

2ND ADVANCED NURSING SCIENCE & PRACTICE

April 20-21, 2018 | Las Vegas, USA

Efficacy of meaning-centered group psychotherapy for lung cancer patients: A randomized controlled trial

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Aim: The aim of this study was to assess the efficacy of meaning-centered group psychotherapy (MCGP) in improving social support, using better coping strategies, enhancing the doctor-patient relationship and decreasing the caregivers burden in patients with lung cancer.

Methods: A total of 212 lung cancer patients were randomly assigned to either MCGP or care as usual in a 2:1 ratio. Patients were assessed before and after completing the 8-times intervention. Outcome assessment included social support, coping strategies, caregivers burden and doctor-patient relationship.

Results: MCGP resulted in significantly greater improvement in social support ($t=5.149$, $P<0.001$) and doctor-patient relationship ($t=4.639$, $P<0.001$). MCGP utilized active coping strategies more frequently ($t=4.639$, $P<0.001$) while negative coping strategies less frequently ($t=-6.006$, $P<0.001$). Patients' caregivers burden had been decreased compared to the control group ($t=-5.149$, $P<0.001$).

Conclusion: This randomized controlled study provides evidence that meaning-centered group psychotherapy is an effective intervention to improve social support, utilize better coping strategies, enhance doctor-patient relationship and decrease the caregivers burden for lung cancer patients.

Biography

Yue Feng is studying on their master degree in Sichuan University. They work hard and actively participate in the activities at school. Junying LI is their graduate tutor, she is working at the Department of Cancer Center, West China Hospital, Rujun Zheng also working at the Department of Cancer Center, he is the contributor of MCGP.

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