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**THE EFFECTIVENESS OF POSITIVE PSYCHOTHERAPY ON THE EMOTION
REGULATION OF PATIENTS WITH BREAST CANCER**

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ABSTRACT

Depression and anxiety caused by cancer, has decreased positive affect and has reduced the response to pleasant stimuli, difficulty in working or maintaining a positive emotion. This study aims to determine the effectiveness of positive psychotherapy on the emotion regulation of patients with breast cancer. For this purpose, 24 patients with breast cancer in Shohada-e-Tajrish Hospital were selected in 2014 and were tested in terms of emotion regulation questionnaire. The results of analysis of covariance data, showed that positive psychotherapy is effective on the emotion regulation of patients with breast cancer. This treatment can be used as an effective approach to reduce the problems of cancer patients.

Keywords: positive psychotherapy, emotion regulation and cancer

INTRODUCTION

Cancer activates dysfunctional meta- assessment of intrusive thoughts as a sign of
cognitive beliefs and causes negative threat. This assessment, in turn, exacerbate

the negative emotions which is mainly in the form of anxiety and depression symptoms [12], Depression and anxiety caused by cancer, has decreased positive affect and has reduced the response to pleasant stimuli, difficulty in working or maintaining a positive emotion. Depression may be caused by a lack of understanding, emotional understanding and lack of emotional acceptance. Psychological interventions such as positive psychology can help emotion regulation by creating emotions and positive feelings. Positive emotions, in turn, will lead to a faster recovery of negative emotional states, reduction of negative responses, an increase in the ability of modification and it also eliminates adverse and long-term physical effects. Troy and Mauss [13], believe since the stressful events are highly emotional by nature, the ability of individuals to regulate emotions can be a very important factor in determining their resiliency. Many studies confirmed the importance of emotion regulation skills for maintaining mental health [5], Rothenberg & Johnson [10], Werner and Gross, 2010; Braking et al., 2012). Emotion regulation includes the use of behavioral and cognitive strategies to change the duration or intensity of an experienced emotion [7], It was found that people in the face of stressful

events, use a different emotion regulation strategies to correct or adjust their emotional experience [1], [7], Emotion regulation, is considered as one of the basic skills for people with cancer . In the meantime, many effective interventions have been carried out and their useful results were also provided for experts that positive psychotherapy is one of the interventions. Positive psychotherapy believes that treatment achievements should be more than just "no difficulty" or maintaining the current situation. In fact, the positive psychology uses techniques that leads to happiness, joy and prosperity. Also, this method emphasis on the importance of choosing a goal, focusing on the goal, the use of positive emotions, eliminating the vicious cycle of negative emotions, insisting on strategies for change, maintaining change, the usage of areas of strength, and the importance of considering the best aspects of human existence as the best solution to overcome man's confusion [3], In this method, it is assumed that although negative emotions may be helpful in the short term (for example, in situations that are frightening, it activates fight and flight responses and protects the person). But being angry, afraid, worried, or stressed caused by negative emotions is harmful in the long run [3], [14],

[6], In contrast, positive emotions creates long-term benefits because the mental resource will expand, causing flexibility and psychological well-being and postpones the stimuli of negative emotions and causes emotional regulation [6], [8]. Thus, with reference to the above, our research aims to answer the question that whether positive psychotherapy is effective on the psychological well-being in patients with cancer?

MATERIALS AND METHODS

This is a quasi-experimental with a pre-test, post-test design with control group. The study population included all the Shohada-e-Tajrish Hospital breast cancer patients in Tehran in 2013. 24 patients were selected from the population and randomly divided into experimental (n=12) and control (n=12) groups. The experimental group underwent positive psychotherapy in 8 sessions but the control group only received relaxation training.

Tool, Emotion Regulation Questionnaire: this has been prepared by Gross and John (2003), the scale consists of 10 items including two re-evaluation and suppress subscales. Alpha cron bach coefficient includes 0.79% for re-evaluation, 0.73% for suppression. Test-retest reliability were 0.69% for total scale (Gross & John, 2003). The internal consistency coefficient of the scale at the University of Milan, have been obtained from 0.48 to 0.68 for re-evaluation, 0.42 to 0.63 for suppression (Balzarotti, John and Gross, 2010). In Iran, the reliability of this scale (Cronbach's alpha) for the total scale was 0.71 and re-evaluation and suppression were respectively 0.73 and 0.52 (According to Andami khoshk, 2013).

RESULTS

To evaluate the effectiveness of positive psychotherapy on the emotion regulation of patients with breast cancer descriptive data is presented in Table 1.

Group	Statistical index	Total	Domain	Min.	Max.	Mean	SD
	Phase						
Control group	Pretest	12	24	27	51	41.83	7.03
	Posttest	12	16	29	45	38	4.89
Experimental group	Pretest	12	15	36	51	42.91	5.19
	Posttest	12	18	41	59	49.25	5.61

Table 2: Results of the homogeneity of variance test of Levine

amount of F	Df1	Df2	Level Significant
0.28	1	22	0.59

As seen in the table 2 above, since the amount of F is not significant ($P > 0.05$), the homogeneity of variance assumption of experimental and control groups is established. Accordingly covariance test is

executable. One-way analysis of covariance, shows the significance among the subjects group in Table 3.

Table 3: The effect of factors among participants

source of changes	Total squares	Degrees of freedom	Mean square	amount of F	Level Significant	eta coefficient
Effect of pre-test	185.85	1	185.85	19.19	00.00	0.3
Effect of group	686.41	1	686.41	33.96	00.00	0.61
Error	424.4	21	20.21			
Total	47045	24				

As seen in Table 3, the probability of accepting the null hypothesis for comparing the experimental and control groups in post-test of emotion regulation variable is less than 0.05; in other words, after adjusting the pre-test scores, there was a significant difference in the interaction between the subjects of group in post-test of emotion regulation variable ($F(91,21) = 33.96$, $P < 0.0001$, $\mu^2 = 0.61$). Finally, according to the evidence, it can be concluded that the intervention was effective in improving emotion regulation. As a result, the research hypothesis is confirmed.

CONCLUSION

According to the achieved data's, results showed that positive psychotherapy is effective on the emotion regulation of women with breast cancer. In explaining

these findings, it can be said that a positive psychotherapy pays attention to the relief of mental suffering and increases happiness by increasing meaning in the client's life [9], in which both the strength and weakness points of an individual are considered and understood [2], This is because, positive psychotherapy is striving to make peace between logic and emotion and it plays a role as a supplement of traditional treatments in clinical psychology which mainly possess damaged oriented approach. This method will lead to a faster recovery of negative emotional states, reduction of negative responses, an increase in the ability of modification and it also eliminates adverse and long-term physical effects. The task of positive psychology is to understand the factors that increase abilities. Therefore,

positively oriented approach has empowered patients to recognize and regulate emotions with both an emphasis on the patient's emotional intelligence and the way they learn to manage emotional intelligence.

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