



# Design and evaluation of the efficacy of a psychoeducational navigation program to reduce symptoms of anxiety and depression in Mexican women with breast cancer [

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Artículo revisado por pares

Analítica

**Objective:** Breast cancer (BC) is a public health problem. Anxiety and depression are the main comorbidities that afflict this sector, the navigation psychoeducational program (NPP) is presented as an effective psychosocial strategy in public hospitals in Mexico. **Method:** The NPP was adapted and its efficacy evaluated in 47 women with BC from three hospitals in the Guadalajara Metropolitan Area. The NPP integrated emotional accompaniment, health education and relaxation techniques. Symptoms and levels of anxiety and depression were evaluated pre-post intervention with the Hospital Anxiety and Depression Scale (HADS). **Results:** A decrease was found in anxiety symptoms pre-test ( $M= 6.79$ ,  $SD= 4.01$ ) and post-test ( $M= 4.19$ ,  $SD= 3.03$ ), the same as in depression symptoms before ( $M= 6.02$ ,  $SD= 4.07$ ) and after ( $M= 4.23$ ,  $SD= 3.05$ ). Statistically significant differences were obtained between the pre- and post-intervention evaluations both in the dimensions and in the global score ( $p<0.001$ ). **Conclusions:** The NPP showed efficacy in reducing symptoms and levels of anxiety and depression in Mexican women with BC. We suggest replicating the program in other cancer care contexts in compliance with national regulations

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