

Session P. Psychological and psychosocial aspects

P10 Predictive Features of Resilience in Early Breast Cancer Young Patients : experience in Real Life

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Background: In clinical practice the breast cancer diagnosis represents traumatic event in women life. Despite the early intensive emotional impact, women show different psychological reactions: some patients seem more resilient than others. The resilience is defined as: no evidence of protracted psychological or somatic distress in the 12 months following treatment completion. Aim of the study was to examine the resilience in young patients with diagnosis of early breast cancer.

Material and methods: The study was conducted on 54 young breast cancer patients (mean age 45.0 sd 3.9; range 30-50 years). Women were recruited after surgery for early-stage breast cancer but before starting adjuvant treatment. Self-reported validated questionnaires assessed were PDI (Psychological Distress Inventory), BDI (Beck Depression Scale; Beck, 1967), STAXI (State-Trait Anger Expression Inventory-2; Spielberg, 2002) AND STAI-Y (State-Trait Anxiety Inventory -Y; Spielberg, 2002) at baseline, during adjuvant endocrine therapy or at the end of adjuvant treatment during follow-up.

Results: Among 54 evaluated women, 31.4% presented no signs of psychological distress, 24.0% mild distress, 16.6% moderate distress and 27.7% severe distress. High level of distress was associated with high level of anxiety and angry ($F = (9,112) = 4.49$; $p0 < 0.001$); depression condition wasn't relevant. Life factors (as education, marital status, maternity and occupation) and typology and/or timing treatments variables did not correlate with the psychological distress.

Conclusion: Our data confirm no predictive outcomes of clinical or treatment variables; patient's resilience to breast cancer diagnosis is a predictive factor related more to emotional features than to any other examined variable. Our results suggest the strong influence of internal positive adaptation during the stressing life events. More, the major compliance to pharmacological treatments seems to be related to a positive psychological condition of patient, strongly associated to an exhaustive communication by the medical staff in the early phases of the care process.