

A Role of Healthy Behavior in the Relationship Between Social Support and Psychological Well-Being of Breast Cancer Survivors

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Introduction

Background

- Cancer is considered as a chronic illness with regard to high survival rate
- Breast cancer is the most common cancer among Korean women, but shows a high five-year survival rate
- A large body of cancer literature has emphasized an importance of social connections and supportive relationships on the active self-care as well as psychological well-being
- Active performance of healthy behavior is one of the most essential determinants for maintaining the physical and psychological quality of life among people with chronic illnesses including cancer
- Healthy behavior may play a role in mediating the influence of social support on psychological well-being

Aims

- To examine the relationships between social support, healthy behavior, and psychological well-being among Korean breast cancer survivors
- To investigate the role of healthy behavior that mediates the impact of social support on psychological well-being

Methods

Design

- Cross-sectional descriptive study

Samples

- **Inclusion Criteria**
 - Aged at least 19 years old
 - Diagnosed with non-metastatic breast cancer
 - Completed adjuvant chemotherapy or radiation therapy for breast cancer
 - Voluntary participation
- **Data collection**
 - Place: Cancer center of one University hospital in D city
 - Face to face interview for screening the inclusion criteria
 - A self-administered survey

Measures

Variables	Measurement		Description
Social support	Multidimensional scale of perceived social support	12 items α = .910	7-point Likert scale
Healthy behavior	Health-Promoting Lifestyle Profile	52 items α = .945	4-point Likert scale
Psychological well-being	Ryff's psychological well-being scale	46 items α = .910	6-point Likert scale

Covariates

- Socio-demographics – age, education, living status, employment, household income
- Health-related condition – general health status, symptom distress, months after initial diagnosis of breast cancer
- Basic psychological needs – basic psychological need satisfaction and frustration Scale

Statistical Analysis

- Descriptive statistics and Pearson's correlation coefficients
- PROCESS macro for testing an indirect effect of social support on psychological well-being through healthy behavior

Results

Description of the Demographics and Main Concepts (N=219)

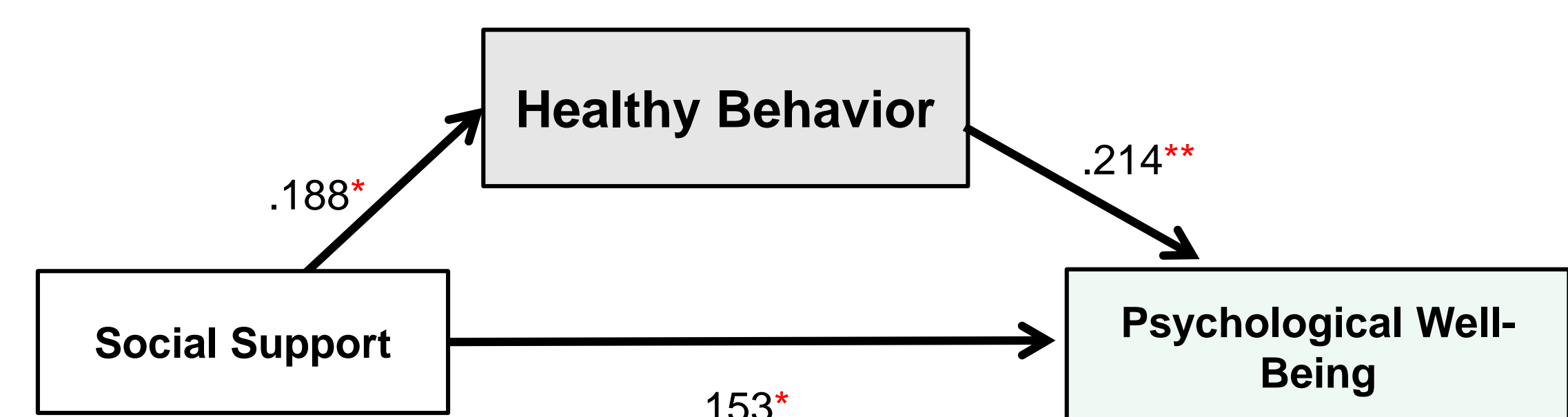
Variables	Categories	M±SD or n (%)
Age		51.54 ± 8.05
Living with	Family including spouse Others, except for spouse	167 (76.3) 52 (23.7)
Education	≤ High school graduation ≥ College	108 (49.3) 111 (50.7)
Currently employed	Yes	103 (47.3)
Monthly family Income (10,000 won/mon)	< 400 ≥ 400	125 (57.1) 94 (42.9)
Subjective health status		3.02 ± 0.86
Symptom distress		1.13 ± 0.70
Months after initial diagnosis with breast cancer		27.07 ± 18.15
Basic psychological needs		
	SA: satisfaction with autonomy	3.87 ± 0.89
	SC: satisfaction with competence	3.65 ± 0.95
	SR: satisfaction with relatedness	3.85 ± 0.84
	FA: frustration with autonomy	2.69 ± 0.86
	FC: frustration with competence	2.26 ± 0.96
	FR: frustration with relatedness	1.60 ± 0.78
General social support (GSS)		5.62 ± 1.30
Healthy behavior (HB)		2.95 ± 0.51
Psychological well-being (PWB)		4.30 ± 0.67

Reciprocal Relationship Between Main Concepts

	1	2	3
1. General Social Support	-		
2. Healthy Behavior	.408**	-	
3. Psychological Well-Being	.608**	.640**	-

** $p < .01$, * $p < .05$

Role of Healthy Behavior in Mediating the Relationship Between Social Support and Psychological Well-Being



Covariates: age, living status, health status, symptom distress, basic psychological needs

* $P < .05$, ** $P < .001$

Indirect Effect of Social Support on Psychological Well-being through Healthy Behavior: 95% CI = .001, .076

Conclusions

- The findings highlight the importance of supportive social connection and healthy behavior for the psychological well-being of breast cancer survivors.
- This study demonstrates a critical impact of healthy behavior that mediates the influence of social support on psychological well-being.
- Healthy behavior plays a role as a bridge for the linkage between social support and psychological well-being.
- Developing a program that facilitates social interaction and active self-care is warranted to enhance the quality of life of breast cancer survivors.