

Title: Systematic review of the efficacy of CBT and iCBT for menopausal symptoms in patients diagnosed with breast cancer

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Being diagnosed with breast cancer has always been the number one cancer in Taiwanese women, and many patients have symptoms such as hot flashes, night sweats and vaginal atrophy after treatments. The study integrated cognitive behavioral therapy (CBT) into patients with breast cancer and improves discomfort. Using MeSH terms and keywords in the Pubmed and CINAHL databases. The study included six randomaized controlled trials (RCT) articles and was evaluated using the Critical Assessment Skills Program (CASP) checklist. The article incorporates eligibility criteria, including treatment of breast cancer in women with menopausal symptoms, CBT and internet cognitive behavioral therapy (iCBT). Exclusion criteria include research protocols. The CBT overall plan is for six consecutive weeks, 1.5 hours per week, and the follow-up period is approximately 9 weeks to 24 weeks. Women receiving CBT improving hot flush and night sweat. CBT is particularly suitable for breast cancer care, which can improve the physical and psychological problems of patients with breast cancer and improve their quality of life. However, cognitive behavioral research has some limitations, that is, the experimental group can not be blind, so clinical trials may cause some bias. In addition, most of the cognitive behavioral therapy researches are currently used in the UK or the Netherlands. Whether it can be applied to Taiwanese culture, I hope that we can do more similar research in Taiwan in the future.

Biography

Yun-Chen Chang is specialized in psychological support, horticulture and sexual issue for patients with cancer. She is working as RN in the Cancer Center, Hsinchu Mackay Memorial Hospital, Taiwan and also a doctoral student at the school of Nursing, National Taiwan University.

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