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899 – Psychological resilience in women undergoing radical mastectomy: preliminary results

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Introduction: Psychological resilience is an individual's capacity to adapt and recover after experiencing adverse life events. In the case of breast cancer, surgical treatment, particularly radical mastectomy, may have a significant impact on psychological well-being and quality of life.

Objective: This study aimed to evaluate psychological resilience in women undergoing radical mastectomy with (MWR) or without reconstruction (RM), and in others submitted to breast plastic surgery procedures (control group). Evidence addressing this topic remains limited in Brazil.

Methods: This ongoing multicenter study was conducted at two reference centers in São Paulo, Brazil: Hospital São Paulo (HSP) and Hospital da Mulher (HM). Psychological resilience is being assessed using the validated Portuguese short version of the Connor–Davidson Resilience Scale (CD-RISC-10). This instrument evaluates five domains of resilience—flexibility, self-efficacy, emotional regulation, optimism, and attention under stress—through a Likert scale with a maximum score of 40 points. Each study group includes 60 participants, totaling 180 patients. Statistical analyses are performed using the Statistical Package for the Social Sciences (SPSS) for Windows, version 30.

Results: To date, 70 questionnaires have been administered, and, after exclusions, a total of 65 participants were included in the current analysis: RM (n=15, HM), RMR (n=16, HM; n=14, HSP), and control group (n=20, HSP). Preliminary analyses did not demonstrate statistically significant differences in resilience scores between groups. However, the current precision remains limited due to the partial sample size, and a regression statistical model will be considered for the final dataset.

Conclusion: Preliminary findings suggest that psychological resilience does not differ significantly between women undergoing MWR or RM and those in the control group. Completion of the planned sample size may provide more robust evidence regarding the impact of reconstructive surgery on psychological resilience among breast cancer patients.

Ethics: Research Ethics Committees of Federal University of São Paulo (CAAE 88692125.2.1001.5505) and Hospital da Mulher (CAAE 88692125.2.2001.0083).

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