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Analysis of biopsychosocial aspects of breast cancer survivors and apparently healthy women

Vitor Alves Marques¹, Wanderson Divino Nilo dos Santos¹, Rafael Ribeiro Alves¹; Ellen Gomes de Oliveira¹, Flavia Batista Gomes Noletto², Tatiane Nunes da Silva Rodarte¹, Naiany Pereira Silva², Carlos Alexandre Vieira²

¹Universidade Federal de Goiás.

²Universidade Federal de Goiás, Faculdade de Educação Física e Dança.

Objective: This study aimed to compare the biopsychosocial aspects of breast cancer survivors with apparently healthy women. **Methodology:** In the study, 62 women were participated and separated into group breast cancer survivors (BCS) (n=32; age: 52.93±8.95 years) and control group (CG) with apparently healthy women (n = 30; age: 52.16 ± 7.59 years). The functional performance was evaluated by the DASH, the kinesiophobia was evaluated by the Tampa Scale, the quality of life was evaluated by the EORTC BR23, and fatigue was evaluated by FACT B+4. The inclusion criteria for both groups were being in menopause and not participating in any regular resistance exercise program in the last 6 months. For the BCS group, the criteria were having undergone mastectomy or breast quadrantectomy and not having metastasized. Data normality was assessed by the Kolmogorov-Smirnov test. Pearson's correlation was used to evaluate the relationship between variables with normal distribution, while the Spearman correlation was used for variables without normal distribution. Statistical significance was set at $p \leq 0.05$. **Results:** There was a significant difference between groups on functional performance (BCS: 17.05±2.11; CNT: 2.61±6.22; $p < 0.001$) and kinesiophobia (BCS: 40.50±10.14; CNT: 36.16±6.87; $p = 0.05$), quality of life (BCS: 1.71±0.59; CNT: 1.07±0.36, $p < 0.01$), and fatigue (BCS: 80.68±12.46; CNT: 88.53±11.56, $p = 0.013$). **Conclusion:** The current results suggest the breast cancer survivors showed lower results of functional performance, kinesiophobia, quality of life, and fatigue in comparison with the women's apparent health.

Keywords: cancer; mental health; psychobiological profile.