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A Systematic review of the impact of spirituality on patients with breast cancer in Iran

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Background: Breast cancer is the most common cancer in women worldwide. It can cause feelings of fear, panic, anxiety, depression and mood disorders. Spirituality can be the source of peace, strength, and support over time. Providing spiritual needs to help patients adapt to psychological and social stressors can be an important strategy among nurses. Methods: A systematic search from 2013 to 2018 of google scholar, Pubmed, Ovid, Proquest and Science Direct, SID and Magiran sites was performed using terms for "Spirituality", "Breast Cancer" and "Iran". The abstract of all the surveys were studied and inapplicable

studies were removed. The full text of the remaining studies was reviewed in details, and 33 proper studies were selected for this systematic review study. Results: The studies showed the positive effects of spirituality on mental health and the reduction of stress, anxiety, depression and psychological problems of patients with breast cancer. In addition, the studies indicated that spirituality improves quality of life and adaptation to illness. Conclusion: Spiritual intervention is significant to management and treatment of disease and care of these patients in Iran.

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