

Research Article

Psychosocial Adjustment to Illness and Its Relationship with Spiritual Wellbeing in Iranian Cancer Patients

Mojtaba Senmar ¹, Elham Hasannia ¹, Atiyeh Moeinoddin ¹, Shaghayegh Lotfi ¹,
Faezeh Hamedei ¹, Mahnaz Habibi ¹, Sajad Noorian ², and Hossein Rafiei ³

¹Student Research Committee, Qazvin University of Medical Sciences, Qazvin, Iran

²Department of Statistics, Faculty of Science, University of Qom, Qom, Iran

³Social Determinants of Health Research Center, Research Institute for Prevention of Non-Communicable Diseases, Qazvin University of Medical Sciences, Qazvin, Iran

Correspondence should be addressed to Hossein Rafiei; hosseinr21@gmail.com

Received 31 January 2020; Accepted 16 June 2020; Published 16 July 2020

Academic Editor: Mehmet Artac

Copyright © 2020 Mojtaba Senmar et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Background. The aim of this study was to investigate the psychosocial adjustment to illness and its relation with spiritual health in cancer patients. **Methods.** This study was conducted in 2019 in Iran. It was a descriptive study with a sample of 124 cancer patients. Data were collected using two questionnaires of the psychosocial adjustment to illness scale (PAIS) with 46 questions and the Paloutzian and Ellison spiritual health scale with 20 questions. **Results.** The mean age of the participants in this study was 52.4 ± 13.2 (range 18 to 87 years). The mean months of life with cancer were 16.5 months. The mean score of psychosocial adjustment to illness was 30.7 ± 15.5 . The mean score of spiritual wellbeing in the studied patients was 71.4 ± 17.1 . The results of the Pearson correlation test showed a significant inverse relationship between the mean score of psychosocial adjustment to illness and the mean score of spiritual wellbeing ($p > 0.001$, $rr = -.355$). **Conclusion.** Cancer patients in this study had relatively good psychosocial adjustment with their illness. Spiritual wellbeing can increase psychosocial adjustment to illness in this group of patients.

1. Introduction

Studies estimate that there are about 18.1 million new cancer cases worldwide in 2018 that caused 9.6 million deaths this year [1]. Cancer usually needs severe and prolonged treatment and can encounter patients with mental and physical crises [2]. Therefore, in patients with cancer, psychosocial adjustment to illness is important [3]. Cancer adaptation continues from the cancer diagnosis to the end of treatment [4]. Inappropriate psychosocial adjustment to illness in cancer patients can lead to several complications such as poorer health outcomes, reduced adherence to treatment, and disease-related care [5].

Given the importance of the subject, previous studies were interested in examining psychosocial adjustment to illness among cancer patients. In a study in 2017, researchers

examined the psychosocial adjustment to illness among breast cancer patients. The results of that study showed that women with breast cancer had a low level of psychosocial adjustment to illness [3]. In another study in this regard, Taghadosi et al. examined the psychosocial adjustment to illness among 260 cancer patients. Results of the Taghadosi et al. study showed that most patients had a moderate to high level of adaptation to their disease [5]. In another study in 2016 in Nepal, researchers examined the psychosocial adjustment to illness among patients with ostomy using the Ostomy Adjustment Inventory-23. The results of this study showed that this group of patients had a relatively moderate level of psychosocial adjustment to illness [6].

Spiritual care as part of holistic care, in addition to paying attention to the patient's religious beliefs and practices, encompasses other concepts such as belief and faith in self,