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Effectiveness of spiritual group therapy on serum levels of cytokine interleukin 10 among patients (women) with breast cancer

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History & Objective: According to the evidence collected so far, the relationship between psychological, social and spiritual issues plays a significant role on the biological systems of the patients, including the immune system. Breast cancer patients usually face the psychological problems such as a recurrence, progression of disease and death. These conditions on one hand, affect their disease and their immune system by increasing the anxiety levels and the effect on cytokine secretion and on the other hand, the anxiety makes their immune system have defective function by the mutual influence on sex hormones.

Aim: The aim of this study is to examine the effectiveness of spiritual group therapy on serum levels of cytokine interleukin 10 among patients (women) with breast cancer.

Analysis method: According to a semi-experimental study, 11 patients with breast cancer of Shohadaye Tajrish Hospital in Tehran, were purposefully selected and randomly divided into two groups: an experimental group and a control group. The experimental group received 12 sessions of spiritual therapy and then the serum levels of Cytokine interleukin-10 were measured by the kits for measuring cytokines (made in France by Daya Clone) in both groups before and after the test.

Findings: According to the results and variables derived from the test, it is concluded that, the spiritual therapy can be effective in reducing serum levels of cytokine interleukin-10 in women suffering from the breast cancer.

Conclusion: It seems that using the spiritual therapy in the treatment of patients with breast cancer can be useful in recovery of them by reducing the serum levels of cytokine interleukin-10 and therefore reducing the levels of anxiety.

Biography

Leyla Fallahi has obtained her PhD Degree in Health Psychology from Azad University. She is a Psychologist in the cancer section in Shohadaye Tajrish Hospital. She has held more than 40 workshops about cancer and palliative care. She has been a Board member of clinical psychology community, also a member of specialized psycho-oncology committee. She has written a number of books in the field of cancer and health psychology. She has actively been engaged to teach in university, cancer patients. Her research interests are spirituality, reality therapy and sex therapy.

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