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Effect of psychological flexibility and social support on post-traumatic growth of lung cancer patients

Ying Huang and Yumei Li
Shanghai Pulmonary Hospital, China

Aim: The study aims to explore the effects of psychological flexibility and social support on post-traumatic growth of lung cancer patients.

Method: A questionnaire survey was conducted on 228 lung cancer patients using the mental resilience scale, social support scale and post-traumatic growth scale.

Result: The psychological elasticity score of lung cancer patients was 58.02 ± 2.63 ; the social support score was 42.49 ± 2.61 ; the post-traumatic growth score was 60.13 ± 3.315 . Psychological resilience, social support and post-traumatic growth were positively correlated. The level of education, family income, optimism, objective support and the use of social support are the main influencing factors for post-traumatic growth of lung cancer patients, $P < 0.05$.

Conclusion: The post-traumatic growth of lung cancer patients is at a medium level. Nursing should pay attention to the patient's psychological resilience and social support, and develop targeted interventions to enhance the patient's post-traumatic growth level and promote physical and mental health.

Biography

Ying Huang has completed her MD from Fudan University. She is a Head Nurse of Lung Oncology Department in Shanghai Pulmonary Hospital in China. She has published more than 5 papers in reputed journals in China and has been serving as Several Committee Members of Nursing in China.

2414622207@qq.com

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