
ABSTRACT

The relationship between “benefit finding” of cancer survivors participating in community-based self-help groups and their mental health

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A revised scale to assess “benefit finding” of cancer survivors participating in community-based self-help groups (SHGs) was developed. Moreover, the relationship between the newly developed Benefit Finding Scale-Revised (BFS-R) score and mental health as measured by GHQ 28 was investigated, in order to examine if BFS-R was a valid tool for measuring the BF of cancer survivors. In study 1, cancer survivors ($n=281$) in SHGs responded to a questionnaire package that included “benefit finding” related items and the Self-Efficacy Scale. Factor analyses identified a six-factor solution of internally consistent sub-scales. Results also indicated that the newly developed scale had excellent internal consistency and validity. In study 2, 376 members of SHGs completed questionnaires including BFS-R and GHQ 28. Results indicated a significant relationship between most sub-scales of BFS-R and the sub-scale of GHQ 28 named “social activity obstacles”. These findings suggest that BFS-R is useful as a research tool for evaluating the BF in the experiences of long-term survivors of different types of cancer.

Key Words: benefit finding, cancer survivor, self-help group
