

## **Depression in Patients with Breast Cancer: relevance of some associated factors**

**Dr. Kedar Ranjan Banerjee and Tanmoy Mitra**

**National Institute of Behavioural Sciences,  
P-7 CIT Road, Moulali, Kolkata – 700 014.**

**Background:** Study of depression in breast cancer needs to be done in a broader way to encompass different psychosocial dimension. Various studies reveal that high prevalence of depression is common in patients with breast cancer and it is crucial that depression is diagnosed and treated. Depression affects both quality of life and morbidity.

The present study addresses the issue of evaluation of the psychological status of breast cancer patients and related vulnerability.

**Materials & Methods:** Total 110 patients between 18 to 55 years of age who attained a hospital in city of Kolkata having breast cancer diagnosed for the first time. The test batteries used were State Trait Anxiety Inventory, Beck Depression Inventory, Personality Questionnaire, Montgomery-Asberg Depression Rating Scale, Parental Sensitization Index, Socio-economic Status Inventory, Perceived Support Inventory, Illness Behaviour Questionnaire, Duke Health Profile, Locus of Control and Life Events Scale.

**Results:** It was indicated that majority (68%) of the patients had at least one previous episode of depression and reflected higher level of trait anxiety. Higher maternal sensitization was evident in these patients. Patients also revealed higher neuroticism measure along with higher negative life events. These patients also reflected external locus of control and perceived lack of social support.

**Conclusion:** Depression is not normal response to cancer and treatment positively impinges on quality of life and morbidity. This study indicates that above personality attributes may as well be contemplated as hazardous for future vulnerability of breast cancer.

### References:

1. Simpson, S.J. Carlson, L.E, Beck,C.A., et al. Effects of a brief intervention on social support and psychiatric morbidity in breast cancer patients. *Psychooncology* 2002; 11:282-294.
2. Hjerl, K, Andersen, E. Keiding, N., et al. Depression as a prognostic factor for breast cancer mortality. *Psychosomatics* 2003; 44:24-30.