



A Systematic Review of Psychosocial Interventions to Cancer Caregivers

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Objective: To systematically review the effect of psychosocial interventions on improving QoL, depression and anxiety of cancer caregivers.

Methods: We conducted a systematic review of psychosocial interventions among adult cancer caregivers published from 2011 to 2016. PsycINFO, PubMed, Proquest, Cochrane Library, Embase, Applied Social Sciences Index and Abstracts (ASSIA), Cumulative Index to Nursing and Allied Health Literature, Social Sciences Citation Index (SSCI) and EBSCO, China National Knowledge Infrastructure (CNKI) and WANFANG were searched. Inclusion criteria were: randomized controlled trials (RCTs); psychosocial intervention to cancer caregivers; psychosocial health indicators including quality of life, depression or anxiety.

Results: 21 studies out of 4,666 identified abstracts met inclusion criteria, including 19 RCTs. The intervention modes fell into the following nine categories: family connect intervention, self-determination theory-based intervention (SDT), cognitive behavioral therapy (CBT), emotion-focused therapy (EFT), comprehensive health enhancement support system (CHESS), FOCUS programme, existential behavioral therapy (EBT), telephone interpersonal counseling (TIP-C), problem-solving intervention (COPE).

Conclusion: paired-intervention targeting self-care and interpersonal connections of caregivers and symptom management of patients is effective in improving quality of life and alleviating depression of cancer caregivers while music therapy is helpful for reducing anxiety of cancer caregivers.

Keywords: psychosocial intervention, cancer caregiver, systematic review, effectiveness of intervention, depression, anxiety, quality of life

INTRODUCTION

Today, the morbidity of cancer in China is on the climb, and the disease has become a widespread social problem. According to the 2012 Chinese Cancer Registry Annual Report released by the Chinese Cancer Registry Center in 2013, every year there are 3.12 million new cases of malignant tumors and over 2 million deaths (Ye and Zhu, 2005). Every day 8,590 people receive a confirmed diagnosis, and about six people are diagnosed with cancer every single minute (World Health Organization, 2015). A tumor is a severe stressful event for both patients and caregivers, while caregivers are faced with heavier and more complicated pressures (Ke et al., 2007). First of all, caregivers suffer long-term anxiety and fear about the death of their loved one (Li, 2014). Secondly, after the diagnosis is made, caregivers have to take the responsibility of plenty of activities without

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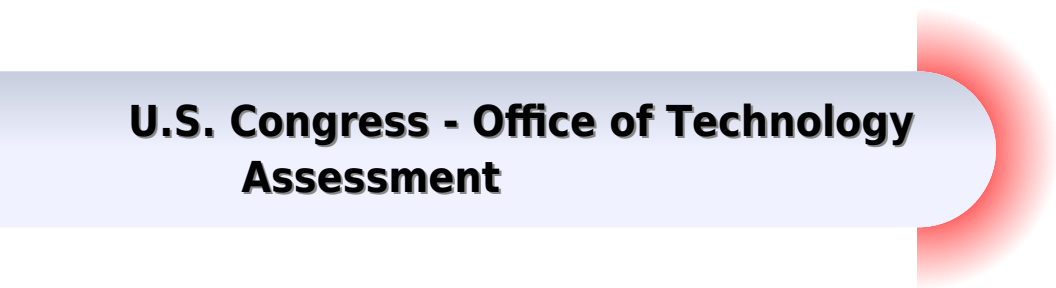
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Psychosocial Interventions For Cancer Decade Of Behavior

**U.S. Congress - Office of Technology
Assessment**



Psychosocial Interventions For Cancer Decade Of Behavior:

Psychosocial Interventions for Cancer Andrew Baum, Barbara L. Andersen, 2001-01-01 Annotation Overviews research theory and intervention for cancer prevention and treatment and explores conceptual and applied currents in health psychology public health and behavioral medicine reviewing major research programs on patient interventions Describes current thought on the mechanisms through which psychosocial interventions change behaviors or enhance adjustment Of interest to health psychologists public health practitioners and medical doctors Baum is deputy director of Cancer Control and Population Sciences of the University of Pittsburgh Cancer Institute Andersen teaches psychology at the Ohio State University Annotation c Book News Inc Portland OR booknews com

Bewältigung einer gynäkologischen

Krebserkrankung in der Partnerschaft Nina Heinrichs, Tanja Zimmermann, 2007-11-28 Das Buch stellt ein verhaltenstherapeutisches Behandlungsmanual für Paare dar bei denen die Frau an gynäkologischem Krebs erkrankt ist Ziel ist es die partnerschaftliche Bewältigung der Erkrankung zu fördern insbesondere zu einer effektiven gemeinsamen Bewältigung von Stress beizutragen um so zukünftigen psychischen Problemen bei der Patientin und ihrem Partner vorzubeugen Zunächst werden die drei häufigsten gynäkologischen Krebserkrankungen der Frau und ihre medizinische Behandlung beschrieben Auf verständliche Art und Weise wird das medizinische Grundwissen zu Diagnose und Behandlung vermittelt sowie auf psychologische Aspekte der Erkrankungen eingegangen Im zweiten Teil des Buches wird praxisorientiert das verhaltenstherapeutische Vorgehen zur Förderung der partnerschaftlichen Bewältigung dieser Krebserkrankungen beschrieben Einen besonderen Schwerpunkt stellt die partnerschaftliche Unterstützung dar die auf zwei Ebenen gefördert wird auf der emotionalen und auf der praktischen Ebene Anschaulich werden die therapeutischen Interventionen in den fünf Behandlungsbausteinen beschrieben Die einzelnen Strategien dienen primär der Förderung der Kommunikation zwischen den Partnern Ziel ist es die Partnerschaft zu stärken und zu einer effektiven gemeinsamen Stressbewältigung beizutragen Zahlreiche Arbeitsmaterialien sowohl für den Therapeuten als auch für das Paar im Anhang des Bandes machen das Behandlungsmanual zu einer wertvollen Hilfe im Umgang mit Paaren die von einer solchen Krebsdiagnose betroffen sind

Verhaltensmedizin Ulrike Ehler, 2015-09-21 Dieses Lehrbuch liefert eine verständliche und praxisnahe Übersicht über die Grundlagen der Verhaltensmedizin weckt Interesse an ihrer Anwendung und unterstützt Ärzte und Psychotherapeuten bei Diagnostik Prävention Intervention und Rehabilitation medizinischer Erkrankungen Es macht deutlich dass Verhaltensmedizin mehr ist als die Anwendung verhaltenstherapeutischer Methoden in der Medizin Im Kern geht es um das Zusammenspiel von Psyche und Körper der Entstehung von Krankheit bzw Aufrechterhaltung von Gesundheit in einem interdisziplinären Arbeitsfeld das psychologische biologische und soziale Perspektiven verbindet Neben Grundlagen zur Einordnung des Fachs biologischen und lernkognitions und emotionspsychologischen Grundkonzepte sowie Messmethoden der Verhaltensmedizin werden alle relevanten Anwendungsfelder dargestellt Chronische Schmerzsyndrome Herz Kreislauf

Erkrankungen Störungen des gastrointestinalen Systems Krebserkrankungen Gynäkologie und Geburtshilfe Autoimmunerkrankungen und HIV Aids funktionelle Syndrome und Beschwerden Adipositas Diabetes mellitus neurologische Erkrankungen Ein praxisbezogenes Lehrbuch für Studierende der Psychologie und Medizin sowie Ärzte Psychotherapeuten

Handbook of Psychology: Health psychology Irving B. Weiner, Donald K. Freedheim, 2003 Includes established theories and cutting edge developments Presents the work of an international group of experts Presents the nature origin implications and future course of major unresolved issues in the area **Handbook of Cognitive Behavioral Therapy by Disorder** Colin R. Martin, Vinood B. Patel, Victor R. Preedy, 2022-12-05 Pregnancy childbirth childhood adolescence and aging can be beset with adverse changes in psychobiology and behavior Handbook of Lifespan Cognitive Behavioral Therapy Childhood Adolescence Pregnancy Adulthood and Aging will better readers understanding of a variety of conditions and the applicability of CBT therapy as a treatment Featuring chapters on postnatal anxiety and depression insomnia and dysmorphia the book discusses in detail the use of cognitive behavioral therapies in the treatment of these issues affecting individuals at the start and end of their lives With expert authors from the clinical field the book has applicability for behavioral scientists psychologists cognitive and behavioral neuroscientists and anyone working to better understand and treat using cognitive behavioral therapies Summarizes cognitive behavioral therapies for a variety of conditions Contains chapter abstracts practice and procedures application to other areas key facts dictionary of terms and summary points Covers anxiety depression insomnia and autism Includes conditions in pregnancy childbirth children and adolescence *The American Psychologist*, 2003 Includes proceedings of the 54th 55th annual meetings of the association 1946 47 and proceedings of meetings of various regional psychological associations **Psycho-Oncology** Jimmie C. Holland, 2010-03-22 Psycho-Oncology was the first comprehensive text in the field of psychosocial oncology and remains the gold standard today Written by 67 internationally known psychiatry and palliative care experts the resource is truly an essential reference for all providers of palliative care Joining Oxford Medicine Online this resource offers the best quality content in an easy to access format Online only benefits include downloading images and figures to PowerPoint and downloading chapters to PDF

Cambridge Handbook of Psychology, Health and Medicine Carrie D. Llewellyn, Susan Ayers, Chris McManus, Stanton Newman, Keith J. Petrie, Tracey A. Revenson, John Weinman, 2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects

of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice

Unconventional Cancer Treatments U.S. Congress - Office of Technology Assessment,1990 The ... Behavioral Outcomes & Guidelines Sourcebook ,1997 Psychosocial Interventions in the Home Nancy A. Newton,2000-06-29 The editors examine current treatment models and programs designed to meet the needs of children adolescents adults and the elderly In depth presentations of clinical cases from a variety of mental health populations and first person accounts from clients and caregivers illustrate the realities of this work topics range from families in crisis to acute and chronic stages of mental illness Several chapters provide clear guidelines for dealing with constraints particular to managed care mental health law assessment and treatment intervention and training and supervision for professional and paraprofessional home based caregivers Psychologists and social workers in home care will find this a valuable resource **Psychological and Behavioral Treatments for Disorders Associated with the Immune System** Steven Elliot Locke,1986 Listing of 1479 entries to journal articles book chapters and books published between 1848 to July 1985 Also includes foreign titles Topical arrangement Journal assessment index author and subject indexes Psychological Interventions and Cultural Diversity Joseph F. Aponte,Robin Young Rivers,Julian Wohl,1995 The book helps the therapist identify the relevant issues faced by ethnic minorities and it identifies intervention strategies that can be used with ethnic groups **Handbook of Psychology, Health Psychology** Arthur M. Nezu,Christine M. Nezu,Pamela A. Geller,2003-01-03 Includes established theories and cutting edge developments Presents the work of an international group of experts Presents the nature origin implications an future course of major unresolved issues in the area **Handbook of Cancer Control and Behavioral Science** Suzanne Melanie Miller,2009 This volume makes a landmark contribution to explicating the role of behavioral science in oncology set in the framework of the cancer control continuum encompassing theory methodology state of the science application and dissemination and policy The handbook is a tour de force a ready made curriculum a vital resource volume and a transdisciplinary guide crafted by the leading scientists in the field Reaching across disciplines the handbook will be of interest to any researcher clinician or health professional who wishes to understand how the behavioral and social sciences make a critical and integral contribution to the scientific medical and societal conquest of cancer BOOK JACKET **Child Development and Social Policy** J. Lawrence Aber,2007 At the forefront of the child development research and social policy movement is Edward Zigler whose knowledge for action approach has revolutionized the way public policy is enacted to better serve vulnerable youth populations This resource expands on Dr Zigler s work in integrating the fields of child development and social policy while using scientific knowledge for action as the model Behavior and Medicine Danny Wedding,2001 Reviews As both a researcher and educator I find this book to be not only valuable to medical students but also a notable asset for the teaching of introductory courses such as introductory psychology or psychopathology I

recommend it without reservation Nicholas Greco IV MS Chicago Center for Clinical Research **Behavioral Medicine**

Neil Schneiderman, Jack T. Tapp, 1985 Abstract A reference text for behavioral scientists and medical professionals provides an overview of interactions between human behavior and health The review papers are grouped among 4 central themes general perspectives on behavior and health e g neurological bases of behavior psychophysiological reactions to stress assessment and treatment practices in behavioral medicine in disease states medical settings and pediatrics the effects of various life styles nutritional food choices obesity anorexia eating disorders sexuality cigarette smoking alcoholism on health risks promotion and status and behavioral aspects of health disorders cardiovascular disorders diabetes cancer central nervous system disorders including behavioral approaches to pain wz Handbook of Clinical Health Psychology Susan Llewelyn, Paul Kennedy, 2003-08-15 The Handbook of Clinical Health Psychology provides a comprehensive overview of the practice of clinical health psychology It is primarily a well referenced but practical resource which provides an authoritative up to date guide to empirically validated psychological interventions in health care Each contributor provides a conceptual synthesis of the area and how key models are related to formulation service delivery and research The book also considers contextual issues and the importance of topics such as ageism and power which may have an impact on how health psychology is delivered by practitioners and experienced by recipients of services It also seeks to provide a summary of evidence concerning crucial aspects in the delivery of care such as adherence rehabilitation and stress The biopsychosocial model is the major theoretical model underpinning all contributions but use is also made of other models Informative and practical a guide to action An authoritative critical and evidence based synthesis of knowledge that will guide best practice Easy to use format intended for practitioners who want to ensure their practice is state of the art *Journal of Behavioral Medicine* ,2001

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Psychosocial Interventions For Cancer Decade Of Behavior**

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