

Original Paper

## Effect of spirituality therapy on the resilience of women with breast cancer in Tehran, Iran

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### Abstract

**Background and Objective:** Spirituality refers to considering the cultural-religious beliefs of the people in the therapeutic process and taking into account the transcendental dimension of the clients who lead them to the transcendental source. This study was conducted to determine the effect of spirituality therapy on the resilience of women with breast cancer in Tehran, Iran.

**Methods:** This quasi-experimental study was performed on 30 women with breast cancer referred to the oncology and chemotherapy clinic in Tehran, Iran during 2016. Subjects were selected by available sampling method and then non-randomly divided into two groups of 15 intervention and control groups. The intervention group was subjected to psychological intervention during 11 sessions of 60 minutes and the control group did not receive intervention. Patients completed the Conner and Davidson resiliency questionnaire (2003) before and after the end of the treatment period.

**Results:** The mean and standard deviation of the resiliency score of the intervention and control groups in the beginning of the study were  $3.64 \pm 0.22$  and  $3.77 \pm 1.13$ , respectively. This rate was  $4.30 \pm 0.41$  and  $3.68 \pm 0.1$  in patients in intervention and control groups, respectively ( $P < 0.05$ ).

**Conclusion:** Spiritual therapy intervention increased the resiliency of women with breast cancer.

**Keywords:** Breast Cancer, Spiritual Therapy, Resilience, Woman

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