

## Efficacy of Combined Naikan and Morita Therapies on Posttraumatic Growth in Patients with Breast Cancer after Operation

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**Background:** To explore the effects of a combined intervention including Naikan therapy and Morita therapy on body image, psychological distress and posttraumatic growth in patients with breast cancer after operation.

**Method:** One hundred and four patients with breast cancer after operation were grouped randomly into treatment (n=52) and control (n=52). Patients in the treatment group received combined Naikan and Morita therapies for 6 consecutive weeks, while the control group received standard medical care without Naikan and Morita Therapies. Patients were assessed before and after the treatment. All subjects were assessed with body Image after breast cancer questionnaire, distress thermometer, distress problem list, and posttraumatic growth inventory before and after psychological therapies.

**Results:** The score of body image after breast cancer and its dimensions (vulnerability, body stigma, body concerns and transparency) in treatment group were lower than that in control group with statistically significant differences at post-treatment stage ( $P<.001$ ). The score of distress thermometer decreased greatly in the treatment group compared to that of the control group with significant difference ( $P<.001$ ). The frequencies of the four problems among ten most common problems endorsed (fear, sleeping difficulty/insomnia, nervousness/anxiety and loss of appetite) in treatment group were lower than that in control group ( $P<.05$ ). The score of posttraumatic growth and its dimensions in treatment group were higher than that in control group with statistically significant differences ( $P<.001$ ).

**Conclusion:** Naikan therapy combined with Morita therapy decreased the psychological distress, improved body image and posttraumatic growth of the patients with breast cancer after operation.

**Keywords:** Naikan therapy, Morita therapy, breast cancer, body image, distress, posttraumatic growth

### Biography:

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