

Staying Positive in a Negative situation

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Poster session 5

Staying Positive in a Negative situation: Applying the positive health strategy in preventing distress in lung cancer patients

Author PhD Nijkamp, Marjan, Open University of the Netherlands, Maastricht, Netherlands (Presenting Author)
 Co-author(s) MSc De Graaf, Netty , Albert Schweitzer Hospital, Dordrecht, Netherlands
 Prof. Jacobs, Nele, Open University of the Netherlands, Maastricht, Netherlands
 Topic Resilience

Background

Timely signaling of distress in cancer patients is important. Due to the focus on medical treatment, patients and healthcare providers often overlook other options for leading a higher quality, meaningful life with this critical illness. By shifting the emphasis to resilience and well-being (rather than ill-health), the patient can be empowered and distress may be prevented.

Aims

To compare the Distress Thermometer and the spider-web diagram, a visualization tool that represents patients' assessments of different aspects of their lives.

Method

A quantitative study was carried out among lung cancer patients (n=112) at the Albert Schweitzer hospital in the Netherlands. They all completed the Distress Thermometer as well as the Spider-Web diagram (Dialogue tool 1.0 of the Institute for Positive Health), and a satisfaction questionnaire (min 1 to max 10).

Results

The spider-web does not represent an external norm, it reflects the personal evaluation of the situation. Patients' satisfaction scores of the Spider Web exceeded the distress thermometer (8.0 ± 1.3 vs 6.9 ± 1.2). More specifically, they felt more able to state problems and concerns ($t(-.67)$, $p < 0.05$) and preferred the positive focus ($t(-.50)$, $p < 0.05$).

Conclusion

Satisfaction and preference among patients was in favor of the Spider Web. It is recommended that oncology teams start a conversation about deploying the most appropriate instrument for prevention of distress, preferably aimed at mapping mental well-being and enhancing positive qualities.

Presentation Preference Poster

Additional information Being an assistant professor Health Psychology, I am passionate about the mind body connection in my roles as a teacher, a researcher, (group) moderator and interviewer. For my scientific publications, please check <https://research.ou.nl/>, academia, rebase or researchgate.