Quality of Life, Self-Esteem, Sexual Function and Satisfaction with Current Sexual Healthcare Among Female Patients with Breast Cancer in Jordan

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Abstract

Breast cancer, a common cancer among women globally, significantly impacts the Quality of Life of patients. This condition has profound implications on physical, emotional, and social well-being, leading to a decline in QoL. Crucial aspects such as self-esteem and sexual life are often compromised, adding to the distress and reduced overall well-being of breast cancer patients. The primary objective of this study is to explore the relationship between QoL, self-esteem, and sexual life among female breast cancer patients in Jordan.

The study used a cross-sectional correlational design, targeting a sample of 186 married female breast cancer patients from two primary healthcare facilities in Jordan. Data collection, conducted from July to October 2023, utilized self-administered questionnaires: sociodemographic questions, the WHOQoL-BREF, the Sexual Health Questionnaire (SHQ), the Golombok-Rust Inventory of Sexual Satisfaction (GRISS), and the Rosenberg Self-Esteem Scale (RSES). Data analysis involved ANOVA, correlation analysis, and t-tests.

The study demonstrated a notable engagement rate, with a 93 % response rate among participants. The average age of the respondents was 54.45 years, with a standard deviation of

9.04. Results showed the levels of QoL among BC women are presented across different scales. The mean score for the overall quality of life and general health was 8.34, with a standard deviation of 1.31. and the total self-esteem score, derived by summing the scores across all items, had a mean of 22.08 and a standard deviation of 5.43, providing an overall assessment of self-esteem levels among the participants without interpretations. Significant negative correlations were found between self-esteem (RSES Total Score) and the overall QoL total Score ($r = -0.57$, $p < 0.001$). Furthermore, age exhibited a significant negative correlation with self-esteem ($r = -0.27$, $p < 0.01$), indicating that older participants tended to report lower self-esteem. Moreover, age was significantly negatively correlated with sexual satisfaction ($r = -0.52$, $p < 0.01$). No significant differences were found in sexual satisfaction levels based on the presence of chronic diseases or educational Levels.

This study highlights the substantial impact of breast cancer on the QoL of female patients in Jordan, particularly in terms of self-esteem and sexual health. It underscores the necessity for comprehensive, culturally sensitive interventions to address these critical aspects and enhance the overall QoL for breast cancer patients in Jordan.

The recommendations for this study ranging from improved patient education to integrating psychological support in cancer care, can bring about meaningful changes in clinical practice and policy. Qualitative research methods, such as in-depth interviews and focus groups, can complement quantitative measures, offering richer insights into survivors' experiences.

Keywords: Breast Cancer, Quality of Life, Self-Esteem, Sexual Health.