

Prediction of Post Traumatic Growth based on Secular Attachment and its Components in Married Patients with Blood Cancer

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Abstract

Background and Objective: Several empirical studies reported links between religion, spirituality, and post-traumatic growth. Post-traumatic growth has been reported after traumatic events such as medical conditions (such cancer or HIV). The purpose of the present study was to predict posttraumatic growth based on material attachment and its components in married patients with blood cancer.

Methods: The statistical population included all the patients who referred to both inpatients and outpatients' centers in Namazi hospital and Motahhari clinic in Shiraz, Iran, in 2018. 124 patients were selected from the sample population using convenient sampling method. The measures used included Posttraumatic Growth Inventory and Material Attachment Inventory. Pearson correlation coefficient and regression analysis were used for analyzing the data. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The findings showed that material attachment could predict posttraumatic growth negatively ($P < 0.05$). In addition, among the material attachment questionnaire components, "attachment to the present condition" could more strongly predict posttraumatic growth.

Conclusion: It is concluded that the strategies that distance the patients with blood cancer from all material attachments and attachment to the present condition can facilitate posttraumatic growth.

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Summary

Background and Objective

The importance of positive psychology has recently brought about an interest in the concept of perceived growth following a traumatic event (1). Experiencing a traumatic event or serious loss can lead to some benefits, such as rebuilding experience and positive changes in attitudes toward life, which is referred to as post-traumatic growth (2). From an existential perspective, awareness of death or death awareness is an

awakening experience that can be used as a useful filter to make significant changes in life. Facing the possibility of death can cause a dramatic change in the course of one's life in this world (3). Frankel, on the other hand, believes that the saints attain relaxation through selfless service to God and, as a result, liberation from worldly bondage (4). According to the verses of the Qur'an and religious texts, one of the factors that can play a role in facing problems is concept sense of attachment to the material world. Attachment to the material world is a key concept that is linked to a person's worldview. Strict dependence on material issues limits the worldview of individuals

to the same subjects, but one who is free from material attachment and has a divine worldview and heartfelt faith and believes in the resurrection and transient nature of this world can more easily handle it if s/he loses the manifestations of the world because in all problems and losses, there is a support whose name is God (5). On this basis, the purpose of the present study is to predict post traumatic growth based on material attachment and its different dimensions in married patients with blood cancer.

Methods

Compliance with ethical guidelines: To conduct the research, first, following the administrative arrangements, the license for attending the mentioned centers and distributing the questionnaires among the patients was obtained. The distribution of questionnaires was subject to patients' informed consent and the completion of the consent form by the patients. First, the patients were briefed about the research. Then, by completing the Conscious Satisfaction Form, they completed the questionnaires. In order to observe ethical issues for the patients, in case of fatigue, the researcher or companion of the patient read the questions to them or the patient was allowed to complete the questionnaire in two turns. Also, although the presence of companions could affect patients' responses, their presence was not prevented during patient response to questionnaires due to the supportive presence of companions and patients' need for physical assistance from their companions.

The present study was cross-sectional and correlational. The statistical population included all the patients referring to both inpatients and outpatients' centers in Namazi and Motahhari centers of Shiraz, Iran, in 2018, who were diagnosed with blood cancer by a medical physician. 124 patients were selected out of the sample population using convenient sampling method.

Measures

1. Demographic inventory: It consists of questions about age, gender, education and income.

2. Post Traumatic Growth Inventory (PTGI): It includes a 21-item scale that assesses post-traumatic growth (Tedeschi & Calhoun) and is scored on a 6-point likert scale, with the answers ranging from 0 to 5. It consists of five factors: New opportunities, Relationship with others, Personal strength, Spiritual change, and understanding the meaning of life. In the present study, Cronbach's alpha for the overall scale was

0.90 and for the subscales it was 0.79, 0.78, 0.70, 0.49 and 0.56, respectively. In addition, there was a positive relationship between post-traumatic growth, its factors and personality; and between post-traumatic growth and optimism, spirituality, and other personality dimensions except neuroticism (2).

3. Material Attachment Inventory: This inventory was developed by Mahdiyar, Taghavi & Goodarzi. It consists of 36 items and is scored on a 5 point likert scale (0 to 4). All items are scored positively except 1 & 36. The inventory has three factors: "attachment to the present condition" (keeping these conditions), "attachment to the material things" (wealth, power and celebrity), and "emotional attachment". Cronbach's alpha was found to be 0.88. Its concurrent validity with patience, dysfunctional attitude and depression scales was -0.58, 0.69, 0.42, respectively. There was a significant relationship between the subscales with total scale (5). In present study, Cronbach's alpha was 0.90 for the total scale and 0.87, 0.74, 0.56 for its components, respectively.

Results

Based on the results, there is significantly negative relationship between material attachment (specifically the "attachment to the present condition") and post-traumatic growth ($P < 0.01$). Material attachment explained 4% ($\beta = -0.20$) and "attachment to the present condition" 6% of the total variance in post-traumatic growth ($\beta = -0.26$). Therefore, "attachment to the present condition" had a greater predictive power compared to the total score of material attachment for post-traumatic growth.

Conclusion

It can be concluded that post-traumatic growth can be negatively predicted by material attachment and specially «attachment to the present condition». This result is consistent with the findings of some researches that reported a positive relationship between spirituality and mental health (5, 6, 7). Based on Quranic verses including verse 46 in Kahf chapter, 185 and 186 in Ale-emran chapter, some events like losing children and life is a test of the person's faith and the material blisses are not the basis of life (8). In Frankl's theory, holy people reach a relaxed state by praying to God without any material demands (4). Therefore, if these patients accept their disease as a determinate fate by God and if they relieve themselves from attachment to their health Condition and material attachment, they can experience a higher post-traumatic growth.

In order to facilitate post-traumatic growth, our findings suggest the need for planning some interventions to reduce material attachment and accept the health condition. Our results should be interpreted with caution, though, due to poor concentration of some patients and the interference of their care providers.

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Ethical considerations

This article is taken from the master's thesis of the first author in the field of clinical psychology, which was approved by Shiraz University with the support of the Department of Clinical Psychology with the code 451, and the Research Deputy of Shiraz University of Medical Sciences has approved this study with the Ethic code IR.SUMS.REC.1396.S1054.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

This article is taken from the first author's master's thesis. The second author was the advisor and the third author was the supervisor.

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التنبؤ بالنمو مابعد الصدمة بناءً على التعلق المادي وأبعاده لدى المرضى المتزوجين المصابين بسرطان الدم

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الملخص

خلفية البحث وأهدافه: ركزت العديد من الدراسات المختلفة في السنوات الأخيرة على قضية النمو ما بعد الصدمة فيما يتعلق بمختلف الضغوطات، بما في ذلك الأمراض الجسدية. الغرض من الدراسة، التنبؤ بالنمو مابعد الصدمة وفقاً للتعلق المادي وأبعاده في المتزوجين المصابين بسرطان الدم في مدينة شيراز.

منهجية البحث: تم إجراء هذه الدراسة بطريقة وصفية مستعرضة ومن نوع البحث الارتباطي. اشتمل المجتمع الإحصائي جميع المرضى المصابين بسرطان الدم الذين راجعوا مستشفى "نمازي" أو مستشفى "مطهرى" في شيراز لغرض العلاج خلال فترة ١٨-٢٠١٧. ومن بين هؤلاء المرضى، تم اختيار ١٢٤ مريضاً باستخدام طريقة أخذ العينات المتاحة. اشتملت أدوات التقييم، استبيانات النمو ما بعد الصدمة والتعلق المادي. ومن أجل تحليل المعطيات، تم استخدام اختبار ارتباط بيرسون والانحدار البسيط والمتعدد. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

الكشوفات: أظهرت النتائج أن التعلق المادي يستطيع أن يتنبأ بالنمو مابعد الصدمة بشكل سلبى ($P < 0.05$). وإضافة إلى هذا، فمن بين مكونات استبيان التعلق، قدم مكون "التعلق إلى الوضع الراهن" تنبأ أقوى بمستوى النمو بعد الصدمة مقارنة للمكونات الأخرى.

الاستنتاج: وفقاً لنتائج البحث، فإن التعاليم والمداخلات التي تستطيع أن تبعد المرضى المصابين بسرطان الدم عن "التعلقات المادية"، خاصة "التعلق إلى الوضع الراهن"، فمن شأنها أن تسهل النمو ما بعد الإصابة.

معلومات المادة

الوصول: ١٦ ذى الحجة ١٤٣٩

وصول النص النهائي: ٢٧ محرم ١٤٤٠

القبول: ١٨ ربيع الأول ١٤٤٠

النشر الإلكتروني: ٢٩ شوال ١٤٤١

الكلمات الرئيسية:

التعلق المادي

سرطان الدم

المتزوج

النمو مابعد الإصابة

يتم استناد المقالة على الترتيب التالي:

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پیش‌بینی رشد پس از آسیب بر اساس تعلق مادی و ابعاد آن در بیماران متأهل مبتلا به سرطان خون

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چکیده

سابقه و هدف: در سال‌های اخیر در پژوهش‌های مختلف، توجه بسیاری به مقوله رشد پس از آسیب در ارتباط با عوامل استرس‌زای مختلف از جمله بیماری‌های جسمی شده است. هدف از مطالعه حاضر پیش‌بینی رشد پس از آسیب بر اساس تعلق مادی و ابعاد آن در افراد متأهل مبتلا به سرطان خون در شهر شیراز بود.

روش کار: روش این پژوهش توصیفی-مقطعی و از نوع همبستگی است. جامعه آماری شامل بیماران مبتلا به سرطان خون بود که برای درمان به بیمارستان نمازی یا درمانگاه مطهری شیراز در طول دوره‌ای از سال‌های ۹۷-۱۳۹۶ مراجعه نمودند. از بین این بیماران با استفاده از روش نمونه‌گیری دردسترس ۱۲۴ نفر انتخاب شدند. ابزارهای سنجش شامل پرسش‌نامه‌های رشد پس از آسیب و تعلق مادی بود. برای تحلیل داده‌ها نیز از آزمون‌های همبستگی پیرسون و رگرسیون ساده و چندگانه (گام‌به‌گام) استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج نشان داد که تعلق مادی می‌تواند رشد پس از آسیب را به‌صورت منفی پیش‌بینی کند ($P < 0.05$). علاوه‌براین، در بین مؤلفه‌های پرسش‌نامه تعلق، مؤلفه «تعلق به وضع موجود» نسبت به دیگر مؤلفه‌ها پیش‌بینی نیرومندتری از میزان رشد پس از آسیب به عمل آورد.

نتیجه‌گیری: بر اساس یافته‌های پژوهش، آموزش‌ها و مداخله‌هایی که بتواند بیماران مبتلا به سرطان خون را از «تعلقات مادی» به‌ویژه «تعلق به وضع موجود» دور کند، می‌تواند رشد پس از آسیب را تسهیل نماید.

واژگان کلیدی:

تعلق مادی

رشد پس از آسیب

سرطان خون

متأهل

استناد مقاله به این صورت است:

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مقدمه

اهمیت روان‌شناسی مثبت که هدفش فهمیدن جنبه‌های هیجانی و سازگارانۀ رفتار فرد است، موجب تمایل به مفهوم رشد پس از آسیب شده است (۱). تجربه رویدادی آسیب‌زا یا

فقدان جدی می‌تواند منجر به بعضی مزایا مانند بازسازی تجربه و تغییرات مثبت در نگرش نسبت به زندگی شود که به آن رشد پس از آسیب گفته می‌شود (۲). درباره این مفهوم، نظریاتی ارائه شده است. طبق نظر تدسچی^۱ رویدادهای

^۱Tedeschi