

## **A Comparative Study of the Effectiveness of Narrative Therapy in Individual and Group Counseling on Promoting Hope in With Breast Cancer's Women**

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**Abstract :** Breast cancer is the second most common cancer in the world and certainly the most frequent cancer mostly among women. This study was aimed to compare the effectiveness of individual counseling and group narrative therapy on female patients' life expectancy afflicted by breast cancer. The present study is a pre-test-post-test clinical trial. Fifty-five patients with breast cancer were randomly selected in the follow-up period and after their active medical treatment completion. Then, they were randomly divided into two groups: individual counseling and group counseling. Herth hope index (HHI) was used to measure the patients' hope level. Data were analyzed using t-test and SPSS software. hope rate was statistically significant in both groups receiving individual and group narrative therapy in the post-test compared to the pre-test ( $P < 00000$ ). Moreover, the comparative evaluation of hope in both groups (individual & group counseling) in the post-test showed that group narrative counseling is more effective than individual narrative counseling ( $P < 00000$ ). Conclusion: Narrative therapy promotes hope in breast cancer patients effectively. Due to the nature of breast cancer and its psychological effects in the post-treatment period, providing narrative group therapy can improve life quality. Patients' life quality changes in tandem with changes in hope.

**Keywords :** hope, narrative therapy, counseling, breast cancer

**Conference Title :** ICHPC 2022 : International Conference on Health Psychology and Cancer

**Conference Location :** Dubai, United Arab Emirates

**Conference Dates :** December 20-21, 2022