

## The Mediating Role of Resilience in the Association Between Stigma and Psychosocial Adjustment: A Cross-sectional Study Among Young and Middle-Aged Patients With Lung Cancer

**Authors :** Ziyun Li, Jiudi Zhong, June Zhang

**Abstract :** Background: The diagnosis and treatment of lung cancer lead to varying degrees of psychological and social maladjustment among patients with lung cancer. Understanding psychosocial adjustment (PA) and its influencing factors in young and middle-aged lung cancer patients is essential to help them return to society and lead a normal life. Objectives: This study aims to examine the mediating role of resilience in the association between stigma and psychosocial adjustment among young and middle-aged patients with lung cancer. Methods: A total of 235 patients with lung cancer were recruited from a tertiary grade A cancer center in southern China and investigated using a self-designed general information questionnaire, Psychosocial Adjustment to Illness Scale Self-Report, Social Impact Scale, and Conner-Davidson Resilience Scale. Results: The mean score of PA was  $(32.61 \pm 14.75)$ , and its influencing factors included treatment modalities, stigma, and resilience. The total effect of stigma on PA was significant (total effect=0.418, SE=0.045, 95%CI [0.310-0.497]), and a positive indirect effect was identified for stigma on PA via resilience (indirect effect=0.143, SE=0.041, 95% CI [0.075-0.236]). Conclusion: Stigma and resilience are significantly associated with PA, and resilience is also a mediating variable between stigma and PA. This study suggests that individualized interventions can be made to improve the PA by alleviating their stigma, or by enhancing their resilience in young and middle-aged lung cancer patients.

**Keywords :** psychosocial adjustment, lung cancer, cancer caring, nursing, young and middle-aged

**Conference Title :** ICHBPH 2023 : International Conference on Health Behavior and Public Health

**Conference Location :** Sydney, Australia

**Conference Dates :** December 04-05, 2023