

satisfied with the help provided by their partners, family members, or friends, their quality of life is usually higher, they experience less physical discomfort, and have less psychological stress. Conversely, if patients feel that no one cares about them, they are more likely to feel helpless and have more difficulty coping with the disease. Similar phenomena exist among breast cancer patients, with more support usually resulting in lower psychological stress. Therefore, good social support can provide protection, while insufficient support increases the risk of anxiety and depression (Figure 2) (Tang et al., 2024).

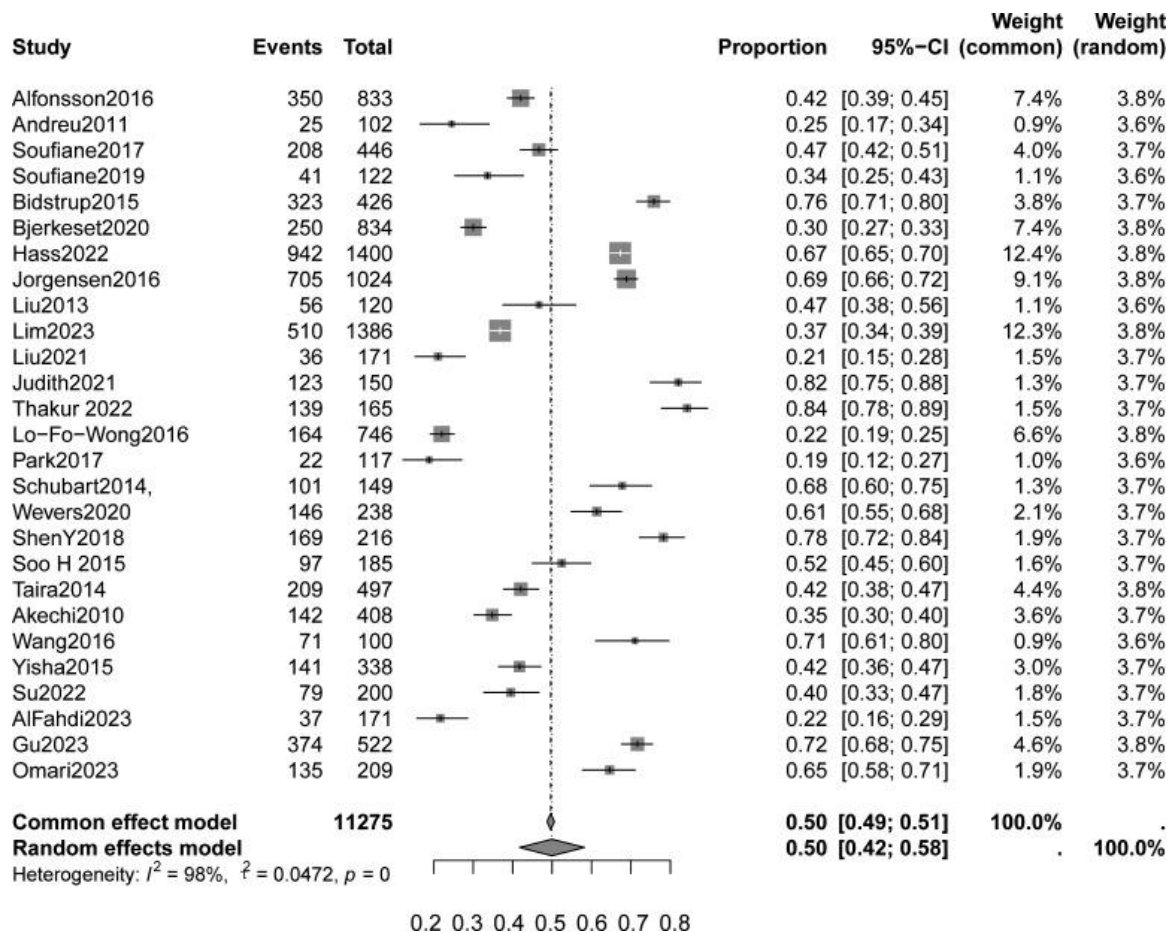


Figure 2 The forest plot of the pooled prevalence of psychological distress in patients with breast cancer (Adopted from Tang et al., 2024)

However, the quality of support is often more crucial than the quantity. If there is always criticism, excessive control, or frequent arguments in life, it not only aggravates the patient's negative emotions but also affects the state of family members themselves. On the contrary, positive and appropriate assistance can significantly reduce the patient's stress (Hermann et al., 2024). At the same time, the fact that family members feel they have made a lot of efforts does not necessarily mean that the patient truly feels supported. This shows that emotions among family members are mutually influential. Therefore, when conducting psychological intervention, caregivers should not only focus on the patient themselves but also consider the patient's family situation, and attach importance to "how to provide support", rather than just focusing on how much support has been given.

4.3 Individual differences

The personalities of different patients vary, which also affects their approaches to dealing with diseases and treatments. Some studies have classified patients into vulnerable, average, and highly adaptable types. The results showed that the more vulnerable patients experienced greater emotional fluctuations and were less willing to address problems head-on. They were more prone to exhibit reactions such as avoidance, denial, and self-blame, and these reactions often intensified feelings of anxiety and helplessness. On the contrary, patients with higher adaptability were more willing to face reality and were better able to adapt to the treatment process. Thus,