

*Correspondence***Psychological adjustment: A promising approach in the treatment of women with breast cancer**Reza Abdollahi <sup>a\*</sup> 

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*To the Editor*

After cardiovascular diseases, cancer is the second leading cause of death in the world, affecting the lives of patients at all individual and social levels [1]. According to reports, every year 1.5 million people are diagnosed with breast cancer and 502,000 people die from this disease [2]. In case of survival, the complications of the disease and related treatments may greatly reduce the quality of life of affected people [3]. The diagnosis of breast cancer and its treatment is considered one of the basic crises in the lives of affected people and causes countless problems for affected women and their families [4]. Breast cancer, like any type of chronic and debilitating disease, endangers various aspects of health, both on the individual and social levels, and, like other chronic diseases, reduces individual performance and consequently quality of life [5]. The application of treatment measures such as chemotherapy and radiation therapy and the receipt of toxic drugs can have side effects and the patient experiences double problems, which can affect their quality of life [6]. Among the problems that usually affect the quality of life of cancer patients include physical problems such as pain and fatigue, psychological and mental effects caused by the disease such as depression, as well as the effects of the disease on family, marital, social relationships, and economic problems caused by it is from illness [5]. Meanwhile, psychological adjustment as an influencing factor has a significant role in quality of life and more effective performance among cancer survivors [7].

Psychological adaptation refers to one of the psychological processes in which a person copes with the demands (tendencies)

and challenges of daily life [8]. A person has psychological adaptability in response to the stimuli that affect him, shows the best interaction, faces problems in the best way, and makes the right decision [9]. Patients with breast cancer experience a high level of psychological disturbance, which can lead to the progression of the cancer process and serious physical and psychological consequences for sufferers, and disturb the psychological adaptation to the disease [10]. In general, in all chronic diseases, including cancer, the psychological adaptation of patients to long-term problems and complications of the disease plays an essential role in controlling the disease and also improving their quality of life [11]. Previous studies also show that the quality of life of cancer patients is not at an optimal level, and strategies to deal with cancer in most cases include things such as social support and spirituality [12]. Social support is a social interaction that begins with establishing communication and with its continuation leads to empathic communication and as a result, a safe network is created for the patient. Social support plays a major role in the treatment of chronic and serious diseases such as cancer and is one of the important aspects of modern cancer care [13]. In addition, spirituality is an important factor in adapting to stressful conditions caused by chronic diseases. Religion and spirituality play a central role in the adaptation of cancer patients and provide comfort and hope [14].

Psychological adjustment is concluded to be an important and at the same time a saving and promising approach in patients with breast cancer. Therefore, it is appropriate to take into account psychological adjustment and its components, as well as the factors influencing it, to accelerate and strengthen the adjustment process

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in patients with breast cancer. Psychological adaptations can be a means to limit the side effects of cancer and its treatments, as well as to increase the quality of life of cancer patients.

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### Authors' contributions

Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work: RA; Drafting the work or revising it critically for important intellectual content: RA; Final approval of the version to be published: RA; Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved: RA.

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We do not have potential conflicts of interest with respect to the research, authorship, and publication of this article.

### Availability of data and materials

The datasets used during the current study are available from the corresponding author on request.

### Using artificial intelligent chatbots

None.

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