

## ORIGINAL ARTICLE

# The Effect of Healthy Lifestyle Promotion Intervention on Quality of Life in Cyclic Mastalgia via Individual Counseling: A Randomized Controlled Clinical Trial

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## ABSTRACT

**Background:** Despite high number of visited cases, there are no certain therapeutic guidelines for mastalgia. Generally pain is associated with poor quality of life in all dimensions. The present study aimed to investigate the effect of healthy lifestyle promotion intervention on the quality of life in cyclic mastalgia.

**Methods:** This study was a randomized controlled trial (RCT) conducted on women suffering from cyclic mastalgia at the age of 20 and older before menopausal age referred to the health centers of Karaj, Iran from September 2017 to August 2018. The participants were randomly assigned to intervention (N=40) and control groups (N=40). Intervention was carried out in two 46-minute sessions and two 90-minute sessions for the intervention group. The quality of life was assessed before and after the intervention in both groups using the World Health Organization Quality of Life-BREF (WHOQOL-BREF). The data were analyzed through SPSS statistical software (version 21) using independent sample t-test, Chi-square, and Paired t-test. Besides,  $P < 0.05$  was considered as statistically significant.

**Results:** Before the intervention, both groups were matched in terms of marital status, educational level, occupation, history of breastfeeding, and mean scores of quality of life ( $P > 0.05$ ). After the intervention, the mean score of life quality in physical, social, environmental, and general health dimensions in the intervention group increased significantly compared to the control group ( $P > 0.001$ ). This difference was not statistically significant in the mental health dimension ( $P = 0.086$ ).

**Conclusion:** The present study indicated that healthy lifestyle promotion intervention could improve the quality of life of women with cyclic mastalgia.

**Trial Registration Number:** IRCT2017100236513N1.

**Keywords:** Breast Pain, Cyclic, Lifestyle, Quality of life

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