

## Review Article

### Psychological research progress in lung cancer patient

ABSTRACT: (1) through research, cancer patients provides the theory basis for psychological problems to provide effective nursing measures;(2) by improving the psychological problems of the cancer patients, and improve the family care of enthusiasm, make improving patient's quality of life.Methods by hownet collection in lung cancer patients with psychological problems for the keyword for screening collection of literature.Results according to the literature analysis results showed that age, education level, place of residence, family income and other demographic factors and cancer staging in patients with lung cancer chemotherapy, coping styles and other factors have a certain degree of influence psychological problems.Conclusion patients with different ways lead to varying degrees of psychological problems, with active approach is given priority to, not only reduce the patient's psychological pressure, can also be disease treatment and recovery of the patients with positive effect.

#### **Introduction**

In recent years, with the development of the society, all kinds of disease incidence increased year by year, especially the malignant tumor.Malignant tumor is a large family of diseases collectively, their common characteristic is the body cells lose normal regulation, abnormal unchecked growth and differentiation, and local tissue invasion and migration in the distance.Malignant tumors can happen at any age, any organ of any organization, its pathogenesis and harmful environmental factors, lifestyle, and closely related to genetic easy sensibility.Most of the early detection of cancer could be cured.Common malignant tumor in the world have stomach cancer, breast cancer, non-hodgkin's lymphoma, lung cancer, esophageal cancer and so on, all have a trauma to the human body big and difficult to cure, are a serious threat to people's health.Among them, the lung cancer is originated from the lungs or bronchial mucosa gland malignant tumor, fastest growing morbidity and mortality.Nearly 50 years of many countries have reported lung cancer incidence and death rate were significantly increased.The latest cancer burden data for 2020 released by the International Agency for Research on Cancer (IARC) of the World Health Organization (WHO) show that lung cancer ranks second in the total number of new cancers worldwide (11.4% incidence); With 1.8 million deaths due to lung cancer, its mortality rate (18 percent) is far higher than that of other cancer types, ranking first among cancer deaths. China's cancer incidence rate (23.7%) and mortality rate (30.1%) rank first in the world. However, lung cancer rates (17.9 percent) and death rates (23,8 percent) were far higher than those of other cancers. The incidence of lung cancer is also different between genders. According to the Interpretation of the

2020 Global Cancer Statistics Report published by Liu Zongchao [1] et al., it is known that among the statistics of the new cases of male cancer worldwide in 2020, males are most often diagnosed with lung cancer (accounting for 14.3% of the new cases). Lung cancer (8.4 percent) ranked third among new cancer cases among women. Therefore, lung cancer has become one of the malignant diseases threatening human health.

Numerous studies have demonstrated that the incidence of lung cancer is associated with long-term heavy smoking. According to the ministry of health issued "in the report, the harm to smoking, according to China's smoking rates are still higher levels, smoking and secondhand smoke exposed huge threat to people's health has, for many diseases, especially in the pathogenesis of lung cancer because of one of [3]. In addition, chronic obstructive pulmonary disease, such as coal dust exposure, first-degree relatives home family history of lung cancer, genetic factors were the risk factors of lung cancer. Treatment of lung cancer is surgery, radiotherapy and chemotherapy. And chemotherapy is the main treatment, patients with advanced lung cancer in the kill cancer cells but also damage the body's normal cells with itself, toxic and side effect is obvious. Especially some patients need high doses of chemotherapy, the patients with mental and physical damage more apparent [4]. After the lung cancer patients is common in lung cancer as the worst one of malignant tumors, tumor invasion led to patients have difficulty breathing, pain, chest tightness, the symptom such as cough up blood. Lung cancer has a high mortality, treatment costs, treatment, great burden, hide and recurrence rate is higher a series of negative characteristics, physiological and psychological of patients and their family members bring different levels of pressure force, to the patient's quality of life and patients' families bring a certain degree of psychological torture [5]. This study on lung cancer patients psychological research progress.

#### 1 demographic factors

Many scholars on the issue of psychological studies the lung cancer patients. Xue-jiao Chen [6] and so on postoperative psychological distress in patients with lung cancer study, points out that psychological distress is multiple factors cause unpleasant individual emotional experience, including psychological, social, spiritual, can range from mild weakness, fear, turn into painful, serious psychological problems such as anxiety, the higher incidence of factors, the patients' gender, age, family income, etc.

##### 1.1 Residence

To live is different, there is a big difference to the influence of disease on the patient. According to Jiang a bell [7] later period lung cancer chemotherapy patients in rural areas, such as psychological distress and coping styles of research, said in patients living in the countryside, often because of intractable disease itself and the adverse reaction of chemotherapy and produce a series of psychological problems, may be related to rural patients inner tenacity, relatively conservative, not easily show really think about, and patients with

advanced disease of pain can also affect the psychological feelings. This type of patients may be: (1) the low income, disease to itself and some economic problems on the family; (2) patients seeking social support, and limited ability to network support and a series of complicated procedures let the victim is helpless and despair; (3) some patients to disease cognition is not clear, think infectious lung cancer, the patients received due to the bad environment around the eyes and cause mental stress; (4) in patients with insufficient understanding of treatment, the medical staff have limited language understanding, increase a patient's own psychological distress; (5) part of disease in patients with refractory appear to yield the mental state, because of the environmental impact can't send inner pressure, the longer it inside the backlog of patients with negative emotions lead to psychological stress, depression, anxiety and other undesirable mood.

#### 1.2 the age

Psychological distress is a kind of multiple factors is given priority to with spiritual crisis, such as emotional crisis performance of psychological barriers, individuals will withstand pain in heart for a long time for its survival quality, disease rehabilitation, etc. A certain degree of influence., according to a survey of residents in our country now cancer death ratio increased year by year, elderly patients often significant psychological distress. Because older elderly patients with lung cancer, poor state of body functions, limited knowledge of diseases and patients and so lead to mental health status of the elderly patients and the prognosis is worse. And because of the high cost of treatment will bring economic poor families larger economic pressure, a series of factors led to the deterioration of the patients pain in heart.

#### 1.3 the economy

Lung cancer as a major disease, trauma, a serious threat to the patient's life, lead to mental patients, physiological, social function and a series of negative change, affecting the quality of life. Chen Sijuan [8] psychological distress in patients with lung cancer chemotherapy results showed that lung cancer chemotherapy patients after illness factors such as working condition, the types of health care, disease stage directly affects the degree of psychological distress. Poor economic condition of family because of the high to afford disease treatment costs and increase their psychological burden. Jiang Dandan [9] and other studies have found that patients by from disease and loss of working ability, make domestic economy severely affected, make the not rich family added more burden, resulting in patients who suffer severe psychological phenomenon.

#### 1.4 the tumor staging

Some scholars according to the survey, the higher the tumor stage, the higher the severity of the disease, the worse prognosis and survival, the patient's psychological distress and pain, the more intense.

#### 1.5 level of education

Different education level of patients after view of disease and illness state

of mind has great difference. He Yi<sup>[10]</sup>, etc. Research shows that patients with higher level of education that the strength of its ability to learn, told of the diagnosis of the disease will be the main study, familiar disease related knowledge, by learning to know how to deal with problems associated with disease, and patients with itself also has a certain ability to lessen their negative emotions, to find a way to ease pressure, keep the degree of psychological distress.

## 2 coping style

coping style also called coping strategies, is individual during stress should be a means of passion, to keep the psychological balance, is refers to the individual in the face of setbacks and pressure force cognition and behavior, also can be called the coping strategies or coping mechanism. It is the process of psychological stress an important intermediary regulation factors, individual coping style affects the nature of the stress response and strength, and then adjust the relations between the results of the stress and stress. Zhang<sup>[11]</sup> on the mental health of patients with lung cancer, such as the study also showed that the mental health status of the patients with lung cancer and its age, course and level of education, income and other factors, and put forward the patients in the relationship between coping style and mental health status, among them, the negative coping styles against the patient's physical and mental health; And positive coping styles can alleviate the pressure of the mental work, improve the patient's psychological adaptability.

## 3 psychological elastic

Resilience refers to the individual in a major trauma through their own psychological adjustment when beginning to restore to the original state, in the social support and mental health, anxiety sensitivity and mental health, social support and coping styles of play a role of intermediary effect. Tiki [12] on lung cancer patients in the study of mental flexibility, points out that psychological elasticity refers to the individual in case of serious psychological trauma through adjusting the ability to return to original state, their psychological elasticity is larger, the stronger the ability to adapt to the outside world, to help patients as soon as possible to adapt to the change of role, to relieve the patients psychological burden.

## 4 humanistic care

Malignant disease by the patient, rehabilitation, etc., bring great pain patients. Through the research of many scholars, for the treatment of malignant tumor of the clinical nursing concerns from a single and disease control, turned to focus on the patient's physical, psychological and social adaptation ability, etc. Many scholars pointed out that against the evil tumors in patients with psychological intervention treatment. Bai Yunbo [13] in psychological therapy intervention for patients with malignant tumor such as mentioned in the study, the influence of the intervention is the focus of the malignant tumor diseases take effective anxiety, depression, mood change a good strategy, according to

the research found that some patients are not clear about their illness cognition, to timely in the process of psychological therapy intervention for patients with a certain degree of health education, reducing to disease in patients with exaggerated to impact their mood swings. TongChunYu [14], such as psychological therapy for patients with advanced lung cancer in the study of personnel request to treatment, and patients after admission will produce more emotions, such as mental tension, anxiety, fear, he put forward and each patient treatment personnel to establish relationships of mutual respect, mutual help, and through the psychological intervention for the treatment of people to alleviate the mood of patients with anxiety depression, to guide the formation of the correct ideological cognition, allow patients to correct understanding of diseases, to strengthen cooperation and nursing personnel. In the doctor-patient relationship, doctor should constantly improve the self theory knowledge reserves and operating ability, want to often communicate with patients, understand the true idea, help patients bear bad mood, improve its adherence to treatment.

5 subtotal

Above all, lung cancer worldwide as one of the highest morbidity and mortality of malignant tumor, not only poses a great threat to people's health, the psychological, physiological, social function also has a great influence. According to the literature analysis results show that: (1) demographic factors: the smaller the age is higher, the degree of psychological distress and pain in patients with age is smaller, often family, social responsibility, the greater the for their psychological pressure is big; The higher education level, clear understanding of the disease, can cooperate with the treatment of diseases, more conducive to the recovery of disease; The family per capita income is lower, the higher the degree of psychological distress and pain. May be related to low income lead to fewer available social resources, thus unable to obtain adequate treatment; Cancer staging is higher, the higher the severity of the disease, the stronger the patient's confidence in treatment and psychological distress. (2) coping styles: negative coping ways, patient adherence to treatment is not strong, and thus affect the patient treatment and progress of the disease, strengthen the degree of psychological distress in patients with; And positive coping styles significantly improve the patients' adherence to treatment and treatment effect, reduce the patient's psychological stress, compressive ability and make it improved, thus reducing the patient's psychological distress and pain. (3) resilience: patients, the greater the elasticity of its to the outside world to adapt to the more powerful, more can transform their roles for patients, the stronger the acceptance of the disease, can be a good match and the doctor's treatment; (4) the humanistic care: humanistic nursing care can give patients better understand the real thoughts of patients, give patients the most need of help, can help patients more bad mood dredge, improve patient compliance, beneficial to patients with the treatment and prognosis of the disease.

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