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The efficacy of creative arts therapies to enhance emotional expression, spirituality, and psychological well-being of newly diagnosed Stage I and Stage II breast cancer patients: A preliminary study

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Abstract

Breast cancer is the second most common type of cancer among women in the United States. The psychological impact of the disease may include adjustment disorders, depression, and anxiety and may generate feelings of fear, anger, guilt, and emotional repression. The purpose of this pilot study was to explore the efficacy of a complementary creative arts therapy intervention to enhance emotional expression, spirituality, and psychological well-being in newly diagnosed breast cancer patients. Thirty-nine women with Stage I and Stage II breast cancer were randomly assigned to an

experimental group who received individual creative arts therapy interventions or a control group of delayed treatment. A series of analyses of covariance were used to analyze the results, which indicated the intervention was not effective in enhancing the emotional approach coping style of emotional expression or level of spirituality of subjects in this sample. However, participation in the creative arts therapy intervention enhanced psychological well-being by decreasing negative emotional states and enhancing positive ones of experimental group subjects. Recommendations for future research are discussed.



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Keywords

Breast cancer; Creative arts therapies; Emotional expression; Spirituality; Psychological well-being

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