



HSE
Occupational Health & Safety
and Environmental Protection unit

The Mind-Body connection

How to optimize recovery ?

Katia Schenkel & Sébastien Tubau, Psychologists

February 2024

Medical Service

Presentation



Katia Schenkel
Sébastien Tubau

Psychologists (FR / EN)

Medical Service
Psychologist.medical.service@cern.ch

Good psychological health can have a positive impact on cancer recovery, influencing various aspects of a patient's journey from treatment adherence to overall well-being.

1. Enhanced Treatment Adherence

Study by DiMatteo et al. (2000) [1]:

Psychological well-being has been linked to better treatment adherence. Patients with good mental health are more likely to comply with medical recommendations, including taking medications and attending follow-up appointments.

2. Improved quality of life

Research by Helgeson et al. (2006) [2]:

Positive psychological well-being is associated with a higher quality of life in cancer survivors. Individuals with better mental health tend to experience less distress, improved emotional well-being, and an overall better quality of life during and after treatment.

3. Enhanced immune functions

Study by Andersen et al. (2008) [3]:

Psychological factors, including stress and emotional well-being, can influence immune function. Positive psychological states may contribute to a more robust immune response, potentially aiding in the body's ability to combat cancer cells.

4. Reduction in distress and Anxiety

Research by Kissane et al. (2007) [4]:

Psychosocial interventions, such as cognitive-behavioral therapy, have been shown to reduce distress and anxiety in cancer patients. Lower levels of psychological distress are linked to better coping mechanisms and adaptation to the challenges of cancer.

5. Faster recovery and reduced complications

Study by Levy et al. (2012) [5]:

Positive psychological factors have been associated with faster recovery and reduced complications after cancer surgery.

Patients with a more positive outlook tend to experience fewer postoperative complications and a smoother recovery process.

6. Prolonged survival

Research by Satin et al. (2009) [6]:

Psychological well-being has been linked to prolonged survival in cancer patients. Positive emotions, a sense of purpose, and social support have been identified as factors contributing to an increased likelihood of survival.

7. Engagement in supportive care programs

Study by Stanton et al. (2005) [7]:

Patients with good psychological health are more likely to engage in and benefit from supportive care programs. These programs may include counseling, support groups, and other psychosocial interventions that contribute to overall well-being during and after cancer treatment.

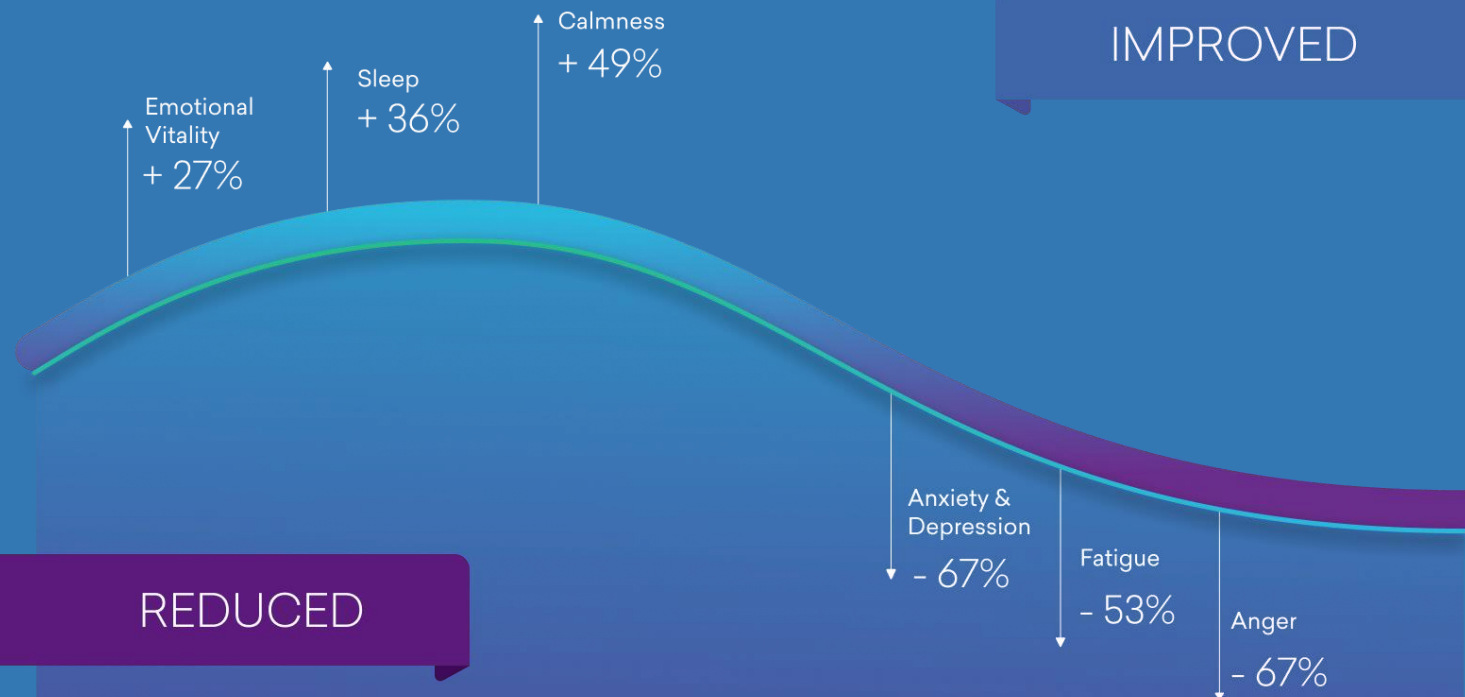
References:

1. DiMatteo MR, Lepper HS, Croghan TW. Depression is a risk factor for noncompliance with medical treatment: meta-analysis of the effects of anxiety and depression on patient adherence. *Arch Intern Med.* 2000;160(14):2101-2107.
2. Helgeson VS, Snyder P, Seltman H. Psychological and physical adjustment to breast cancer over 4 years: identifying distinct trajectories of change. *Health Psychol.* 2004;23(1):3-15.
3. Andersen BL, Yang HC, Farrar WB, et al. Psychologic intervention improves survival for breast cancer patients: a randomized clinical trial. *Cancer.* 2008;113(12):3450-3458.
4. Kissane DW, Bloch S, Smith GC, et al. Cognitive-existential group psychotherapy for women with primary breast cancer: a randomized controlled trial. *Psychooncology.* 2003;12(6):532-546.
5. Levy SM, Herberman RB, Maluish AM, et al. Prognostic risk assessment in primary breast cancer by behavioral and immunological parameters. *Health Psychol.* 1991;10(5):361-366.
6. Satin JR, Linden W, Phillips MJ. Depression as a predictor of disease progression and mortality in cancer patients: a meta-analysis. *Cancer.* 2009;115(22):5349-5361.
7. Stanton AL, Ganz PA, Rowland JH, et al. Promoting adjustment after treatment for cancer. *Cancer.* 2005;104(11 Suppl):2608-2613.

Examples of good practices

- *Ask for social support*
- *Develop positive attitudes and optimism : positive psychology tools...*
- *Stress management*
- *Psychotherapy : CBT...*

A simple and effective technic : Cardiac Coherence



Studies conducted with over 14,000 people have shown improvements in mental & emotional well-being in just 6-9 weeks



www.cern.ch