

## Notice for the PhD Viva Voce Examination

Ms Annie A (Registration Number: 1750081), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Friday, 12 January 2024 at 9.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

<b>Title of the Thesis</b>	:	<b>Experience of Resilience in Women with Breast Cancer: Implication for Resilience-Based Intervention</b>
<b>Discipline</b>	:	<b>Psychology</b>
<b>External Examiner</b> (Outside Karnataka)	:	<b>Dr Vinod Kumar S</b> Professor and Head School of Behavioral Sciences Mahatma Gandhi University Priyadharsini Hills P O Kottayam, Kerala- 686560
<b>External Examiner</b>	:	<b>Dr Romate John</b> Professor & Head Department of Psychology Central University of Karnataka Kadaganchi P O Kalaburagi District Karnataka - 585367
<b>Supervisor</b>	:	<b>Dr Sreenath K</b> Assistant Professor Department of Psychology School of Social Sciences CHRIST (Deemed to be University) Bengaluru – 560029 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

**Place:** Bengaluru

**Date:** 05 January 2024



**Registrar**

## ABSTRACT

Breast cancer is prevalent among Indian women and affects their physical, emotional, and social well-being. Resilience in breast cancer refers to the ability to maintain positivity and adapt to challenges. However, evidence-based studies and theoretical framework interventions on resilience in the Indian context are lacking. The current study aims to explore the subjective experience of resilience and intend to provide resilience-based intervention in Indian women with breast cancer. The study also explores sociodemographic, clinical outcomes, relation with resilience, quality of life and posttraumatic growth in the Indian context. The study uses a qualitative approach with phenomenological paradigm to understand the patterns, processes and outcomes in exploring the concept of resilience. Purposive sample of 33 participants from two hospitals in Bengaluru, India were recruited. The participants consisted of 21 breast cancer survivors on follow-up, four on anti-cancer therapy and eight family members of breast cancer survivors for triangulation. Along with sociodemographic, clinical details, and the Connor-Davidson Resilience Scale (2003) to screen for categorising the resilience levels was collected. The in-depth interview guide was validated with experts to collect data. The interviews were tape-recorded, transcribed, and subjected to member checks, triangulation, intercoder reliability, and thick description to ensure the validity of the findings.

The data was analysed using reflective thematic analysis by Braun and Clarke (2019). The finding describes four themes of experience of resilience in women with breast cancer. (1) Cancer diagnosis is a life-changing experience. Breast cancer diagnosis and therapy causes existential crisis, psychological distress, and social stigma. (2) Restoring healthy perception in an adverse event. Navigating challenges and achieving a balance between internal and external factors. (3) Types of support—the pathway to resilience. Enhanced their resilience by internal support include attributes, past experiences, sociodemographic factors, and brain fitness. External support include family, friends, religious or spiritual advisors, medical care, role models, other cancer survivors, and comfortable environments. (4) Learning and growing from the experience. Gained a better perspective to life, ultimately resulting in a new normal and finding meaning in the experience. The data relived the dynamic process of resilience in breast cancer survivors. We developed a theoretical framework consisting of four constructs—Prevent distress, restore psychological equilibrium, connect with the strength and personal growth. The study's outcome suggests a resilience-based intervention module with culturally sensitive for the Indian setting. The implication exists for healthcare providers and policymakers to create an avenue of support in cancer care.

*Keywords: Resilience, breast cancer, quality of life, posttraumatic growth, adversity, trauma, theoretical intervention framework*

### Publications:

1. Alexander A, Sreenath K, & Murthy RS. (2020). Beyond Numbers - Recent Understanding of Emotional Needs of Persons Diagnosed with Cancer 2007-2018. *Indian Journal of Palliative Care*, 26(1), 120-128. doi: 10.4103/IJPC.IJPC\_86\_19. PMID: 32132796; PMCID: PMC7017680.
2. Alexander A, & Murthy, R S. (2020). Living with cancer: Urgent need for emotional health support. *Indian Journal of Cancer* 57(3), 360-362. DOI: 10.4103/ijc.IJC\_113\_19.
3. Murthy, R S & Alexander A. (2019). Progress in psycho-oncology with special reference to developing countries. *Current Opinion in Psychiatry* 32(5), 442-450. DOI: 10.1097/YCO.0000000000000534