

EFFECTIVENESS OF SOLUTION-FOCUSED THERAPY AND COGNITIVE RESTRUCTURING ON THE PSYCHOSOCIAL ISSUES OF MASTECTOMY AND HYSTERECTOMY CANCER PATIENTS

25th Shaukat Khanum Cancer Symposium • November 6–8, 2026
Digital e-Poster | Psychosocial Oncology

ABSTRACT ID: 260313

OBJECTIVE

Cancer diagnosis and surgery can create major psychological and psychosocial challenges for women. This study looked at these challenges after mastectomy or hysterectomy, and asked whether coping could be strengthened through Solution-Focused Therapy and Cognitive Restructuring Therapy.

METHODS

100 patients took part: 50 after mastectomy and 50 after hysterectomy.

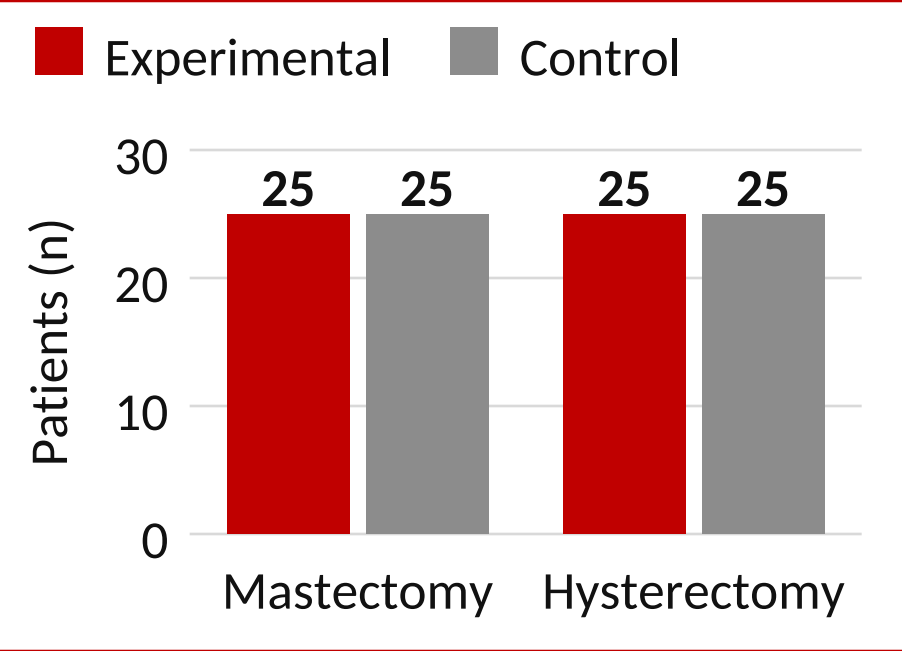
Each surgical group was split equally, with 25 patients in the experimental group and 25 in the control group.

The experimental group had six weekly 45-minute sessions combining Solution-Focused Therapy and Cognitive Restructuring Therapy.

The control group received routine counselling without psychological-skills training.

Psychosocial issues and coping strategies were assessed at post-test.

Fig 1: Study Sample by Group



TREATMENT

- Solution-Focused Therapy**
- Miracle questioning
 - Scaling questions
- Cognitive Restructuring Therapy**
- Identifying unhelpful thoughts
 - Active listening
 - Evidence-based questioning
 - Triple-column technique
 - Thought diary

TABLE 1. THERAPY PATHWAY

Session	Focus
1	Identify concerns
2	Build coping
3	Challenge unhelpful thoughts
4	Practice new thinking
5	Strengthen coping
6	Post-test

Fig 2: Cumulative Therapy Time

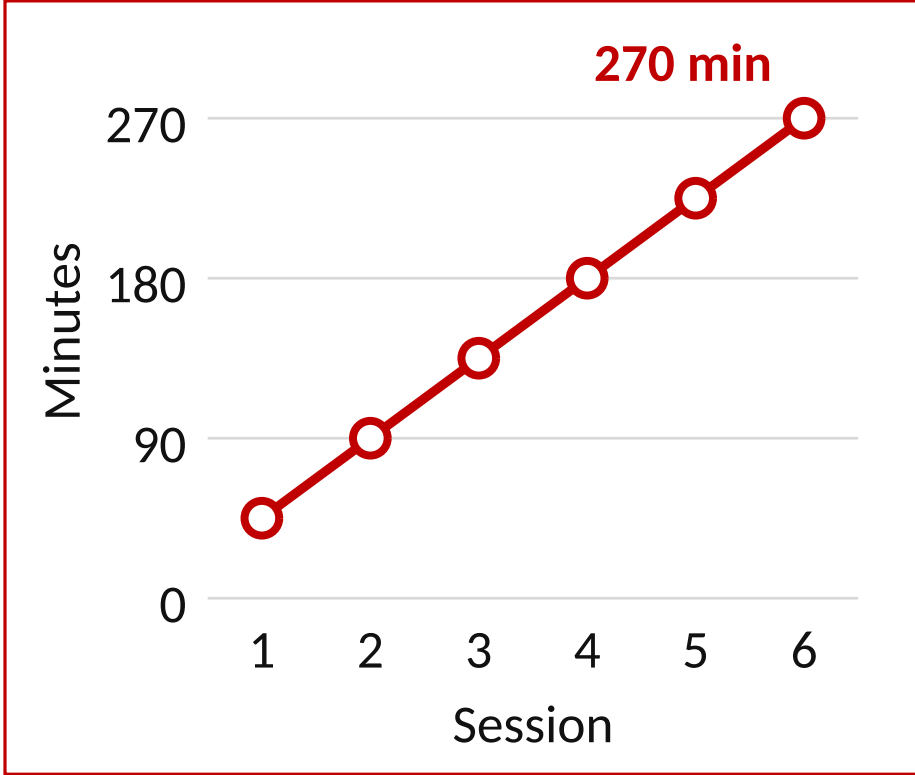


TABLE 2. SCREENING SCALES

Domain	Surgical group
Psychosocial issues	Hysterectomy
Psychosocial issues	Mastectomy
Coping strategies	Hysterectomy
Coping strategies	Mastectomy

RESULTS

Compared with the control group, the experimental group showed a positive change in coping strategies and fewer psychosocial issues (Table 3, Fig 3).

TABLE 3. FINDINGS

Outcome	Experimental vs control
Psychosocial issues	▼ Fewer
Coping strategies	▲ Positive change

Fig 3: Direction of Change (not scores)

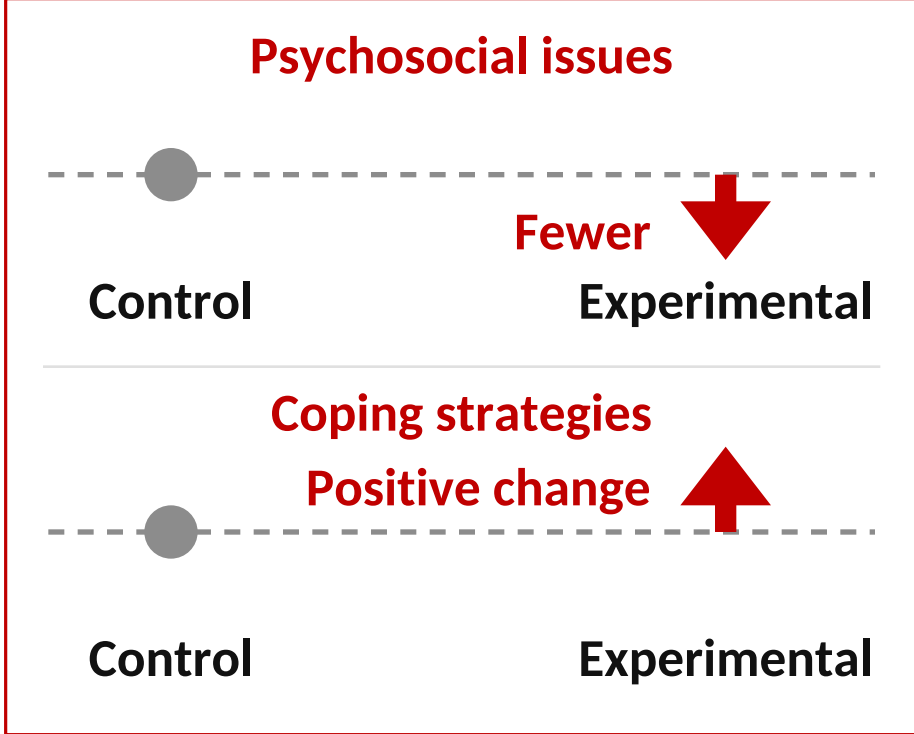


TABLE 4. CONCERNS SCREENED

Body image	Low self-esteem
Hopelessness	Depression
Anxiety	PTSD

CONCLUSION

The indigenously developed tools may be useful for psychological screening in oncology settings.

They may help identify psychosocial concerns and support attention to body image, self-esteem, hopelessness, depression, anxiety, PTSD and other psychiatric concerns.