

Joint Event

45TH WORLD CONGRESS ON NURSING CARE & 8TH EUROPEAN BREAST CONGRESS

December 11-13, 2017 | Rome, Italy

Distinguishing change in self-perception by self-figure drawings in subjects who underwent different breast cancer treatments

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Breast cancer is the most common cancer in women in Western society. Advances in medicine and technology have led to a significant reduction in the mortality rate. Hence, it is important to address the psychological consequences of the disease in breast cancer survivors. The various kinds of available treatments may affect differently their body and hence also their body image and self image. Administering the Machover Draw-A-Person (DAP) test to 72 breast cancer survivors indicated differences in self-perception pre-post cancer in the following drawing indices: hair, body outline and eyes. The following indicators in the drawings distinguished significantly between subjects who had undergone different medical treatments: hair signs for chemotherapy; mouth and breast signs in for surgical procedures. More signs of mouth and breast omission in DAP at present compared to retrospective DAP characterized the drawing of subjects who underwent mastectomy. In contrast, fewer signs of mouth and breast omission in DAP at present compared to the retrospective DAP characterized the drawings of the subjects who underwent breast conserving surgery. There were head line contour differences in the two administered DAPs for radiation treatment among subjects who had undergone mastectomy (these finding will be published). It is suggested that the Machover Draw-A-Person test is a projective tool that could be used as an aid for structuring supportive care to alleviate the distress of breast cancer survivors as part of a rehabilitation program.

Biography

Ziva Ariela Barel-Shoshani has five academic degrees. She has graduated in BSc in Mechanical Engineering and MSc in Agricultural Engineering at the Technion-Israel Institute of Technology, BA in Psychology and MBA in the Open University of Israel, and MA in Art Therapy from Haifa University. Now she is in the final stages of her PhD studies at the School of Health and Welfare Sciences at Haifa University. The theme of her Doctoral dissertation is the emotional implications in body image drawings of survivors of breast cancer. She is working as an Art Therapist and teaches Physics for the high school students.

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