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The Recent Study and Survey On Mental Health of Breast Cancer Patients

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Abstract: -Breast Cancer is the most common cancer in women, accounting for 25.1% of all cancers. In 2022, there were 2.3 million women analyzed with breast cancer and 670000 passing away. Breast cancer happens in each nation of the world in women at any age after puberty but with increasing rates in later life. Getting a breast cancer conclusion can be one of the most imperative things women go through in their life. Breast cancer patients often have mental health problems along with the cancer. This study focuses on to explore how breast cancer relates to mental health symptoms and how it affects their conditions precisely. Many breast cancer patients don't hear about their risk of developing mental health issues like depression, and they don't get treatment for it. Extensive survey was done on mental health condition of breast cancer patients, which concludes that more emphasis should be given on their mental and psychological condition along with their treatment for fast and rapid recovery from the breast cancer.

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Keywords: - Mental health, Breast cancer, Patient, Survey Study, Depression & Anxiety.

I. INTRODUCTION

Mental health encircles our spiritual, psychic and social wellness. It shapes our thoughts, feelings, and actions. It also plays a role in how we deal with stress connect with others, and make good choices. Mental health matters at every life stage, from childhood to adulthood.[1] Mental health is a vital parameter that allows people to handle life's pressures, achieve their ambitions, learn and work, and add worth to their community. It forms a key part of overall health and well-being supporting our ability to make choices, form bonds, and influence the world around us.

Mental wellbeing is distant more than the non-appearance of mental problems. It rely on a complex continuum, which is experienced differently from person to person, with differing degrees of difficulty and distress and undoubtedly very different social and clinical outcomes.[2,3] Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states related with noteworthy trouble, disability in working, or hazard of self-violence. People with mental well-being conditions incorporate minor levels of mental well-being, but this is not always or necessarily the case. In the context of national efforts to reinforce mental health, it is crucial to not only protect and promote the mental well-being of all, but also to address the wants of people with psychic related conditions.[4,5] The main causes of breast cancer are as follows: Age, Sex, Genetic and family history, Obesity, Substance abuse & Exposure to radiation.[6]

Stages Of Breast Cancer: [7,8]

1. Stage 0: Cancer stays in the ducts and doesn't invade other tissues at this point.

2. Stage 1: Cancer initiates to spread into the adjacent breast tissue.

3. Stage 2: The tumour either measures 2 cm and has reached armpit lymph nodes, or it's 5 cm but has not been spread to armpit lymph nodes yet.

4. Stage 3: Cancer has moved beyond where it started but remains within the breast and its lymphatic drainage system. It hasn't reached other organs.

5. Stage 4: Breast cancer enters its metastasis phase spreading to distant parts of the body such as bones, liver, lungs, and brain.

Depending on the type and stage of your breast cancer, there are numerous ways to deal with it such as: Surgery, Radiation therapy, Chemotherapy, Hormone therapy& Targeted therapy.

Research indicates that as high as 80% of breast cancer patients feel considerable distress due to their life-changing diagnosis and subsequent treatment. Researchers discovered that the period preceding treatment (which is between diagnosis and the first course) has the most significant shifts in individual self-concept and way of life[9]. During this time, females may experience raised vulnerability, unpredictability concerning alterations in their bodily changes, along with an increase in anxiety and depressive signs. Hence, the goal of this current study was to determine how emotional function levels and psychosocial wellbeing changed over time for breast cancer survivors.[10] Initially, it was anticipated that patients would demonstrate a U-shaped pattern according to other works: well-being and functioning would initially decline before recovering over time as a result of personal determinants such as age or work status, social ones including family support, as well as medical ones such types of operations that were done on them during their illness. The research therefore also sought to pinpoint contributors or characteristics attached to such outcomes and in consideration of previous studies these included age at diagnosis. [11,12]

II. AIMES & OBJECTIVES OF RESEARCH

1.**Survivorship:** The healthcare practitioners' interventions and supportive directions with respect to the survivors can be greatly improved by investigating the effects of long-term psychological problems arising from breast cancer survivorship.

2. **Risk Reduction:** The identification of factors that lead to psychological issues in patients suffering from this type of cancer would help to develop interventions aimed at preventing such disorders.

3. **Treatment Adherence:** Treating psychological issues may enable patients to adhere better to prescriptions and thus improve their health outcomes since they are more able to overcome challenges brought about by their illnesses.

4. **Quality of Life:** Analyzing how breast cancer diagnosis, therapy and longevity affect mental health can lead into an improved quality of lives for these patients in the end.

III. METHODOLOGY: -

This research was conducted in Chh. Sambhajinagar (Aurangabad), Maharashtra, focusing on breast cancer patients. To achieve the study's objectives, a structured & unstructured 13-item questionnaire was developed and distributed to patients via xerox copy. A survey is a technique of gathering information using appropriate questions from a sample of people with the goal of understanding populations as a whole.

Overviews give a basic source of and experiences for everybody included in the data economy, from businesses to social media, to interpretative source of data and insights for everyone involved in the information economy, from businesses to media, to government and academics.

A questionnaire is a research instrument that comprises of a collection of questions or other types of prompts that focuses on to collect information from a respondent. A research questionnaire is generally mix of close-ended questions and open-ended questions.

➢ **Structured Questionnaires:** They assemble quantifiable data. The study is orchestrated and sketched out to gather correct data. It too starts a formal request, supplements information, checks already amassed information and makes a difference approve any earlier speculation.

➢ **Unstructured Questionnaires:** Unstructured questionnaires collect qualitative data. They utilize an introductory structure and a few branching questions but nothing that controls the reactions of a replier. The questions are open-ended to gather particular data from candidates.[i]

IV. RESEARCH QUESTIONS- QUESTIONNAIRE

For our Survey, we used the combination of questionnaires that is both Structured questionnaires and Unstructured questionnaires.

Questionnaire included: -

When did you get to know about your breast cancer and which stage you are in

1. Does getting diagnosed with breast cancer affected your mental health?

2. Are you experiencing any anxiety or depression related to your diagnosis or treatment?

3. Have you noticed any changes in your sleep pattern or appetite since your diagnosis?

4. Have you considered speaking with a counsellor or therapist manage your mental health?

5. Are you open to exploring relaxing techniques or mindfulness practices to help reduce stress.

6. Are you receiving enough support from friends and family.

7. Have you noticed any changes in your ability to concentrate or make decisions since your diagnosis?

8. Are you experiencing any sort of sadness or hopelessness or suicidal thoughts or self-harm.

9. Have you had any episodes of panic attack or intense your related to your diagnosis or treatment?

10. How does your mental health affect your lifestyle?

11. Are you experiencing fatigue or low energy levels that are impacting your daily functioning.

12. Are there any activities or hobbies that bring you comfort and choose from the following yoga meditation exercise others?

13. Any suggestions you would like to give to patients who are suffering from breast cancer?

In order to execute our questionnaire Survey, we have gone through few steps.

Steps of the survey:

1. Request for the Letterhead to visit a Cancer Hospital.
2. We choose Government Cancer Hospital for our Survey
3. Approval for the Letterhead from our Principal.
4. Visited the Hospital for the Survey.
5. Took the responses of the breast cancer patients through the hardcopy of questionnaire we prepared.
6. Evaluation of the responses.



Fig-1: Government cancer hospital Aurangabad



Fig-2: Questionnaire and Counselling with patients



Fig-3: Questionnaire and Counselling with patients

V. RESULT AND DISCUSSION

According to the Survey, we received 152 responses from the breast cancer patients, most of whome were in the post-surgical stage. All the 152 responses were obtained after the consent of each patient. As per the Survey, depression and anxiety have been reported and demonstrated by 35&40% patients respectively. Sleeping problems are present in 35% patients. Mental health treatment gap now exists because of stigma, shortage of human resources, poorly organized service delivery channels and inadequate research capabilities for policy change and implementation Fig 4: Pie Chart - % of Anxiety, Depression, Insomnia

Fig -4: Pie Chart - % of Anxiety, Depression, Insomnia

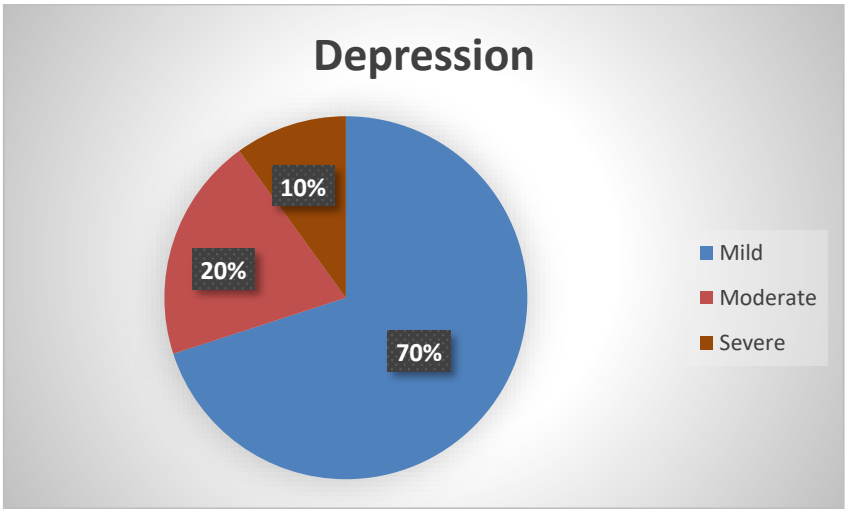


Fig-5: Patients suffering from depression:

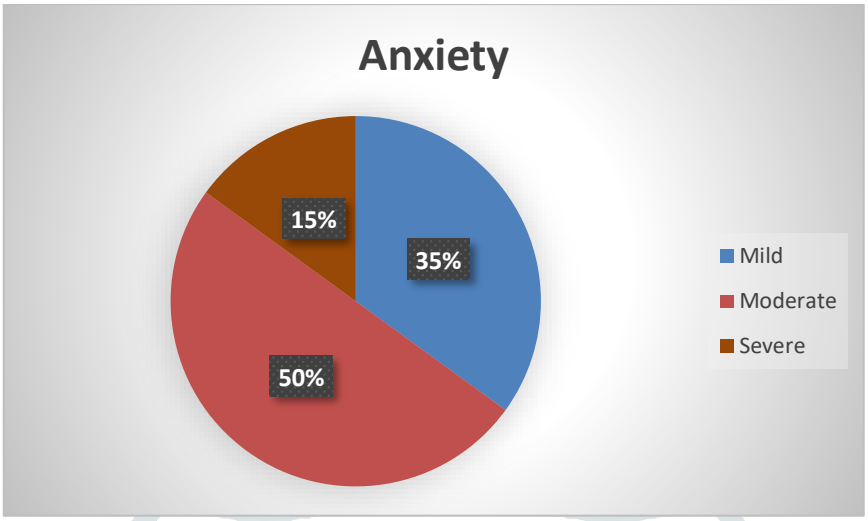


Fig-6: Patients suffering from Anxiety

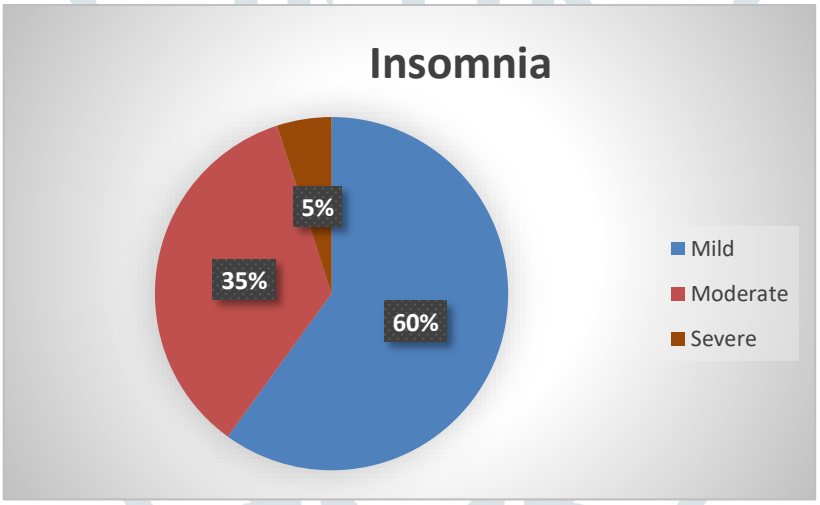


Fig-7: Patients suffering from Insomnia

In India, there is an insufficient integration of mental healthcare services into primary care systems. The result is a piecemeal approach to mental illnesses that prevents early detection, timely intervention as well as continuity in care among those who suffer from them. Thus, by segregating mental health from primal healthcare, it bolster up the dissociation between mental health and physical health coming further to the already present treatment gap. Over the last 5-6 decades India published numerous studies on different aspects of this common ailment. Cancer diagnosis is one such aspect. Researchers came to know that patients suffering from mental illness are more susceptible to dying sooner after diagnosis for cancer.[13]

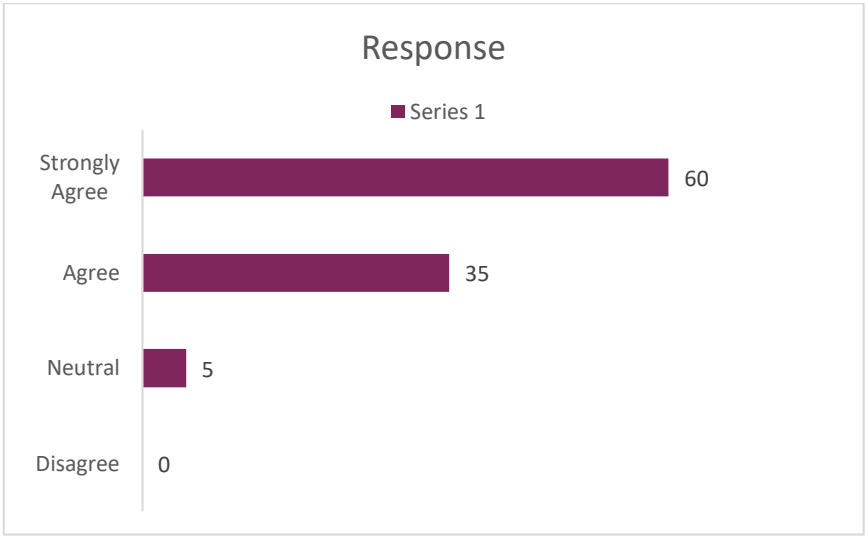


Fig-8: Open to exploring relaxing techniques or mindfulness practices to help reduce stress:

Mental Health Treatment Can Improve Survival Rates –
Many professionals are asking if mental health treatment can alter the outcome of cancer and it may well do so. For example a study showed that patients receiving treatment but showing fewer depressive symptoms had longer average survival times than those exhibiting more depressive symptoms.
When receiving treatment, people often notice improvement in overall physical health, greater compliance with medical advice and hence better quality of life than someone not undergoing any therapy at all.
As stated by Jacob Ber chuck, M.D., Dana-Farber Cancer Institute who conducted a study "we observed around a 25%-30% decrease in mortality rate from all causes-as well as specifically from breast cancer"
Breast cancer patients' mental health care is thus essential since it can prolong their lives.

Through this Study we request our government to include some therapies like counselling that would help patients manage their mental problems poisoning him/herself due to feelings such as loneliness sadness etc.

Government Schemes for Cancer Patients include

1. Financial Assistance
2. Health Insurance
3. Cancer Screening Programs
4. Palliative Care Support
5. Awareness and Education Campaigns.

VI. CONCLUSION

Breast cancer patients experience psychological and behavioral changes during treatment and post-treatment phases. The significance of mental wellbeing related extraordinary care ought to never be overlooked and is critical In this way, in charge of breast cancer treatment group ought to have an intensive get a handle on physical and psychosocial side effects that may lead to uneasiness or misery and create a patient-specific treatment and care standards through assessing existing levels of mental conditions. More so it's equally important to handle the issue of quality of life for cancer patients as well provide them with emotional as well social support systems. [14]

After our survey we came to know about the actual conditions of the breast cancer patients and how they are rigorously struggling with the mental health problems. Doctors must put efforts on the mental health along with the treatment, neglecting mental health of the patients can have serious and far-reaching consequences, both for their psychological well-being and their overall treatment outcomes. Rather than treating these mental health problems with drugs, the health practitioners should employ these strategies when dealing with patients.

High level of care for breast cancer patients is crucial during treatment and after recovery. Hence, emotional and psychological concepts form an essential pillar of their well-being.

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