



The Brief Behavioral Activation Therapy for Depression in women with breast cancer: clinical cases [

Asociación de Psicooncología de Madrid,
2020-09-07

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Analítica

Introduction: Cancer often causes challenges for those who suffer it, leading to a decrease in overall quality of life and emotional disturbances such as depression. The experience of living with cancer contributes to the loss of daily routines, fostering isolation and avoidance behaviors. **Objective:** To determine the efficacy of an intervention based on the revised protocol of Brief Behavioral Activation Therapy for Depression (BATD-R) on symptoms of depression and health-related quality of life (HRQL) in women with breast cancer. **Method:** Six women in remission stage of breast cancer with an age range of 31 to 75 years ($M = 50,50$; $SD = 15,7$) from three tertiary referral hospitals in Mexico City participated. The intervention consisted of six weekly sessions of one hour. The procedure included: psychoeducation and presentation of treatment, selection of activities considering areas of life and values, selection of activities-goals, establishment of duration / frequency of the chosen activities and weekly monitoring. With the use of functional behavior analysis, the use of other complementary techniques was determined. **Results:** The six patients presented a clinically significant decrease according to the BDI-II scores ($RCIJT = 2.55-4.58$). Patients two, four and five were those who presented better results in HRQL and a significant clinical change ($RCIJT = -2.01$ to -5.44). **Conclusions:** The BATD-R protocol derived from the Behavioral Activation model, turns out to be a very useful, flexible and easy to use tool in hospital settings

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Título: The Brief Behavioral Activation Therapy for Depression in women with breast cancer: clinical cases electronic resource]

Editorial: Asociación de Psicooncología de Madrid 2020-09-07

Tipo Audiovisual: Behavioral activation, depression, quality of life, cancer Activación conductual, depresión, calidad de vida, cáncer

Variantes del título: Terapia de Activación Conductual Breve para la Depresión en mujeres con cáncer de mama: casos clínicos

Documento fuente: Psicooncología; Vol. 17 No. 2 (2020); 387-400

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Psicooncología; Vol. 17 No. 2 (2020); 387-400 Psicooncología; Vol. 17 Núm. 2 (2020); 387-400 1988-8287 1696-7240

Otras relaciones: <https://revistas.ucm.es/index.php/PSIC/article/view/71363/4564456554460> /*ref*/ Organización Mundial de la Salud. Agencia Internacional de Investigación en Cáncer. [Acceso 20 de enero de 2020]. Cáncer Ahora. Disponible en: <https://gco.iarc.fr/today/home> /*ref*/ American Psychiatric Association. Practice guide for the treatment of patients with major depressive disorder (revision). Am J Psych 2000; 157: 4o Suplement /*ref*/ Kleiboer A, Bennett F, Hodges L, Walker J, Thekkumpurath P, Sharpe M. The problems reported by cancer patients with major depression. Psychooncology 2003; 20:62-8. doi: 10.1002/pon.1708 /*ref*/ Durá-Ferrandis E, Mandelblatt JS, Clapp J, Luta G, Faul L, Kimmick, G, et al. Personality, coping, and social support as predictors of long-term quality-of-life trajectories in older breast cancer survivors: CALGB protocol 369901 (Alliance). Psychooncology 2017; 26: 1914-21. doi:10.1002/pon.4404 /*ref*/ Finck C, Barradas S, Zenger M, Hinz A. Quality of life in breast cancer patients: Associations with optimism and social support. Int J Clin Health Psychol 2018; 18: 27-34. doi: 10.1016/j.ijchp.2017.11.002 /*ref*/ Kim Y, Choi K, Han K. Kim H. A psychological intervention program for patients with breast cancer under chemotherapy and at a high risk of depression: A randomized clinical trial. J Clin Nurs 2018; 27: 572-81. doi: 10.1111/jocn.13910 /*ref*/ Cordella M, Poiani A. Psychology and cancer. En: Cordella M, Poiani A. Behavioural Oncology. Psychological, Communicate, and Social Dimensions. New York: Springer link, 2014.p.81-222 /*ref*/ Mongiral E, Trentini F, Baussard L, Cousson F. Quality of life, fatigue and changes therein as predictors of return to work during breast cancer treatment. Scand J Caring Sci 2019; 1-11. doi: 10.1111/scs.12646 /*ref*/ Dean LT, Moss SL, Ransome, Y, Frasso-Jaramillo L, Zhang Y, Visvanathan K, et al. "It still affects our economic situation": long-term economic burden of breast cancer and lymphedema. Support Care Cancer 2018; 27: 1697-708. doi:10.1007/s00520-018- 4418-4 /*ref*/ Park S, Chung S, Lee Y. Factors influencing the quality of life of patients with advanced cancer. Appl Nurs Res 2017; 33: 108-12. doi: 10.1016/j.apnr.2016.10.002 /*ref*/ National Cancer Institute. Depression (PDQ). Health Professional Version. [Acceso 20 de mayo de 2020]. Disponible en: <https://www.cancer.gov/espanol/cancer/sobrellevar/sentimientos/depresion-pro-pdq> /*ref*/ Cuijpers P, van Straten A, Warmerdam L. Behavioral activation treatments of depression: A meta-analysis. Clin Psychol Rev 2007; 27: 318-26. doi: 10.1016/j.cpr.2006.11.001 /*ref*/ Ekers D, Richards D, Gilbody S. A meta-analysis of randomized trials of behavioral treatment of depression. Psychol Med 2008; 38: 611-23. doi:10.1017/S0033291707001614 /*ref*/ Kanter J, Busch A, Rusch, L. Behavioral Activation. Distinctive features. New York: Routledge, 2009 /*ref*/ Lewinsohn P. A behavioral approach to depression. En: Friedman RJ, Katz MM. (dirs.) The psychology of depression: Contemporary theory and research. New York: John Wiley, 1974. p.157-174 /*ref*

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