

## Role of cognitive inflexibility in causing psychological distress among cancer patients

Guru Prasanna Lakshmi Immadi

CIMHANS, India



### Abstract

Cancer as a condition, primarily focused on treating the disease per se, as extensive literature suggests a link between cognitive dysfunction and cancer related treatment (Chemotherapy, Radiotherapy, Hormone Therapy). But the literature is limited in terms of cognitive dysfunction related to cancer itself. Psychological distress in various types of cancer has been proved by previous studies. Still the research relating cognitive inflexibility with psychological distress is very much limited.

**Aim and method:** The aim of the present research is to study the levels of cognitive flexibility, functioning and to explore the role of the cognitive inflexibility in causing psychological distress among various types of cancer patients. A sample of 75 various types of cancer patients were assessed using neuropsychological tool WCST, psychological tools Distress Thermometer and Rating scale, HAM-A, and HDRS.

**Results:** the study findings showing significant levels of distress, anxiety, depression, and cognitive inflexibility among various types of cancer patients. There was a significant positive and negative correlation between WCST scores of most of the categories with distress variable scores and anxiety scores respectively. No significant correlation was found between the depression scale scores with WCST scores. Predictor variables of cognitive inflexibility in causing psychological distress were significant with the socio demographic and clinical characteristics of the participants. **Conclusion:** Symptom management and quality of life are an essential part of survivorship. The psychological and neuropsychological investigation should include as an adjuvant to cancer treatment.

**Key words:** Cancer, Cognitive inflexibility, Psychological Distress, Depression, and Anxiety.

### Biography

Guru Prasanna Lakshmi has her expertise in Neuropsychology and Psych oncology, she goes through a client centered approach, where she designs the curriculum in holistic manner. Her research is based on neuropsychological issues in Cancer patients and in the area of Dementia. Her practically approached research is further imbibed in the interventions.

### Publication

- Guru P L. Effectiveness of an Integrative Approach on Adjustment Disorder. Psychol Behav Sci Int J. 2017; 5(4): 555668. DOI: 10.19080/PB-SIJ.2017.05.555668 <https://juniperpublishers.com/pbsij/index.php>
- Guru P L. (2017) Therapeutic support to an adolescent with AIDS Dementia DOI NO: 01.1617/vol4iss7pid1772 , International Journal of Science , Engineering and Management (IJSEM) [https://technoarete.org/common\\_abstract/pdf/IJSEM/v4/i7/Ext\\_02918.pdf](https://technoarete.org/common_abstract/pdf/IJSEM/v4/i7/Ext_02918.pdf)
- Guru P L. Attachment Issues in Cancer patients Co-morbid to Addiction: Intervention based Case study. Glob J Add & Rehab Med. 2017; 4(1): 555629. DOI: 10.19080/GJARM.2017.04.555629
- Guru P L. Why Adolescents with E - Wings Sarcoma Being Reluctant to Amputation?-A Study under the Phenomenological View. Ann Rev Resear. 2017; 1(1):555551. <https://juniperpublishers.com/arr/pdf/ARR.MS.ID.555551.pdf>
- Guru Prasanna Lakshmi. Combination of Psychotherapeutic Techniques to Adequately Cope Well with the Body Image Issues in Adolescents, Diagnosed with E-Wings Sarcoma Followed by Amputation - Two Case Series. Ann Rev Resear. 2018; 1(4): 555567 <https://juniperpublishers.com/arr/pdf/ARR.MS.ID.555567.pdf>
- Guru Prasanna Lakshmi. "Cognitive Remediation to an Adolescent to Improve Mild Cognitive Deficits co Morbid to AIDS and to Enhance Medical Compliance for E-Wing Sarcoma- Intervention Based Case Study". Current Opinions in Neurological Science 2.1 (2018): 344-355. <https://scintiaricerca.com/cons-articles.php>
- Lakshmi GP. Memory Retraining for Post-Chemotherapy Breast Cancer Survivors. Clin Res Immunol 2018;1(2):1-7.

10<sup>th</sup> Global Summit on Neuroscience and Neuroimmunology | Paris | February 19-20, 2020

**Citation:** Guru Prasanna Lakshmi Immadi, Role of cognitive inflexibility in causing psychological distress among cancer patients, Neuroimmunology 2020, Paris, February 19-20, 2020, PP. 07