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Coping styles in patients with breast cancer

Objective. It's clearly important for a doctor to properly present to cancer patients the information about their disease and available treatment options. At the same time, all patients can react very differently to the same information, and therefore it is important to predict how the patient will behave when faced with information that is unpleasant for him. It's very convenient to use only one questionnaire, which will allow you to predict the actions and emotions of the patient during the examination and treatment.

Methods. We've conducted a pilot study at the Kyiv Institute of Cancer Surgery. 116 patients with breast cancer ranging from 20 to 60 years, regardless of the stage of the disease and the presence of complications, were examined with Mini-Mental Adjustment to Cancer (Mini-MAC) questionnaire designed

to measure styles of coping with cancer: Helplessness/Hopelessness (HH), Anxious Preoccupation (AP), Fighting Spirit (FS), Avoidance (AV) and Fatalism (F).

Results. In a sample of 116 women with newly diagnosed breast cancer, we obtained the following results on the subscales of Mini-MAC questionnaire: HH — 70.20 %, AP — 76.18 %, FS — 63.95 %, AV — 71.80 % and F — 64.10 %.

Conclusion. Thus, we can state that feelings of helplessness and hopelessness, anxiety, and avoidance prevail in most cases in patients with breast cancer. In turn, this indicates that doctors need first of all to prepare in order to correctly and succinctly explain to patients that their diseases can be dealt with if treatment is started on time.