستان مراجعه کننده به مطب ها ومراکز درمانی دانشگاه علوم پزشکی کرمان در سال ۱۳۹۷ " به راهنمایی دکتر مه لقا دهقان و دکتر پروین منگلپان در ساعت ۱۲ روز دوشنبه مورخ ۱۳۹۸/۱۱/۲۸ با حضور اعضای محترم هیات داوران متشکل از:

سمت	نام و نام خانوادگی	امضاء
الف : اساتید راهنما	دکتر مه لقا دهقان دکتر پروین منگلپان	
ب : استاد مشاور	دکتر عاطفه احمدی	
ج : عضو هیات داوران (داخلی)	دکتر ندا اسدی	
د : عضو هیات داوران (خارجی)	دکتر صدیقه ایرامنش	
ه : نماینده تحصیلات تکمیلی	دکتر جمیله فرخ زادپان	

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۸/۸۷ مورد تأیید قرار گرفت.

دکتر فیروزه میرزایی دایر  
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