

Behavioral activation therapy (Ac) in women with breast cancer undergoing chemotherapy: Case evolution analysis [La activación conductual (AC) en mujeres con cáncer de mama durante la quimioterapia: Análisis de la evolución de casos]

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Objective: To assess the utility of Behavioral Activation for coping with cancer. **Method:** 18 patients with recently diagnosed breast cancer followed 6 protocolized sessions, aimed to recover relevant activities, eliminate illness behavior and to modify experiential avoidance patterns. Functional analysis determined concrete intervention objectives and the estimation of clinically significant change for each case. Pre-post and three months follow up changes were assessed. **Results:** Activity recovery is observed, specifically related to of daily living ($p = .005$) and leisure activities ($p = .05$). The presence of avoidance patterns is scarce, although recognizable. Illness behaviors are recognized and reduced ($p = .03$). There were no cases of anxiety and depression (HAD), although some symptomatology is detected, it evolves favorably during the intervention. **Conclusions:** The guidance of oncologic patients towards maintaining relevant activities of daily living during chemotherapy, seems to improve the coping with the disease. © 2020, Universidad Complutense de Madrid. All rights reserved.

Behavioral Activation Therapy

Cancer

Coping

Emotional state

Functionality

Article

behavioral activation therapy

breast cancer

cancer chemotherapy

cancer therapy

coping behavior

female

follow up

human