

## The Effectiveness of Short Solution- Focused Brief Group therapy on the Quality of Life in Women with Breast Cancer

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### Abstract

**Introduction:** Breast cancer is the most prevalent cancer among women. The cancer and its treatments have many symptoms and side effects that impress Life quality of patients and their families. Therefore, they need the knowledge, understanding and abilities rather than factors influencing the quality of their lives. This study was done to explore the effect of Short Solution- Focused Brief Group Therapy on the quality of life in women with breast cancer.

**Materials and Methods:** The present study is a quasi-experimental study. The data were analyzed by SPSS software using covariance analysis. The statistical population of this study was breast cancer patients who were selected by the Research Center for Breast Cancer in Tehran. Thirty-five volunteers were selected from the clients and were randomly divided into intervention and control groups, which were intervened for 5 sessions of 1.5 hours, once a week. The research tools included demographic questionnaire and questionnaire information about the disease and treatment and quality of life (QLQ-C30, QLQ-Br23). Family-centered empowerment model in the intervention group and post-test were examined.

**Results:** This template consists of three areas of life quality, including general, functional, and symptom scales. The results showed that the implementation of model improved the general functional scales (physical, role, cognitive, emotional and social) for patients in the intervention group ( $P < 0.01$ ). The specific function of scales in both groups after the intervention in terms of body image, sexual performance and sexual pleasure, showed no significant difference ( $P > 0.05$ ) but positive attitude for the future was increased in the intervention group.

**Conclusions:** The results showed that the implementation of a solution- focused brief group therapy has affected the promotion of the general and specific functional scales (except body image, sexual function and sexual pleasure) and the level of quality of life signs in women with breast cancer