EXPRESSIVE WRITING ON RUMINATIVE THOUGHTS AND PSYCHOLOGICAL WELLBEING AMONG BREAST CANCER PATIENTS

Mr. Alwin Issac¹, Ms. Sulochana B², Ms. Savitha³

¹ Student, Manipal College of nursing, Manipal University
² Associate professor, Department of Fundamentals of Nursing, Manipal College of Nursing, Manipal University
³ Assistant Professor, Department of Mental Health Nursing, Manipal College of Nursing, Manipal University

₂corresponding Author

ABSTRACT

Background: Breast cancer is a serious, stressful and life-threatening disease. It is estimated that the number of cancer cases in India will double and breast cancer is likely to be the most common cancer in women by 2026. Revealing emotional events to others might potentially destroy harmony. Expressive writing interventions might serve a facilitating function to express emotion without threatening harmony with others through interpersonal disclosure. Objectives: To assess the ruminative thoughts and psychological wellbeing and evaluate the effectiveness of expressive writing on ruminative thoughts and psychological wellbeing among patients diagnosed with breast cancer. Design and setting: The study was conducted in a tertiary care hospital of Udupi district, Karnataka by using one group pre testpost test design. Materials and methods: The study was conducted among 34 breast cancer patients admitted in oncology wards of a Tertiary care Hospital, Udupi district, Karnataka. Ruminative response scale and Psychological well-being scale were used during the pre-test and post-test. Results: Findings showed that among 34 breast cancer patients, 82.4% of the patients had average psychological well-being, majority of the patient had ruminative thoughts and expressive writing had a significant effect in reducing ruminative thoughts (p =0.001), and in improving the psychological well-being (p =0.001) of breast cancer patients. Conclusion: Expressive writing is a non-pharmacological, psycho behavioural intervention which is cost-effective, performed by patients when and where they choose, can be implemented easily by the nurses and enhances wellbeing of the breast cancer patients.

Key words: Expressive writing, Ruminative thoughts, Psychological well-being, Breast cancer patients.