

<https://doi.org/10.33472/AFJBS.6.10.2024.5267-5279>



African Journal of Biological Sciences

Journal homepage: <http://www.afjbs.com>



Research Paper

Open Access

THE IMPACT OF CONVENTIONAL TREATMENT ON THE QUALITY OF LIFE OF BREAST CANCER PATIENTS

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ABSTRACT

Background: Conventional BC treatment (CT) had a wide range of benefits for patient BC but had also been shown to affect patients' QoL. **Aim:** To evaluate the impact of CT on BC patient QoL. **Material & Methods:** 10 patients were asked to fill out a questionnaire of 26 set into 3 groups, i.e., Yoga, Pranayama, and Meditation, and assessed on the basis of the WHO-QOL-BREF scale. **Result:** We found that on inter-comparison, there was no difference in improving QoL as all three practices showed differences individually. **Conclusion:** Complementary and alternative practices (CAM) can be used along with CT to improve the QoL of BC patients. **Keywords:** WHO-QOL-BREF, CT, BC, yoga, pranayama, meditation, benefits, CAM, questionnaire, Impact.

Article History

Volume 6, Issue 10, 2024

Received: 29 Apr 2024

Accepted : 29 May 2024

doi: 10.33472/AFJBS.6.10.2024.5267-5279

INTRODUCTION

The QoL can be used as an indicator of total well-being and may benefit cancer patients and survivors of the disease.[1,2] In a study, cancer patients and experts were interviewed to know the QOL of BC patients compared to those not afflicted with the disease. Thus, they found that women mainly suffer from the journey of the disease and treatment. [3]

After completing the treatment, patients with BC face new obstacles like exhaustion, neuropathy, and cognitive decline.[4] In addition, several patients have comorbid sadness and

anxiety, accompanied by a constant fear of recurrence. Breast cancer survivors often experience a widespread sense of detachment from society and encounter challenges while trying to adapt to traditional social expectations.[4] The conventional treatment (CT) mainly focuses on curing the disease with the help of radiotherapy and chemotherapy. [5] Additionally, studies have shown that the level of care after CT by professionals has been seen as very low post-operatively, especially in our Indian hospitals, to deal with the patient's anxiety & depression post-operatively and increase the QoL.[6] Henceforth, in our study, we have decided to evaluate the impact of CT on BC patients to assess what different methods we can add to help the BC patient overcome it.

AIM

To evaluate & determine the impact of CT among BC patients on their QoL.

INCLUSION CRITERIA

1. Female Breast Cancer survivors
2. Average age range was 25-70 years
3. Patients practicing CAM.

EXCLUSION CRITERIA

1. Female patients at stage 4
2. Does not understand Hindi or English
3. Any concomitant serious illness

MATERIAL & METHOD

A questionnaire type of longitudinal study was performed with the help of interviews & observations of 10 participants. Our results obtained were analyzed by using the World Health Organization Quality of Life brief version (WHO-QOL BREF) scale with the help of all four different domain questions, which include physical health, psychological aspect, social relationships, and environmental factors, for the assessment of QoL of BC affected patients. The study participants were grouped under three groups: group 1 was asked to practice yoga, group 2 pranayama, and group 3 meditation. All those who fulfilled the inclusion criteria were included in our study.

QUESTIONNAIRE ARE AS FOLLOWS:-

Question no.1) How do you rate your QoL?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.2) How satisfied are you with your health?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.3) To what extent do you feel that physical pain prevents you from doing what you need to do?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.4) How much do you need any medical treatment to function in your daily life?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.5) How much do you enjoy life ?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.6) To what extent do you feel your life to be meaningful ?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.7) How well are you able to concentrate ?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.8) How safe do you feel in your daily life?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.9) How healthy is your physical environment?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.10) Do you have enough energy for everyday life?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.11) Are you able to accept your bodily appearance?

- | | |
|---------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
|---------------------|----------------|

- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.12) Have you enough money to meet your needs?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.13) Was the information available to you needed in your day-to-day life satisfied?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.14) To what extent do you have opportunities for leisure activities?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.15) How well are you able to get around?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.16) How satisfied are you with your sleep?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.17) How satisfied are you with your ability to perform your daily living activities?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.18) How satisfied are you with your capacity for work?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.19) How satisfied are you with yourself?

- a. Very Dissatisfied
- b. Dissatisfied
- c. Neither satisfied nor dissatisfied
- d. Satisfied
- f. Very Satisfied

Question no.20) How satisfied are you with your personal relationships?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.21) How satisfied are you with your sex life?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.22) How satisfied are you with the support you get from your friends?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.23) How satisfied are you with the conditions of your living place?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.24) How satisfied are you with your access to health services?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.25) How satisfied are you with your transport?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

Question no.26) How often do you have negative feelings such as blue mood, despair, anxiety, and depression?

- | | |
|--------------------------------------|----------------|
| a.Very Dissatisfied | b.Dissatisfied |
| c.Neither satisfied nor dissatisfied | d.Satisfied |
| f. Very Satisfied | |

STATISTICAL ANALYSIS

The data was coded and input into a Microsoft Excel spreadsheet. The IBM SPSS (SPSS Inc., IBM Corporation, NY, USA) Statistics Version 25 for Windows software program was employed to conduct the analysis. The qualitative data comparison of all clinical indicators was performed using the chi-square test. The level of significance was established at $P \leq 0.05$.

RESULTS

Here,

Question no.1) How do you rate your QoL?

Question no.2) How satisfied are you with your health?

Question no.3) To what extent do you feel that physical pain prevents you from doing what you need to do?

Question no.4)How much do you need any medical treatment to function in your daily life?

Question no.5) How much do you enjoy life?

Question no.6) To what extent do you feel your life to be meaningful?

Question no.7) How well are you able to concentrate?

Question no.8) How safe do you feel in your daily life?

Question no.9) How healthy is your physical environment?

Question no.10) Do you have enough energy for everyday life?

Question no.11) Are you able to accept your bodily appearance?

Question no.12) Have you enough money to meet your needs?

Question no.13) Was the information available to you needed in your day-to-day life satisfied?

Question no.14) To what extent do you have opportunities for leisure activities?

Question no.15) How well are you able to get around?

Question no.16) How satisfied are you with your sleep?

Question no.17) How satisfied are you with your ability to perform your daily living activities?

Question no.18) How satisfied are you with your capacity for work?

Question no.19) How satisfied are you with yourself?

Question no.20) How satisfied are you with your personal relationships?

Question no.21) How satisfied are you with your sex life?

Question no.22) How satisfied are you with the support you get from your friends?

Question no.23) How satisfied are you with the conditions of your living place?

Question no.24) How satisfied are you with your access to health services?

Question no.25) How satisfied are you with your transport?

Question no.26) How often do you have negative feelings such as blue mood, despair, anxiety, or depression?

YOGA

Q.NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Very Dissatisfied	2	3	1	0	5	3	2	5	0	3	4	1	1	2	2	0	1	3	0	2	1	1	1	1	1	0
Dissatisfied	3	4	4	0	1	2	5	1	3	2	3	1	1	0	1	3	2	0	5	1	0	2	1	1	1	2
Neither satisfied nor dissatisfied	4	2	1	3	2	2	3	1	3	3	3	1	1	2	3	5	3	4	3	0	6	1	2	0	1	1
Satisfied	1	1	3	2	2	3	0	3	4	2	0	2	2	3	4	2	4	3	2	4	2	2	3	4	2	5
Very Satisfied	0	0	1	5	0	0	0	0	0	0	0	5	5	3	0	0	0	0	0	3	1	4	3	4	5	2

TABLE 1: YOGA

In Table 1, during our research after practicing yoga, we found that the majority responded that patients were neither satisfied nor dissatisfied with 4 in number, followed by dissatisfied with 3 in number, then very dissatisfied with 2 in number, and finally, satisfied with 1 in number, respectively. The majority responded that patients were dissatisfied with 4 in number, followed by very dissatisfied with 3 in number, then neither satisfied nor dissatisfied with 2 in number and finally, satisfied with 1 in number, respectively. The majority responded that patients were dissatisfied with 4 in number, followed by satisfied with 3, and finally, very dissatisfied, neither satisfied nor dissatisfied & very satisfied with 1 in number each, respectively. The majority responded that patients were very satisfied with 5 in number, followed by those who were neither satisfied nor dissatisfied with 3 in number and finally satisfied with 2 in number, respectively. The majority responded that patients were very dissatisfied with 5 in number, followed by neither satisfied nor dissatisfied and satisfied with 2 in number each, and finally, dissatisfied with 1 in number respectively. The majority responded that patients were very dissatisfied & satisfied with 3 in number and finally, dissatisfied & neither satisfied nor dissatisfied with 2 in number respectively. The majority responded that patients were dissatisfied with 5 in number, followed by those who were neither satisfied nor dissatisfied with 3 in number and, finally, very dissatisfied with 2 in number, respectively. The majority responded that patients were very dissatisfied with 5 in number, satisfied with 3 in number, and finally, dissatisfied & neither satisfied nor dissatisfied with 1 in number, respectively. The majority responded that patients were satisfied with 4 in number, followed by dissatisfied & neither satisfied nor dissatisfied with 3 in number. The majority responded that patients were very dissatisfied & neither satisfied nor dissatisfied, with 3 in number followed by dissatisfied & satisfied with 2 in number each respectively. The majority responded that patients were very dissatisfied, with 4 in number, followed by dissatisfied & neither satisfied nor dissatisfied, with 3 in number each respectively. The majority responded that patients were very satisfied with 5 in number, followed by satisfied with 2 in number, and finally, very dissatisfied, dissatisfied, and neither satisfied nor dissatisfied with 1 respectively. The majority responded that patients were very satisfied with 5 in number, followed by satisfied with 2 in number, and finally, very dissatisfied, dissatisfied, and neither satisfied nor dissatisfied with 1 respectively. The majority responded that patients were

satisfied & very satisfied with 3 in number, followed by very dissatisfied & neither satisfied nor dissatisfied with 2 in number each respectively. The majority responded that patients were satisfied with 4 in number, followed by neither satisfied nor dissatisfied with 3 in number, then very dissatisfied with 2 in number, and finally, dissatisfied with 1 in number. The majority responded that patients were neither satisfied nor dissatisfied with 5 in number, followed by dissatisfied with 3 in number, then satisfied with 2 in number. The majority responded that patients were satisfied with 4 in number, followed by neither satisfied nor dissatisfied with 3, then dissatisfied with 2 in number, and very dissatisfied with 1 in number. The majority responded that patients were neither satisfied nor dissatisfied with 4, followed by very dissatisfied & satisfied with 3 in number each. The majority responded that patients were dissatisfied with 5 in number, followed by those who were neither satisfied nor dissatisfied with 3 and those who were satisfied with 2 in number. The majority responded that patients were satisfied with 4 in number, followed by very satisfied with 3 in number, then very dissatisfied with 2 in number, and finally, dissatisfied with 1 in number. The majority responded that patients were neither satisfied nor dissatisfied with 6 in number, followed by satisfied with 2 in number, and finally, very dissatisfied & very satisfied with 1 in number each. The majority responded that patients were very satisfied with 4 in number, followed by dissatisfied & satisfied with 2 in number each, and finally, very dissatisfied & satisfied with 1 in number each. The majority responded that patients were satisfied & very satisfied with 3 in number each, followed by neither satisfied nor dissatisfied with 2 in number and finally, very dissatisfied & dissatisfied with 1 in number each. The majority responded that patients were satisfied & very satisfied, with 4 in number each, followed by very dissatisfied & dissatisfied, with 1 in each. The majority responded that patients were very satisfied with 5 in number each, followed by 2 in number, and finally, very dissatisfied, dissatisfied & neither satisfied nor dissatisfied with 1 in number each. The majority responded that patients were satisfied with 5 in number, followed by very satisfied & dissatisfied with 2 in number each, and finally, neither satisfied nor dissatisfied with 1 in number.

PRANAYAMA

Q.NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
Very Dissatisfied	1	4	0	0	1	2	2	0	0	0	0	0	0	0	1	1	1	1	1	2	0	2	0	0	0	0	0
Dissatisfied	7	3	4	1	5	3	3	7	1	7	3	0	0	0	4	4	6	6	5	0	0	0	0	0	0	0	2
Neither satisfied nor dissatisfied	1	2	0	3	2	4	5	2	4	1	3	2	2	3	1	5	1	1	1	3	6	0	0	0	0	0	3
Satisfied	1	1	5	4	2	1	0	1	5	2	4	6	5	3	4	0	2	2	3	3	3	4	2	5	2	3	3
Very Satisfied	0	0	1	2	0	0	0	0	0	0	0	2	3	4	0	0	0	0	0	2	1	4	8	5	8	2	2

TABLE 2: PRANAYAMA

In Table 2, during our research after practicing pranayama, we found that the majority responded that patients were dissatisfied with 7 in number, followed by very dissatisfied, neither satisfied nor dissatisfied & satisfied with 1 in number each. The majority responded that patients were very dissatisfied with 4 in number, followed by dissatisfied with 3 in number, then neither satisfied nor dissatisfied with 2 in number and finally,

satisfied with 1 in number, respectively. The majority responded that patients were satisfied with 5 in number, followed by dissatisfied with 4 in number, and finally, very satisfied with 1 in number. The majority responded that patients were satisfied with 4 in number, followed by neither satisfied nor dissatisfied with 3, then very satisfied with 2 in number, and finally, dissatisfied with 1 in number. The majority responded that patients were dissatisfied with 5 in number, followed by neither satisfied nor dissatisfied and satisfied with 2 in number each, and finally, very dissatisfied with 1 in number respectively. The majority responded that patients were neither satisfied nor dissatisfied with 4 in number, dissatisfied with 3 in number, very dissatisfied with 2 in number, and finally, satisfied with 1 in number. The majority responded that patients were neither satisfied nor dissatisfied with 5 in number, followed by dissatisfied with 3 in number, and finally, very dissatisfied with 2 in number, respectively. The majority responded that patients were dissatisfied with 7 in number, neither satisfied nor dissatisfied with 2 in number and finally, satisfied with 1 in number. The majority responded that patients were satisfied with 5 in number, followed by those who were neither satisfied nor dissatisfied with 4 and finally, those who were dissatisfied with 1 in number. The majority responded that patients were dissatisfied with 7 in number, followed by satisfied with 2, and, finally, neither satisfied nor dissatisfied with 1 in number. The majority responded that patients were satisfied with 4 in number followed by dissatisfied & neither satisfied nor dissatisfied with 3 in number each respectively. The majority responded that patients were satisfied with 6 in number followed by neither satisfied nor dissatisfied & very satisfied with 2 in number each respectively. The majority responded that patients were very satisfied with 5 in number, followed by very satisfied with 3, and finally, neither satisfied nor dissatisfied with 2 in number. The majority responded that patients were very satisfied with 4, followed by satisfied & neither satisfied nor dissatisfied with 3 in each. The majority responded that patients were dissatisfied & satisfied with 4, followed by very dissatisfied & neither satisfied nor dissatisfied with 1, respectively. The majority responded that patients were neither satisfied nor dissatisfied with 5 in number, followed by dissatisfied with 4 in number, and, finally, very dissatisfied with 1 in number. The majority responded that patients were dissatisfied with 6 in number, followed by satisfied with 2, and finally, very dissatisfied & neither satisfied nor dissatisfied with 1 in number, respectively. The majority responded that patients were dissatisfied with 6 in number, followed by satisfied with 2, and finally, very dissatisfied & neither satisfied nor dissatisfied with 1 in number, respectively. The majority responded that patients were dissatisfied with 5 in number, followed by satisfied with 3 and very dissatisfied & neither satisfied nor dissatisfied with 1, respectively. The majority responded that patients were neither satisfied nor dissatisfied, with 3 in number each, followed by very dissatisfied & very satisfied, with 2 in each. The majority responded that patients were neither satisfied nor dissatisfied with 6 in number, followed by 3 in number, and finally, very satisfied with 1 in number. The majority responded that patients were satisfied & very satisfied with 4 in number, followed by very dissatisfied with 2 in number. The majority responded that patients were very satisfied with 8 in number, followed by satisfied with 2 in number. The majority responded that patients were satisfied & very satisfied, with 5 in number. The majority responded that patients were very satisfied with 8 in number, followed by satisfied with 2 in number. The majority responded that patients were satisfied & neither satisfied nor dissatisfied, with 3 in number each, followed by dissatisfied & very satisfied, with 2 in each.

MEDITATION

Q.NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
Very Satisfied	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	
Dissatisfied	2	4	6	5	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	4
Neither satisfied nor dissatisfied	6	4	4	3	7	4	5	6	3	7	3	1	3	0	4	0	2	3	1	3	0	2	0	0	1	4	
Satisfied	2	2	0	2	3	6	5	4	5	2	7	5	5	5	6	9	8	7	9	4	6	2	6	4	5	0	
Very Satisfied	0	0	0	0	0	0	0	0	2	1	0	4	2	5	0	0	0	0	0	3	4	6	4	6	4	0	

TABLE 3: MEDITATION

In Table 3, during our research after practicing meditation, we found that the majority responded that patients were neither satisfied nor dissatisfied, with 6 in number followed by dissatisfied & satisfied with 2 in number. The majority responded that patients were dissatisfied & neither satisfied nor dissatisfied with 4 in number, followed by satisfied with 2 in number. The majority responded that patients were dissatisfied with 6 in number, followed by those who were neither satisfied nor dissatisfied with 4 in number, respectively. The majority responded that patients were dissatisfied with 5 in number, followed by those who were neither satisfied nor dissatisfied with 3 and finally, those who were satisfied with 2 in number, respectively. Most responded that patients were neither satisfied nor dissatisfied with 7 in number each and, finally, satisfied with 3 in number, respectively. Most responded that patients were satisfied with 6 and, finally, neither satisfied nor dissatisfied with 4 in number, respectively. The majority responded that patients were neither satisfied nor dissatisfied & satisfied with 5 in number each, respectively. The majority responded that patients were neither satisfied nor dissatisfied with 6 in number, followed by satisfied with 4 in number. The majority responded that patients were satisfied with 5, followed by neither satisfied nor dissatisfied with 3 and very satisfied with 2. The majority responded that patients were neither satisfied nor dissatisfied with 7 in number, followed by satisfied with 2 in number, and finally, very satisfied with 1 in number. The majority responded that patients were satisfied with 7 in number, followed by neither satisfied nor dissatisfied with 3 in number. The majority responded that patients were satisfied with 5 in number, followed by very dissatisfied with 4 in number, and finally, neither satisfied nor dissatisfied with 1 in number. The majority responded that patients were satisfied with 5 in number, followed by neither satisfied nor dissatisfied with 3 in number, and finally, very satisfied with 2 in number. The majority responded that patients were very satisfied & satisfied with 5 in number each, respectively. The majority responded that patients were satisfied with 6 in number, followed by neither satisfied nor dissatisfied with 4 in number. The majority responded that patients were satisfied with 9 in number followed by dissatisfied with 1 in number. The majority responded that patients were satisfied with 8 in number, followed by neither satisfied nor dissatisfied with 2 in number. The majority responded that patients were satisfied with 7 in number, followed by neither satisfied nor dissatisfied with 3 in number. The majority responded that patients were satisfied with 9 in number, followed by neither satisfied nor dissatisfied with 1 in number. The majority responded that patients were satisfied with 4 in number,

followed by neither satisfied nor dissatisfied & very satisfied with 3 in number and satisfied with 2 in number. The majority responded that patients were neither satisfied nor dissatisfied with 4, followed by very dissatisfied & satisfied with 3 in number each. The majority responded that patients were satisfied with 6 in number, followed by very satisfied with 4 in number. The majority responded that patients were very satisfied with 6 in number, followed by satisfied & neither satisfied nor dissatisfied with 2 in number each, respectively. The majority responded that patients were satisfied with 6 in number, followed by very satisfied with 4 in number each. Most responded that patients were very satisfied with 6 in number each, followed by 4. The majority responded that patients were satisfied with 5 in number each, followed by very satisfied with 4 in number, and finally, neither satisfied nor dissatisfied with 1 in number. The majority responded that patients were dissatisfied & neither satisfied nor dissatisfied, with 4 in number each, followed by very dissatisfied with 2 in number.

P VALUE

Yoga and pranayama=0.62

Yoga and meditation=0.75

Pranayama and meditation=0.46

Thus, on inter-comparison, we found that there was no statistically significant difference in QoL for yoga and pranayama, yoga and meditation, and pranayama and meditation, as the p values were 0.62, 0.75, and 0.46, respectively.

DISCUSSION

In their study, Pandey et al.[7] gathered samples from 504 BC patients who had undergone rigorous treatment and are now receiving curative treatment. According to the study, there are few cancer facilities and a very high patient load. The social and psychological needs of cancer patients take a back seat to the fundamental goal of these institutions, which is to improve survival rates [7]. At this early point in diagnosing, the patient feels fear, shock, worry, and disbelief. We may attribute the patient's psychological crisis to this particular situation. [8] Education may improve QoL, which is among the most important variables in this regard. One crucial factor that helps cancer patients manage their situation is education. [9]

A study found that more than half of the female population in India faces literacy challenges. Many women have a limited understanding of the condition and its treatment, resulting in emotional and psychological distress that significantly affects their overall well-being.[10] The financial situation of individuals diagnosed with breast cancer can significantly impact their overall QoL. Dealing with breast cancer can intensify the emotional burden and place a considerable financial burden on families. Accessing resources can be a challenge for patients from middle- and lower-middle-class families, negatively impacting their QoL. The impact of social stigma on the well-being of BC patients in India is significant. The occurrence of breast cancer in mothers may also affect the probability of marriage for their daughters. In such cases, the mental health of patients can also be affected by unmarried children in their families. [11] In another study, authors reported that the women who have had breast cancer surgery are more prone to have a diminished QoL. This is because breast cancer also impacts the patients' sexual lives and their connection with their partners.[12] Marital troubles arising from breast cancer and sexual disorders might eventually contribute to a worse QoL for patients.[12] The study highlights the substantial effects of breast cancer on patients' physical well-being, as well as its influence on their emotional and functional well-being.[13] When patients are told about BC, it has a significant influence on their mental and emotional functioning. The patients may experience anxiety due to the life-threatening nature of the illness and the uncertainty surrounding cancer treatment. The consequences of such concern lead to psychological distress, which impacts the QoL. Significant effects on the patient's QoL have been seen during the active and vigorous treatment period.[14]

CONCLUSION

CAM therapies can be used alongside CT for BC patients due to their beneficial impact on patient QoL. These practices can help the patient deal with depression, distress, and other side effects due to CT, thus improving survivorship. An integrated approach includes best CT, evidence-based, and supportive CAM therapies. Further studies need to be done to validate the results of our study.

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