

Effects of Cognitive Behavior Approaches in Anxiety for Cancer Patient Undergone Chemotherapy

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ABSTRACT

The main objective of this article was to show the effectiveness of cognitive behavior therapy (CBT) and techniques especially designed for anxiety in cancer patient who was schedule for chemotherapy treatment. The techniques used in this CBT counseling sessions are: cognitive restructuring, homework, problem solving, and mindfulness-based approach (acceptance and commitment). The approaches was used because the counselor want to guide and approaches the client in dealing anxiety by using some techniques that can change her thought, feeling and behavioral; and make her feel better in her daily life along the cancer treatment. This approach's' is a new technique use for cancer patients in Malaysia. But it was successfully used by some other researchers in European country.

Key words: Cancer patient, anxiety, cognitive behavior approaches

INTRODUCTION

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease but many diseases. There are more than 100 different types of cancer. Cancer types can be grouped into broader categories such as; Carcinoma-cancer that begins in the skin. Sarcoma-cancer begins in bone, cartilage, fat, muscle or blood vessels. Leukemia-is a type of cancer of the blood or bone marrow characterized by an abnormal increase of immature white blood cells called "blasts", Lymphoma and myeloma-cancers that begin in the cells of the immune system. No matter how, cancer diseases continues to be second cause of death in world (M. Langhorne & Hass, 2008). With that reason patient who has been diagnosis with cancer, definitely will feel very

anxiety, and depress especially on treatment that he or she will received. Different types of treatment are available for patients with cancer. Treatment decisions normally made with reference to the types of the cancer. Normally there are three types of treatment such as chemotherapy, radiotherapy or surgery, and sometimes there are combinations between two types of treatment for one patient. Most of the cancer treatment will lead with some side effects that can affect patient's daily life activities. For example, patient who received chemotherapy drugs as a first line treatment will facing with nausea, vomiting, decreased production of blood cells-infection, hair loss and fatigue. In some cases chemotherapy can cause life threatening or death. Some people with cancer are often concerned with what chemotherapy side effects are going to occur during their treatment. They often hear about how terrible chemotherapy side effects are and how sick they can feel. Therefore, in some cases patients will refuse the

treatment plan for them, or patient will agreed with the treatment but the families tend to be refused related to the affect of the treatment. But, what many people don't realize is that these days, many people do not suffer as many side effects. In this case counseling session can be a way for patients and family to be better understand and resolve a pressing issue or concern.

WHY COGNITIVE BEHAVIOURAL THERAPY (CBT)

There are many ways counselor helps a person with cancer. Counselor can help patients explore longstanding problems unrelated to the disease that may have come to the surface during the cancer treatment experience. In this counseling session write up, the Cognitive Behavioral Therapy (CBT) was choose in helping a patient, Madam Ai who diagnose with cancer and plan for undergone chemotherapy as her cancer treatment. She married with 2 kids and work as full time house wife. She agreed with the treatment plan; however she was fear with the treatment side effects. Madam Ai believes that she will suffer with the treatment side effects. She claimed that her friend's sister had suffered with nausea, vomiting and very bad mouth ulcer after her chemotherapy for her breast cancer treatment.

According to (M. E. Langhorne, Fulton, & Otto, 2007) in their book stated that the most feared side effects of chemotherapy among cancer patients are nausea and vomiting. Nausea and vomiting also affect patient's daily functional status. This can cause of patients to refused or delay their treatment. In addition, counselor may choose a therapy that can help the patient to clarify and overcome the fear of side effects during cancer therapy. Therefore, CBT was used in dealing with Madam Ai problems.

CBT is a generic term that refers to the pragmatic combination of concepts and techniques from cognitive therapy and behavioral therapy. Most of the cognitive and behavior problem have been thought, learned and can be change. According to (Goedendorp et al., 2010) and Gielissen, Verhagen, Witjes, and Bleijenberg (2006), in their studies shown that cancer patient with treatment such as chemotherapy and radiotherapy are more likely reducing side effects of treatment such as fatigue after the CBT therapy.

OBJECTIVES OF THERAPY

- Help client to understand the connection between thoughts, feelings and behaviors.
- Help client managing her difficult feelings-anxiety.
- Identify ways to help client coping with the cancer treatment side effects.
- Evaluate effect of the therapy on the clients.

COGNITIVE BEHAVIORAL APPROACHE (CBA)

Cognitive Behavioral Therapy (CBT) is a type of "talk" therapy, based on the psychological principles of behaviorism and theories of cognition. CBT is a short-term (12 to 20 sessions) therapy that emphasizes the importance of client thinking in determining how their feels and what

they do. This type of therapy focuses on the relationship between a person's thoughts, behaviors, and feelings and the role that they play in specific symptoms, daily functioning, and quality of life. By focusing on these three components, changes can be made in how a person thinks, acts and feels about his or her difficulties. The basic principle of CBT is that how a person thinks has a powerful effect on his or her emotions and behavior. CBT key concepts has four unique characteristics can be implement during the therapy. There are conducting behavioral assessment, precise therapeutic goals, treatment plan and objective evaluation. Corey (2011) cited from Spiegler (2010), there are five characteristic of behavioral assessment. First gather the information from client and do not deal or take serious on client's total personality. Be focus on the client's current functioning and life conditions and concern with taking samples how client reaction toward his problems; and integrated with therapy. In the precise therapeutic goals the counselor guides the discussion of goals but the client it self's will select her personal goals. The task of counselor is to helps client break down broad, general goals into specific, concrete, measurable goals that can be achieved in the systematic ways.

Once the client has achieved her goals, a treatment plan to achieve these goals is formulated. Initially, the counselor generally develops the plans pertaining to client. After an initial assessment, the client together with the counselor brainstorm intervention strategies or techniques that might be used during the therapy. Commonly used techniques include behavioral rehearsal, homework, problem solving meditation and buddy system. For instant, in CBT the decision to use certain technique is based on client's choice. Therefore, the counselor will evaluate the effectiveness of the techniques that she chooses and the assessment of clients' progress toward her or his goal as ongoing basis.

At every subsequent session an assessment of behavioral changes may be made so client can determine how successfully her choice technique. However, there are three stages with many approaches can be implement when deal with client using CBT. The multi method group approach have uses various coping strategies for dealing with specific problems: training group members in systematic problem solving, cognitive restructuring, assertion training, relaxation training, behavioral rehearsal and other strategies that appropriate for specific problems (Corey, 2011).

IMPLEMENTATION CBT ON CLIENTS

The counselor probably meets weekly with the clients for one-on-one sessions that last 45 to 60 minutes for weekly or twice a week (12-20 sessions). A major function of the counselor is serving as a model of appropriate behaviors in order to archive good rapport and acceptance from the client. In conducting the session counselor must draw on a wide array of techniques designed to achieve the clients' stated goals. Counselor also teaches client that she is responsible for becoming actively involved both in the therapy and outside of therapy.

In addition, the counselor should emphasize a plan for change and active stances on the part of the client understand that verbalizations and insight are not enough to produce change. The counselor also must prepare the termination early so that the client has adequate time to discuss her reactions, to conclude on what she has learned to practice the new skill and apply it at home.

INITIAL STAGE

The first session is a time for the counselor to gather information about clients and to determine what concerns she likes to work on. The counselor asks Madam Ai to speak out about her current and past physical and emotional health. For example:

- Counselor: "What make you come here today?"
- Counselor: "How was your feeling on the way here this morning?"
- Counselor: "What the biggest thought in your mind?"
- Counselor: "Please tell me what border you much?"

This information helps the counselor gain a deeper understanding of client's situation. The information also will guide the counselor to choose which approaches were benefit the client. In this stage the client will be inform about what CBT is, how it works, and client responsibilities. During this initial stage, client learns how the session functions and how each of the sessions is structured. In this session also client will choose the techniques that she wants to implement during the working stage.

WORKING STAGE-APPLICATION OF TECHNIQUES

From the initial stage a few techniques were identified and choose by the client to be implementing during her first session. The techniques base on her situation or problems. The client is facing with problems of anxiety with the chemotherapy and the side effects of the treatment. The first techniques that can be implementing were cognitive restructuring, where Madam Ai must change her thought from negative to positive. The basic principle of this technique is that the way people think in specific situations affects how they feel emotionally and physically, and alters her behavior. Madam Ai will have her own, individual response to a particular event. The key to CBA is to identify the most important thoughts, feelings and behavior that make up these reactions and decide whether these responses are rational and helpful. Therefore, in achieving this positive thought the counselor ask Madam Ai to identify her negative thought and the impact of the thought. For example: Client will identify and show her negative thought about the treatment.

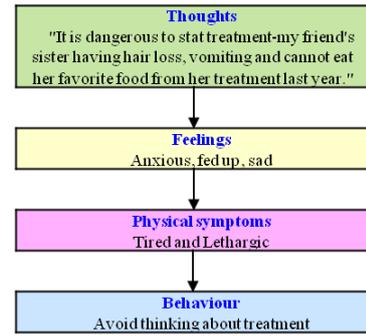


Figure.1

Then the counselor might ask client, "What can you do to change the situation? If nothing can be changed, the counselor may ask, How can you change what you think about the situation that will help you feel better? The counselor also will ask Madam Ai to discuss what should she does in this situation. This enables the client to change perspectives and often her feelings. Secondly, homework can also been applied in this session. Therapeutic homework is aimed at putting into action what client explores during the session. From the first approaches the counselor may ask Madam Ai to start thinking a positive thought and put this thought along her daily life. This is an assignment that can be done after the session, at home or during the chemotherapy treatment. Madam Ai must compliance with this assignment in order to change her mind and get better feeling. For example:

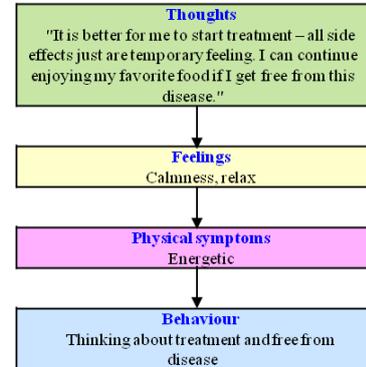


Figure.2

A third approach that the counselor can use in this therapy is problem solving therapy. In problem solving the client must identify the most effective solution to her problem. In order to archive this, the counselor will guide and help Madam Ai using seven stages in the problem solving process. Madam Ai must first identify the problems, than she needs to understand why the problem occur and also understand that the problem can be solved. In the third stage, Madam Ai must focus and take action on "the identified problem. And then the counselor encourages her to do brain storming; think as many as possible solutions for the problem. In the fifth stage, Madam Ai needs to examine the consequences of the action and make her choice. After that she needs to implement the solution and do an evaluation on it. For example:

	Action
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Stage	
1	Identifying problem - Anxiety
2	Define problem- side effect of the treatment such as nausea and vomiting
3	Set goal- reducing or avoid nausea and vomiting from occur during treatment.
4	Brainstorming find solution- diverts the feeling to any activities such as reading (Al-Quran or zikir for Muslim), watching movies or listening to favorite's song
5	Make decision-Choose reading as their solution. According to Rizal, (2009) reading Al-Quran and zikir can reduce anxiety.
6	Implement the solution during the chemotherapy treatment session.
7	Need to give feed back in the next counseling session-the counselor give chart or ask her to write a diary regarding any positive effect such as she did not feel any nausea or less vomiting.

Figure.3

FINAL STAGE

Consolidation of learning and developing strategies for transferring what was learned in the session to client everyday life are key goals of final stage. In final stage the

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counselor will become a consultant rather than a therapist. As the counseling session progress, Madam Ai given responsibility for implementing an action plan that she has collaboratively developed with the counselor. Termination can be done for the client because she already has strategies in dealing with her problems. However the counselor may need to do the follow up session in order to serve booster session that help Madam Ai maintain the changed behaviors and continue to engage in self-directed change. Follow up sessions assists client in keeping up with her commitments and plan.

CONCLUSION

Cognitive Behavioral Therapy is a counseling method that can be used in dealing with cancer patient. This technique is new implement to cancer patient in Malaysia but it been used successfully in European country. Most of the approaches are designed to helps clients to understand her problems as well as offering techniques which enable clients to learn to make changes in each of these areas, which leads to an improvement in emotional symptoms and empowers people to live fulfilling lives according to their own values and needs. The counselor follows the progress of client through the ongoing collection of data before, during and after all interventions.

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