

# Resilience

*in women treated for breast cancer*

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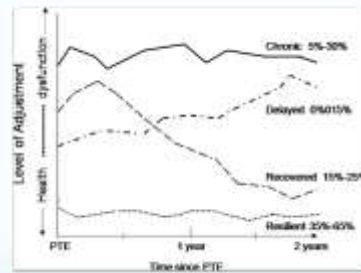
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## Human capacity for resilience

*'the ability to maintain relatively stable functioning following an aversive life event'*

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Prototypical model for outcomes from aversive or traumatic events

Bonanno G A et al. (2011) *Annu. Rev. Clin. Psychol.* 7:1-1-25

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## Resilience: examples of potential predictors

### Individual

- temperament (personality)
- demographic variables

### Contextual

- clinical
- social /economic resources

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## Resilience explored in a prospective study\*

- 213 Women - breast cancer (*post hoc analysis*)
- Post surgery
- Prior to adjuvant chemotherapy &/or radiotherapy
- Followed for 12 months post treatment

\*Goldstein D et al (2012) *J Clin Onc* 30 (15)

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## Demographic characteristics

- 71% - Australian born
- 78% - Partnered
- 60% - Educated (>= 12 years)
- 51% - Working >20hours/week
- ? SES - but Sydney wide study

## Resilience operationalised:

Self-reported symptoms over the course of adjuvant treatment & up to 12 months beyond treatment completion - *SPHERE*

### “Resilient”

- no psychological or somatic distress

### “Recovered”

- recovered quickly (by 1 month after treatment completion)

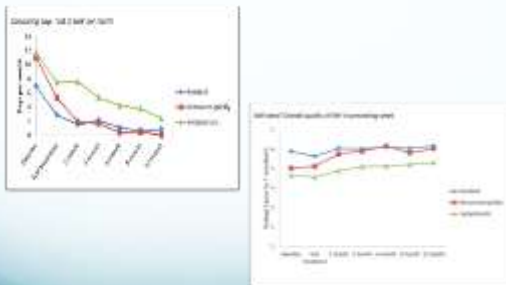
### “Symptomatic”

- baseline current & continuing symptoms

Almost half the women had no long-term disturbance:

- 34% classified as “resilient”
- 15% recovered quickly from treatment

	Resilient (n=73)*	Recovered (n=31)*	Symptomatic (n=189)*	p
Age (m)	54.86	49.93	51.63	0.008
Surgery - mastectomy (%)	81	77	78	0.85
Chemotherapy (%)	62	77	68	0.30
>12 years education (%)	49	41	50	0.008
Working > 20hrs/week (%)	49	48	53	0.002
Personality - emotional reactivity (raw score)	3.95	3.58	4.40	<.001
Social support (average score)	4.00	4.45	4.35	<.001



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