

personality influences how an individual copes with stress and also affects the likelihood of experiencing emotional problems.

Apart from personality, psychological traits are also very important, such as the strength of psychological adaptability, whether the mindset is positive and optimistic, and the ability of self-regulation. Relevant studies have found that patients with strong psychological adaptability and a more positive and optimistic mindset generally have better overall health and fewer physical discomforts; while patients with weak psychological adaptability often have poorer quality of life and more obvious physical discomforts (Velasco-Durantez et al., 2024). Additionally, even when considering factors such as age and disease status, whether a person has an anxiety tendency can also reflect their psychological state after treatment. Therefore, individual differences, as well as various factors related to the disease and treatment, will affect the probability of patients experiencing anxiety and depression during chemotherapy.

5 Based on the People-Oriented Nursing Concept

5.1 Personalized assessment and stratified intervention

For nursing work to be centered on patients, the first step is to comprehensively understand the actual situation of the patients. Nursing staff need to grasp the details of the patients' conditions and clearly understand their current levels of psychological stress. Nurses can observe the emotional changes of patients during daily interactions. Nurses can also directly ask patients questions to understand if they often feel anxious, depressed, or tired. Nurses can also inquire about patients' views on the disease and their feelings and progress in daily life. After completing these steps, nursing staff can more easily identify patients with higher psychological stress. Nursing staff can provide necessary assistance to these patients as early as possible. Studies show that nursing staff can apply the PERMA model or other systematic assessment methods to the early stage. These methods can help nursing staff more accurately determine the psychological state and severity of symptoms of patients. Nursing staff can provide more appropriate support for patients with higher needs. This support can help patients alleviate negative emotions and improve their overall condition (Hu et al., 2025; Zhang et al., 2025). Moreover, assessment is not a one-time task. Nursing staff need to continuously assess throughout the chemotherapy process. When the patient's condition changes, nursing staff can promptly adjust the nursing plan.

After the initial assessment is completed, the nursing staff can classify the patients based on their specific conditions. During the classification process, factors such as the patients' psychological state, coping ability, and family support can be taken into consideration. For patients with milder emotional problems, the main focus of nursing is on emotional soothing and basic guidance. The nursing staff can help the patients cope with discomfort and stress during the treatment process, which usually helps to reduce anxiety and also helps to maintain the stability of daily life. For patients with more obvious emotional problems, the nursing staff need to take more targeted intervention measures, such as providing cognitive adjustment, relaxation training, and continuous follow-up support, to help the patients gradually alleviate negative emotions and fatigue (Wang et al., 2025; Hu et al., 2025). This stratified intervention approach better meets the actual needs of the patients and also enables more reasonable allocation of nursing resources.

5.2 Communication support and health education

In humanistic nursing, communication plays a crucial role. Firstly, nurses need to listen patiently to the patients' voices and clearly explain the relevant situations, which usually helps patients reduce psychological stress. Secondly, nurses can have more communication with the patients and encourage them to express their concerns and anxieties. Sometimes, even a brief silence can alleviate anxiety and depression. For patients with gynecological cancer and other types of cancer, effective communication can make them feel more at ease and also help improve their sleep quality (Xie et al., 2025). The methods of communication are not limited to one type; face-to-face communication is effective, while remote methods such as phone calls and the internet can also play a role. As long as patients can feel understood and supported, this communication will have a positive impact on their psychological state (Contu et al., 2025).