Purpose:

Theory has suggested that personality plays an important role related to health behavior and results in health outcomes, but inconsistent findings exist. Moreover, limited research has focused on style of coping with personality traits and health related quality of life (HRQOL) for patients with breast cancer. We tested how ways of coping and personality traits are associated with HRQOL in patients with breast cancer, after controlling for age, education, disease severity, and sleep disorder.

Methods:

In a cross-sectional study of 207 patients with breast cancer who completed a set of questionnaires at two general hospitals. The measures used were demographic and individual characteristics, personality traits, ways of coping, and health surveys. We used correlations and hierarchical regressions to determine all relationships among factors, sleep disorders, personality, coping, and health related to quality of life.

Results:

Most participants were reported as having stage II (77, 37.2%) breast cancer. About 60% patients with breast cancer have poor sleep and sleep disorders have a negative association with health related quality of life. Participants using more active coping, with lower neuroticism, and higher agreeableness traits are more likely to have better physical health related quality of life. In the physical health related quality of life regression model, clinical conditions (duration since cancer diagnosis, sleep disorders) and two personality traits (neuroticism and agreeableness) significantly explained 23% of variance. Moreover, fewer sleep disorders and two personality traits (neuroticism and conscientiousness) significantly explained 31% of variance in the mental health related quality of life regression model.

Conclusion:

We cannot conclude that personality is highly correlated with breast cancer, but personality traits are highly related to effective coping styles, sleep quality, and HRQOL for patients with breast cancer. Neuroticism and sleep disorders had a negative association with physical and mental health quality of life. Therefore, nurses should pay more attention to notice that neuroticism for breast cancer survivors may have poor sleep quality. Health care professionals can apply cognitive behavioral therapy to encourage patients for using an active coping style during their survivorship trajectories to improve their sleep quality or health related quality of life.
Title:
Relationships Among Personality, Coping, and Health Related Quality of Life in Women With Breast Cancer

Keywords:
Personality, coping and health related quality of life

References:


Abstract Summary:
A high prevalence of sleep disorders for patients with breast cancer have occurred and sleep disorders were negatively associated with PQOL and MQOL. Additionally, neuroticism was positively related to sleep disorders and could be relevant to psycho-educational interventions.

Content Outline:

Introduction
1. Background described personality plays an important role related to health behavior and results in health outcomes.
2. There are inconsistent findings existed in Taiwan.

Body
1. a. To test coping styles and personality traits are related to QOL in females with breast cancer.
b. To test the coping and personality traits related to health outcomes in females with breast cancer.

2. a. The questionnaire are used to examine the relationships among variables.
   b. The demographic and individual characteristics, personality traits, ways of coping, and health surveys are tested.

3. The results are described.

**Conclusion**
The main point of the findings was described.

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