The Effects of Logotherapy on Distress, Depression, and Demoralization in Female Cancer Patients

Fan-Ko Sun, PhD, RN
Department of Nursing, I-Shou University, Kaohsiung, Taiwan

Chun-Ying Chiang, PhD, RN
Department of Nursing, I-Shou University, Kaohsiung City, Taiwan

YuChun Yao, EdD, RN
Nursing, I-Shou University, Kaohsiung, Taiwan

Purpose:
The purpose of this study was to evaluate the effects of logotherapy on distress, depression, and demoralization in breast cancer and gynecological female cancer patients.

Methods:
A quasi-experimental design was used in this study, involving 61 breast cancer and gynecological cancer patients: 31 in the experimental group and 30 in the control group. Data were collected from 2017 to 2018. Inclusion criteria were: (1) female with breast and gynecological cancer (i.e. endometrial cancer, cervix cancer, and ovarian cancer); (2) age 20 years or above; (3) self-report of experienced distress, depression or demoralization; (4) agreed to participate in logotherapy; and (5) able to complete study questionnaires. A participant who was too weak to attend logotherapy was excluded from the study. Participants in the experimental group received logotherapy 4-6 times during the 12 weeks of intervention. Outcomes were measured by the (1) Distress Thermometer (DT): it had two parts. The first part is a thermometer with a score of 0 to 10. Higher scores indicate higher psychological pain or stress. The second part defines the cause of the psychological pain scores based on a list of common stressors in cancer patients. (2) Patient Health Questionnaire (PHQ): it is based on the Major Depression Disorder diagnostic criteria. The total score ranges between 0 and 27. Higher scores indicate more serious depression. (3) Demoralization Scale Mandarin Version (DS-MV): it was divided into five domains: loss of meaning, dysphoria, disheartenment, helplessness, and sense of failure. This scale has a total of 24 items. Each item is scored from 0-4 points; the total score is between 0-96. Higher scores indicate more serious demoralization.

Results:
The mean age of all participants was 53.0 years (SD= 8.3). Most of the participants were married (n=46, 75.4%), were religious (n=52, 85.2%), lived with family (n=59, 96.7%), had not experienced a relapse (n=52, 85.2%). DT did not differ between groups, but significant differences in favor of the intervention group were noted in the PHQ (U=674.500, p=.002), the DS-MV subcategories of loss of meaning (U=706.500, p=.000), dysphoria (U=673.000, p=.002), disheartenment (U=670.000, p=.003), helplessness (U=621.000, p=.022), and sense of failure (U=629.500, p=.016), and the total score of the DS-MV (U=728.500, p=.000).

Conclusion:
Logotherapy was effective in the reduction of breast cancer and gynecological cancer patients’ depression and demoralization. Clinical professionals could add logotherapy to the treatment for breast cancer and gynecological cancer patients to reduce their depression and demoralization.

**Title:**
The Effects of Logotherapy on Distress, Depression, and Demoralization in Female Cancer Patients

**Keywords:**
cancer, depression and logotherapy

**Abstract Summary:**
The purpose of this presentation is to inform an audience of nurses on the findings of a study that evaluated the effects of logotherapy on distress, depression, and demoralization in breast cancer and gynecological female cancer patients.

**References:**

**First Primary Presenting Author**

**Primary Presenting Author**
Fan-Ko Sun, PhD, RN
I-Shou University
Department of Nursing
Professor
Yanchao District
Kaohsiung
Taiwan
**Author Summary:** Fan-Ko Sun is a professor in Department of Nursing, I-Shou University in Taiwan. She specialties are qualitative research, psychiatric nursing, and suicide care. She has 58 publications in referred journals.

**Second Author**
Chun-Ying Chiang, PhD, RN
I-Shou University
Department of Nursing
Associate Professor
Jiaosu Village, Yanchao District
Kaohsiung City
Taiwan

**Author Summary:** Chun-Ying Chiang, an associate professor in I-Shou University. The clinical specialties are medical and surgical nursing, and community health nursing. Research interested in health promotion, community health, mental health, and gerontological nursing.

**Third Author**
YuChun Yao, EdD, RN
I-Shou University
Nursing
Assistant professor
Yanchao district
Kaohsiung
Taiwan

**Author Summary:** She is an assistant professor in Department of Nursing, I-Shou University in Taiwan. She got a Master’s degree in Nursing in 2004 and Doctor Degree in Education in 2011 in United States.