

Insomnia in Indian Cancer Patients

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Background: The pain or physical discomfort associated with cancer as well as with the treatment procedure can cause significant reduction of sleep in patients. Sleeplessness remains as one of the major complains stated by these patients.

Present study addresses the illness behaviour, related personality attributes and insomnia in cancer patients of eastern India.

Materials & Methods: Total 240 patients between 18 to 60 years of age who attained a hospital in city of Kolkata having cancer diagnosed within the last 3 years had been studied. The test batteries used were Sleep Status Index, Illness Behaviour Questionnaire, Duke Health Profile, Locus of control, Bells Adjustment Inventory and Parental Sensitization Index.

Results: Patients who had a positive family history of insomnia and a previous depressive episode are more vulnerable to symptoms of sleeplessness. Higher parental sensitization was noted in these patients. The disease conviction and irritability measures of illness behaviour scale were significantly higher in these patients compared to other patients. Low quality of social health and self-esteem were reflected also in these patients. They also found to have external locus of control.

Conclusion: Retreating to relaxation is indicative of betterment of symptomology and improved mental health which are essential for cancer patients. It may be imperative to look at the psychological profile as psychological dimensions may as well have an influence on sleep pattern of these patients.

References:

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