

Effects of Behavioral Activation on the Quality of Life and Emotional State of Lung Cancer and Breast Cancer Patients During Chemotherapy Treatment

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Research suggests that the progressive abandonment of activities in cancer patients are related to depression and worse quality of life. Behavioral activation (BA) encourages subjects to activate their sources of reinforcement and modify the avoidance responses. This study assesses the effectiveness of BA in improving quality of life and preventing emotional disorders during chemotherapy treatment. One sample of lung cancer patients and another of breast cancer patients were randomized into a BA experimental group (E.G.lung/4sess.n = 50; E.G.breast/6sess.n = 33) and a control group (C.G.lung/4sess.n = 40; C.G.breast/6sess.n = 35), respectively. In each session and in follow-ups (3/6/9 months), all participants completed different assessment scales. The results converge to show the effectiveness of BA, encouraging cancer patients to maintain rewarding activities which can activate their sources of day-to-day reinforcement and modify their experience avoidance patterns. BA appears to be a practical intervention which may improve social and role functioning and the emotional state of cancer patients during chemotherapy treatment. © The Author(s) 2017.

anxiety

behavioral activation

cancer

depression

quality of life

antineoplastic agent

adult
aged
anxiety
breast tumor
controlled study
depression
emotion
female
human
lung tumor
male
middle aged
psychology
quality of life
questionnaire
randomized controlled trial

Adult

Aged

Antineoplastic Agents

Anxiety

Breast Neoplasms

Depression

Emotions

Female

Humans

Lung Neoplasms

Male

Middle Aged

Quality of Life

Surveys and Questionnaires