

Anxiety, social dysfunction and coping strategies among mothers of children with cancer

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ABSTRACT

Background: Mothers of children with cancer often experience heightened levels of anxiety due to the emotional distress and uncertainty associated with their child's illness.

Objective: The study investigate the association between anxiety, social dysfunction and coping strategies among mothers of children with cancer.

Materials and Methods: A Correlational study was undertaken at the Middle Euphrates Cancer Center in Al-Najaf Al Ashraf Governorate from July 31th, 2022, to September 28th, 2023. The questionnaire's validity was ensured through expert consultation, and its reliability was established through a preliminary pilot study. Data were collected by structured interviews using the questionnaire and subjected to thorough analysis employing both descriptive and inferential statistical methods.

Results: A study found that the mothers with children diagnosed with cancer face psychological challenges. About 70.6% experience high anxiety, 65.7% have social difficulties, and 58.8% use ineffective coping strategies. The study also showed a significant association between coping effectiveness and reduced anxiety ($r = -.466$; $p < 0.001$) and better social functioning ($r = -.681$; $p < 0.001$).

Conclusions: The study shows that the mothers of children with cancer face anxiety, struggle socially, and use ineffective coping methods. Using effective coping methods can reduce anxiety and improve social well-being. To help these mothers, targeted interventions and support services are necessary, emphasizing the importance of coping strategies.

Keywords: Anxiety, Coping Strategies, Mothers, Children with Cancer.

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