

## ABSTRACT

### **Investigation of Posttraumatic Growth and Psychological Resilience Levels in Individuals with Cancer Diagnosis**

**Aim:** This study was carried out to investigate the relationship between posttraumatic development and psychological resilience levels in individuals diagnosed with cancer.

**Material and Method:** This study, supported by the Scientific Research Projects Coordination Unit of Atatürk University with the project number 2018/6847, is a descriptive and interrelated study. The study population consisted of 360 patients who were treated at the Chemotherapy Unit of Tokat Gaziosmanpasa University Health Application and Research Hospital between October 2018 and December 2018, and the sample included 170 patients who met the inclusion criteria. Data were collected by using Personal Information Form, Post Traumatic Development Questionnaire (PSQI) and Adult Psychological Resilience Scale (YIPRS). In the analysis of data, numbers, percentages, minimum and maximum values, mean and standard deviations as well as Mann Whitney U analysis, t test in dependent groups, variance analysis, Pearson correlation analysis, Spearman correlation analysis, Cronbach alpha coefficient, Kurtosis and skewness coefficients were used. .

**Findings:** According to the research findings, the total score of YIPSS of cancer patients was found to be  $108.85 \pm 24.01$ . It was determined that the sub-dimension of the YIPRS with the highest mean score was found to be ‘‘Social Resources’’ with a mean score of 23.32, while the lowest score was found to be the ‘‘Perception of the Future’’ with a mean score of 12.36. The mean total score of the patients was  $54.44 \pm 16.79$  and the sub-dimension, ‘‘Self Perception Change’’, was found to have the highest total mean score of  $25.90 \pm 9.41$ . When the relationship between YIPRS and PSQI was examined, it was determined that there was a positive correlation between the total scale scores ( $p < 0.05$ ).

**Conclusion:** It was found that the patients' psychological resilience was moderate and the level of posttraumatic development was below average; it was found that there was a positive relationship between psychological resilience and post-traumatic growth.

**Key Words:** Cancer, psychiatric nursing, psychological resilience, posttraumatic development