Yesterday, Today and Tomorrow:
A Post Treatment Psycho-education Program for Women with Breast Cancer

Abstract

The aim of the current study was to evaluate a psycho-education program for women who had completed treatment for invasive early stage breast cancer and to assess whether it met the pre-program expectations of the participants. Twenty five females, aged 37 to 75 (\(M =53.40, \text{ } SD =11.27\) years and residing in Australia, completed a questionnaire at three time points (pre-program, post program and 12 week follow-up). The questionnaire examined participants’ depression, anxiety, stress and breast cancer induced distress. A repeated measures analysis of variance revealed that, contrary to previous findings, the hypothesis that an intervention program following breast cancer treatment would reduce levels of depression, anxiety, stress and breast cancer induced distress in participants was not supported. The results also showed that the women who attended the psycho-education program found it to be useful and beneficial. It is hoped that the results of this research will contribute to better intervention programs resulting in greater HRQoL in Australian women.

Research team:  Ilana Kornhauser, Sue Burney, Jane Fletcher