

Anxiety, Depression and Perceived Stress among Breast Cancer Patients: Single Institute Experience

HA Alagizy*, MR Soltan**, SS Soliman***, NN Hegazy****, SF Gohar*

*Department of Clinical Oncology, Faculty of Medicine Menoufia University, Egypt

**Department of Psychiatry, Faculty of Medicine Fayoum University, Egypt

***Department of Public Health and Community Medicine Faculty of Medicine, Menoufia University, Egypt

****Department of Family Medicine, Faculty of Medicine, Menoufia University, Egypt

Middle East Current Psychiatry (2020) 27:29

Abstract

Background: Statistics reveal that the number of women diagnosed with breast cancer is increasing in Egypt. It is seen as a terrifying disease due to its high mortality rate and its impacts on the self-image and the sexual relationship. Many of its patients experience psychological reactions and may have psychiatric morbidities. The present study aimed to identify the prevalence and associated psychosocial factors of anxiety, depressive disorders and perceived stress among breast cancer patients in Menoufia university hospitals. This cross-sectional study was conducted in the clinical oncology department, Menoufia University. Sixty patients were subjected to questionnaires for socio-demographic data, structured psychiatric clinical interview to screen for psychiatric diagnoses, Beck depression inventory (BDI-II) for measuring the emotional, cognitive and motivational symptoms of depression, Manifest Anxiety Scale to assess the degree of anxiety, and Perceived Stress Scale (PSS-10) to assess stress level. **Results:** The prevalence of depressive symptoms, anxiety symptoms and perceived stress were 68.6, 73.3%, and 78.1% respectively. Moderate to severe anxiety, depression and stress were more prevalent among advanced disease patients, patients who underwent surgery, married patients, patients who were living in rural areas, illiterate and those without satisfactory income but without statistically significant difference except for the effect of occupation on the anxiety state as unemployed patients had significantly higher prevalence of moderate to severe anxiety (100%) than employed patients $p=0.003$. **Conclusions:** depressive disorders, anxiety and perceived stress are common psychiatric disorders among the studied breast cancer patients. Understanding these common psychiatric disorders and associated stress can help to plan for their management.