

## MY BODY AND MY HEALTH: BREAST CANCER, WELL-BEING AND POSITIVE BODY IMAGE

*Giulia Rosa Policardo (Dipartimento di Scienze della Salute, Università degli Studi di Firenze), Cristian Di Gesto (Università degli Studi di Firenze), Amanda Nerini (Dipartimento della Formazione, Lingue, Intercultura, Letterature e Psicologia, Università degli Studi di Firenze), Camilla Matera (Dipartimento della Formazione, Lingue, Intercultura, Letterature e Psicologia, Università degli Studi di Firenze)*

In Italy, breast cancer survivors are increasing (AIRTUM, 2020). This population reports higher levels of body-image concerns associated with higher psychological distress and lower quality of life (Davis et al., 2020). The purpose of this study is to examine the role of negative and positive body image on well-being and psychological-inflexibility in a sample of breast-cancer-survivors. 114 women who have completed breast-cancer-treatment ( $\pm 5$  years), completed a questionnaire to measure the study variables. Hierarchical regressions and any indirect effects were performed. Functionality-appreciation and body-compassion explain a significant percentage of the variance of well-being (34%) and psychological-inflexibility (50%) of the participants. The indirect effect of body-dissatisfaction on well-being and psychological-inflexibility through body-compassion is significant. The results emphasize the relevance of the positive aspect of body-image on well-being and psychological-inflexibility in a group of breast-cancer-survivors. Functionality-appreciation and body-compassion contribute to determine the health-status of these women and could be included in health-promotion interventions to reduce psychological-distress associated with body-image concerns in breast-cancer-survivors.