

# Nurse-led psych intervention beneficial in breast cancer

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(HealthDay)—A nurse-led psychological intervention program is

beneficial for patients with breast cancer at high risk of depression, according to a study published online May 30 in the *Journal of Clinical Nursing*.

Yeon Hee Kim, R.N., Ph.D., from the Asan Medical Center in Seoul, South Korea, and colleagues conducted a pre- and post-test randomized controlled trial to examine the effects of a nurse-led psychological intervention program on psychological distress and quality of life among patients with [breast cancer](#) recruited from an oncology outpatient clinic. The program comprised seven weekly counseling sessions delivered face-to-face and via telephone. The sessions aimed to provide emotional support, as well as enable patients to express their feelings. Sixty patients at [high risk](#) of depression were randomized to the intervention group or a control group.

The researchers found that participants in the [intervention group](#) reported significantly lower mood disturbance, anxiety, and depression compared with the [control group](#); they also had improved global health status and physical, role, and emotional functions. Fewer symptoms were reported, such as fatigue, nausea/vomiting, pain, and insomnia.

"Our nurse-led psychological intervention program might reduce patients' uncertainty and encourage them to be pro-active and self-controllable," the authors write.

**More information:** [Abstract](#)  
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