

## Effectiveness of Group Logo Therapy on Decreasing Hopelessness in Women with Breast Cancer

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### Abstract

**Introduction:** Breast cancer is the most incident cancer and the fifth cause of death due to malignancies among Iranian women. A strong sense of meaning and purpose in life of breast cancer patients appears to decrease hopelessness in their life. The present study has investigated effectiveness of group logo therapy on decreasing hopelessness in women with breast cancer who were covered by the Cancer Research Center (CRC), Shahid Beheshti University of Medical Sciences.

**Method:** The research was semi-experimental with pre-test, post-test and control group. For this purpose, 30 patients with breast cancer were selected by convenience sampling and divided into two experimental and control groups. Then, all 30 patients completed Beck Hopelessness Scale (BHS). The experimental group participated in 8 sessions of counseling through group logo therapy; however, the control group did not receive any type of psychological training. In the end, both groups were tested again. After collecting questionnaires, data was analyzed using analysis of covariance and by eighteenth edition of statistical software (SPSS).

**Results:** The research result has shown that group logo therapy was significantly effective in reducing hopelessness in women with breast cancer ( $p < 0.0005$ ). In other words, this intervention could reduce hopelessness in experimental group.

**Keywords:** Logo therapy, Hopelessness, Breast Cancer.