

## **Unpleasant Emotions (Stress, Anxiety and Depression) and its Relationship with Parental Bonding and Disease and Demographic Characteristics in Patients with Breast Cancer**

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### **Abstract**

**Introduction:** Stress, anxiety and depression have negative effect on functional status, quality of life, duration and frequency of hospitalization and even the prognosis of patients with breast cancer. The prevalence of unpleasant feelings is a risk factor for reduced survival and disagreement of treatment of these patients. This study aimed to determine stress, anxiety and depression and its relationship with demographic variables and parental bonding with in patients with breast cancer.

**Methods:** The study was cross-sectional and descriptive- analytical. The study conducted on 260 patients with breast cancer referred to in 22 bahman hospital in neyshabour city through convenience sampling from October 2012 to September 2015. Data were collected through demographic information and questionnaire (DASS-42). After collection, the data were analyzed by SPSS 21 software.

**Results:** The prevalence of stress, anxiety and depression in patients with cancer were 66.7%, 77.4%, 51.2%, respectively. Average scores of stress ( $25/75 \pm 1.77$ ), depression ( $19.46 \pm 10.76$ ) and anxiety were ( $15.57 \pm 9.10$ ) this indicates that patients with cancer have moderate of stress and depression and were high levels anxiety. The test results showed that, there are significant relationship between the rate of education, history of psychiatric disorders in family, age, number of children and the prevalence of stress, anxiety and depression. ( $P < 0.05$ ). There is significant and negative association between the occurrence of unpleasant emotions and the relationship of parent and child in patients with cancer ( $p < 0.001$ ,  $r = -0.117$ ).

**Conclusion:** The results of this study can help nurses based on counseling services, appropriate care and supporting So that they can provide appropriate and timely preventive strategies and planning programs to reduce unpleasant emotions breast cancer patients and improving their condition and parental bonding.

**Keywords:** Depression, Anxiety, Stress, Parental Bonding, Breast Cancer.