Abstract

In the present study we investigated the relationship between quality of life (QOL) of women with breast cancer, optimism and coping strategies. Twenty-five women with breast cancer were asked to answer a series of instruments: WHOQOL-BREF, LOT-R, CSI and a questionnaire to collect sociodemographic and health data. Correlations were found between each of the independent variables (optimism and coping strategies) with QOL and between the independent variables. A multiple regression analysis showed that the strongest predictor of QOL is the coping, specifically two coping strategies, social support and self-criticism, which together account for a 50.7% of the variance of the QOL. We discuss the theoretical and practical implications of these results in the development of multidisciplinary interventions, as well as the limitations of this study and suggestions for future research.

Keywords

Quality of life, optimism, coping behavior, breast cancer.