

Annotated Bibliography

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Lauver, D. R., Connolly-Nelson, K., & Vang, P. (2007). Stressors and coping strategies among female cancer survivors after treatments. *Cancer Nursing, 30* (2), 101-111.

The article by Diane Ruth Lauver, Kira Connolly-Nelson and Pa Vang deals with the issue of stressors and coping strategies related to these stressors which are prevalent among the female cancer survivors after treatment. The target group of the research is comprised of well-educated middle-aged females of the Caucasian origin. This fact is one of the limitations of the research, since the authors have not investigated other ethnic groups and social classes, which may significantly influence the final results. The authors of the article have chosen females for the research, as women who have survived breast cancer and other cancer treatments are inclined to face a larger number of stressors. Therefore, medical workers and nurses have to work out a special program of coping strategies for this category of population.

The study is aimed at answering two major questions about the stressors at the end of the treatment for primary cancers and the strategies used to cope with the identified stressors. The authors exploited a descriptive longitudinal design with mixed methods. They used a Problem Checklist designed by Dr. Jimmie Holland and conducted open-ended interviews either over the phone or in person. The results of the study are presented in verbal form and in diagrams. The authors expand the statistical data by their understanding of the obtained information. Finally, the study discusses its limitations and offers possible topics for further investigation. The practical value of the study is enormous both for medical specialists like cancer nurses and female cancer survivors. It is one of the first studies that deals with the issue of stressors and

coping strategies that are typical for female cancer survivors after treatment. The study proposes several implications for practice that are especially useful for nurses.

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. M. (2012). Cancer survivors' responses to daily stressors: Implications for quality of life. *Health Psychology, 31* (3), 360-370.

This article is the first known study that examines cancer survivors' responses to daily experiences, especially the stressful ones. All previous researches are focused on how cancer patients deal with stressors, but no one ever thinks how the survivors cope with these daily stressors. The authors also investigate the impact of daily stressors on the quality of life and cortisol patterns. The participants of the research are 111 cancer survivors. Their results are compared with the results obtained from 111 sociodemographically matched participants that have never suffered from cancer. The experiment concerning the measurement of cortisol levels under different circumstances lasted 8 days. The authors used the data drawn from MIDUS and NSDE. As the result of the study, the authors conclude that cancer survivors are more resilient to daily stressors and challenges, yet these phenomena have to be investigated further as they impact the survivors' mood and physical symptoms.

Knobf, M. Tish. (2011). Clinical Update: Psychological Responses in Breast Cancer Survivors. *Patient-Centered Technologies: Enhancing Communication and Self-Care for Patients and Caregivers*.

This article is a summary of five years of the previous research concerning the quality of life of the breast cancer survivors. The majority of studies confirm that breast cancer survivors display the recovery pattern after treatment. The main objective of the study under consideration is to present an information update on psychological

responses and factors that influence the quality of life of the breast cancer survivors. This study analyses the process of transition to survivorship and potential benefits of various survivorship plans to patient outcome. The target group of the study is comprised of the breast cancer survivors as they constitute the prevailing part of all cancer survivors. Besides, the female quality of life is a more complicated phenomenon than the one of the males. The issue of psychological and social well-being is essential in the process of transition to the survivorship life stage. The results of this study as well as of similar further researches can greatly contribute to the improvement of the clinical care for breast cancer survivors.