



The effectiveness of positive treatment on rumination and coping strategies of women with uterine cancer

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Abstract

Aim: The present study was conducted with the aim of determining the effectiveness of positive treatment on rumination and coping strategies of women with uterine cancer. **Methods:** The present study was a quasi-experimental study with a pre-test-post-test design with a control group and a follow-up period. The research population included all female patients with uterine cancer who referred to Al-Zahra Medical Center in Isfahan city in the first six months of 2021, 30 of the eligible volunteers were randomly selected into two experimental and control groups (each group) 15 people and answered Nolen-Hoeksma and Morrow (1991) rumination questionnaires and Endler and Parker (1990) stress coping strategies. The experimental group participated in 8 positive treatment sessions as a group, but the control group did not receive any intervention. SPSS version 22 software and analysis of variance test with repeated measurement between groups were used in data analysis. **Results:** The results showed that positive treatment was effective in improving rumination, problem-oriented coping, and emotion-oriented coping in uterine cancer patients, and the results continued in the follow-up period ($p < 0.01$). **Conclusion:** Based on the results, counselors and therapists can use the positive treatment method to intervene in improving rumination and coping strategies of women with uterine cancer.

Keywords: Positive treatment, Rumination, Coping strategies, Uterine cancer.

Introduction

Cancer is recognized as one of the major medical problems and a primary issue in health and treatment across the globe (Cao et al., 2021). According to the World Health Organization statistics, uterine cancer is among the most common cancers in women following breast, colorectal, and lung cancers (Seddiq et al., 2022). Uterine cancer is the fourth most common cancer among women worldwide, with 570,000 new cases in 2018, accounting for 7.5% of all cancer-related deaths in women (Ghalavandi et al., 2022). Based on the latest statistics, the incidence of uterine cancer in Iran is estimated at 615 per 100,000 people (Roshandel et al., 2019). Annually, one out of every 123 women is diagnosed with uterine cancer, and out of every 100,000 women, 9 die due to this cancer (Azizi et al., 2013). The World Health Organization estimates that by 2030, this cancer will be the cause of death for approximately 474,000 women annually, with 95% of these deaths occurring in low- and middle-income countries (Mboumba Bouassa et al., 2019). Nearly half of the world's population is female, and their health ensures the well-being of society and is of special importance. Therefore, maintaining women's health during their reproductive years is crucial, as factors increasing risks in women will have a negative impact on the next generation (Sharifi et al., 2018).

Cervical cancer is the second most deadly cancer among women in developing countries and the seventh in advanced countries. It is the second most common cancer after breast cancer and the fifth deadliest cancer in women (Zali et al., 2013). The financial costs incurred annually for the diagnosis and treatment of uterine cancer, along with its widespread negative impacts on various aspects of the lives of affected individuals and their families, underscore the importance of identifying key psychological variables involved in the onset and treatment of this disease. Consequently, the application of effective and beneficial psychotherapeutic approaches is increasingly felt (Shahvaroughi Farahani et al., 2018). Furthermore, cancer patients need assistance in adapting and meeting their disrupted needs to return to their normal lives. This study can serve as a guide to help people with cancer in meeting their needs and adapting to their environment, thus its necessity. Another necessity of the current research is that, based on the research literature, studies in positive psychotherapy focusing on the acceptance of pain and emotional control in patients with various cancers are scarce, hence this research can fill the existing gap and is therefore of importance and necessity. Therefore, this study was conducted with the aim of determining the effectiveness of positive therapy on rumination and coping strategies in women with uterine cancer, seeking to answer whether positive therapy is effective on rumination and coping strategies in women with uterine cancer.

Method

The present study was a quasi-experimental study with a pre-test-post-test design with a control group and a follow-up period. The research population included all female patients with uterine cancer who referred to Al-Zahra Medical Center in Isfahan city in the first six months of 2021, 30 of the eligible volunteers were randomly selected into two experimental and control groups (each group) 15 people and answered Nolen-Hoeksma and Morrow (1991) rumination questionnaires and Endler and Parker (1990) stress coping strategies. The experimental group participated in 8 positive treatment sessions as a group, but the control group did not

receive any intervention. SPSS version 22 software and analysis of variance test with repeated measurement between groups were used in data analysis.

Results

The results showed that positive treatment was effective in improving rumination, problem-oriented coping, and emotion-oriented coping in uterine cancer patients, and the results continued in the follow-up period ($p < 0.01$).

Conclusion

The present study aimed to determine the effectiveness of positive therapy on rumination and coping strategies in women with uterine cancer. The results showed that positive therapy was effective in improving rumination in patients with uterine cancer, and these results persisted during the follow-up period. To the extent that the researcher has investigated, no direct research has been conducted in this area among the community of women with uterine cancer, but the results are consistent with related studies in this field. For example, the study by Falsafi and DashtBozorgi (2019) indicated the impact of positive thinking training in improving rumination in women with recurrent miscarriages. Another study showed that positive psychological therapy reduced rumination in women with rheumatoid arthritis (Mordai & Sadeghi, 2020). The study by Edalat and Makvandi (2019) demonstrated the effectiveness of positive thinking training in reducing mental rumination in women who had undergone mastectomy. In explaining the above findings, it can be said that individuals with this approach learn to be flexible and, by not focusing on weaknesses, try to solve problems and take steps to resolve them. In this intervention, patients were helped to achieve self-belief by shifting from constant preoccupation with weaknesses and rumination about limitations. Indeed, rumination reduces individuals' problem-solving abilities; a positive approach helps individuals focus on their strengths and believe in their ability to solve problems and strive to achieve their goals (Görges et al., 2018). Also, it can be said that positive training, by focusing on and cultivating capabilities, virtues, positive emotions, and optimism, creates positive feelings in individuals and improves their mental health, leading them to be more committed to their lives and live actively and with high motivation. Teaching positive thinking techniques and skills to strengthen and improve positive relationships with oneself, others, and the world, and to enhance health, enables individuals to better understand themselves, better recognize positive experiences, and understand the role of positive experiences in enhancing self-respect. These factors can contribute to creating and increasing positive thoughts, better understanding of oneself and others, positive perceptions of oneself and others, and improving rumination (Rashid, 2020).

The strength of the present study was conducting an interventional research to improve psychological characteristics related to the health of women with uterine cancer. Significant limitations of the research included the use of convenience sampling, limited research background, and the use of self-report tools. It is also suggested that for data collection, interviews be used, and more research on the impact of positive training on rumination and coping strategies in different groups, such as women with breast surgery, women with menstrual syndrome, etc., be conducted and compared with the results of the present study. This could be helpful in providing solutions for the widespread use of this method. Comparing the method of positive training with other methods, such as those derived from positive psychological approaches like hope therapy, or third-wave psychotherapy methods

like Acceptance and Commitment Therapy, Dialectical Behavior Therapy, etc., is recommended.

The results indicate the effectiveness of positive therapy in improving problem-focused and emotion-focused coping in patients with uterine cancer, and these results persisted during the follow-up period. Thus, positive training, as a therapeutic approach through the modification and control of thought processing, impacts the improvement of health in patients with uterine cancer; therefore, counselors and therapists can use the method of positive therapy to improve rumination and coping strategies.

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