

# Logoterapeutické přístupy u onkologických pacientů

Kateřina Jandáčková

Julie Lukina

Adéla Švingerová

## **Logoterapie**

- psychoterapeutický směr založený Viktorem E. Franklem
- vůle ke smyslu = motivace
- často využívána u pacientů s chronickým onemocněním
- cílem logoterapie je pomoci pacientům najít smysl v jejich životě

## **Analýza 13 studií**

- diagnózy: pokročilá stádia rakoviny
- dospělí i adolescenti
- metody: individuální i skupinové terapie, minimálně 3 sezení (1 sezení do 120 min)
- podoba intervence:
  - během sezení se pacienti s terapeutem zaměřují jak na minulost, tak na přítomnost a budoucnost
  - aktivní zapojení v životě (kreativita a zodpovědnost)
  - zvyšování sebedůvěry

## **Výsledky**

- zlepšení kvality života, zmírnění stresu a úzkosti
- nalezení smyslu v životě
- šťastnější život

## **Limity**

- neekvivalentnost vzorku
- vysoká mortalita či malý vzorek
- nejednotná podoba intervencí
- různé diagnózy

## **Zdroje:**

- Breitbart, W., Pessin, H., Rosenfeld, B., Applebaum, A. J., Lichtenthal, W. G., Li, Y., et al (2018). Individual meaning-centered psychotherapy for the treatment of psychological and existential distress: A randomized controlled trial in patients with advanced cancer. *Cancer (0008543X)*, 124(15), 3231–3239.
- Breitbart, W., Rosenfeld, B., Gibson, C., Pessin, H., Poppito, S., Nelson, C., et al. (2010). Meaning-centered group psychotherapy for patients with advanced cancer: a pilot randomized controlled trial [Online]. *Psycho-Oncology*, 19(1), 21-28.
- Breitbart, W., Rosenfeld, B., Pessin, H., et al. (2015). Meaning-centered group psychotherapy: An effective intervention for improving psychological well-being in patients with advanced cancer. *Journal of Clinical Oncology*, 33(7), 749–754.
- Breitbart, W., Rosenfeld, B., Pessin, H., Applebaum, A., Kulikowski, J., & Lichtenthal, W. G. (2015). Meaning-centered group psychotherapy: an effective intervention for improving psychological well-being in patients with advanced cancer. *Journal of Clinical Oncology*, 33(7), 749.
- Farhadi, M., Reisi-Dehkordi, N., Kalantari, M., & Zargham-Boroujeni, A. (2014). Efficacy of group meaning centered hope therapy of cancer patients and their families on patients' quality of life. *Iranian journal of nursing and midwifery research*, 19(3), 290.
- Greenstein, M., & Breitbart, W. (2000). Cancer and the Experience of Meaning [Online]. *American Journal Of Psychotherapy*, 54(4), 486-500.
- Henry, M., Cohen, S. R., Lee, V., Sauthier, P., Provencher, D., Drouin, P. et al. (2010). The Meaning-Making intervention (MMi) appears to increase meaning in life in advanced ovarian cancer: a randomized controlled pilot study. *Psycho-Oncology*, 19(12), 1340–1347.
- Kang, K. A., Shim, J. S., Jeon, D. G., & Koh, M. S. (2009). The Effects of Logotherapy on Meaning in life and Quality of Life of Late Adolescents with Terminal Cancer. *Journal of Korean Academy of Nursing*, 39(6).
- Lee, V., Robin Cohen, S., Edgar, L., Laizner, A. M., & Gagnon, A. J. (2006). Meaning-making intervention during breast or colorectal cancer treatment improves self-esteem, optimism, and self-efficacy. *Social Science & Medicine*, 62, 3133–3145.
- Mohabbat-Bahar S, Golzari M, Moradi-Joo M, Akbari ME. (2014). Efficacy of Group Logotherapy on Decreasing Anxiety in Women with Breast Cancer. *Iran J Cancer Prev*. 7(3):165-70

Shahabi, S. (2016). The Effect of Logo Therapy on Life Orientation of Cancer Patient. *International Journal of Medical Research & Health Sciences*, 5, 240-243.

Soetrisno, Sulistyowati, S., Ardianto, A., & Hadi, S. (2017). The effect of logotherapy on the expressions of cortisol, HSP70, Beck Depression Inventory (BDI), and pain scales in advanced cervical cancer patients [Online]. *Health Care For Women International*, 38(2), 91-99.

Vos, J., Craig, M., & Cooper, M. (2015). Existential therapies: A meta-analysis of their effects on psychological outcomes. *Journal of Consulting and Clinical Psychology*, 83(1), 115.