



Group Exercise Therapy-Life Changer for Cancer Patients?

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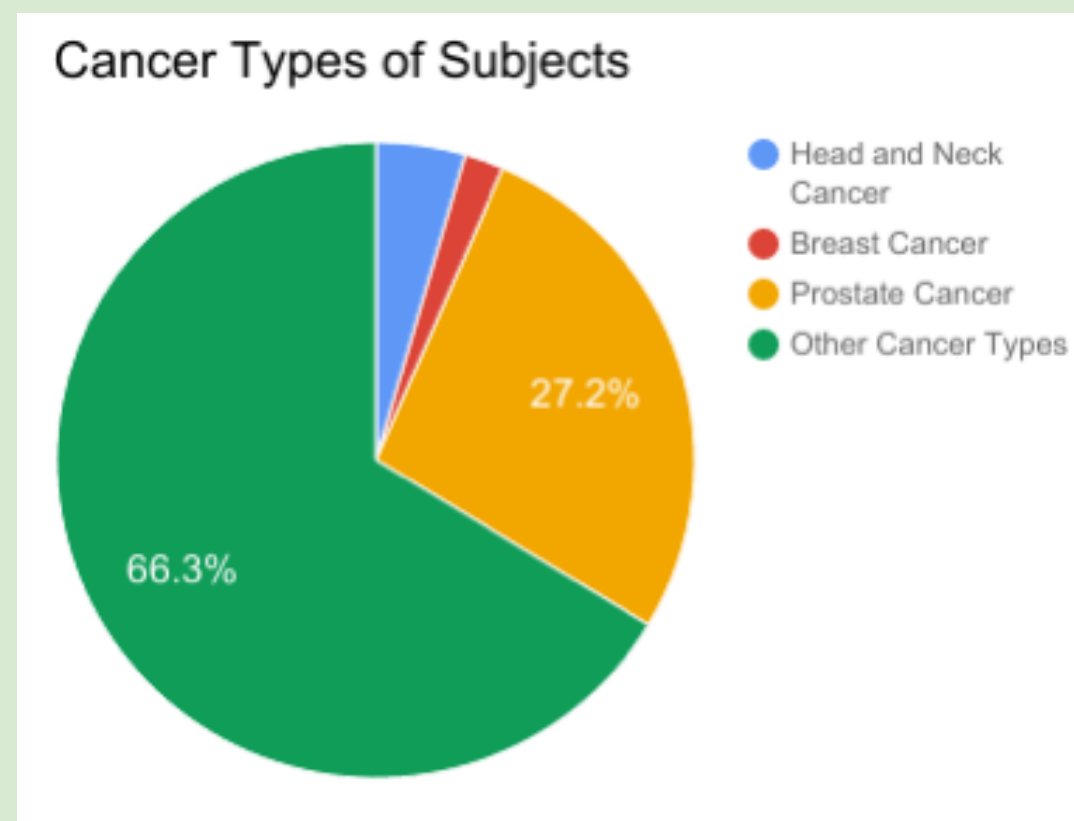
INTRODUCTION

Cancer is currently an incurable disease.⁽¹⁾ Some people are able to fight through it and survive, while some cannot. It is proven that a cancer patient's emotions impact his/her recovery process.⁽²⁾ Do different kinds of mental treatment make a difference in patients' recovery? This study is to find out the effectiveness of mental treatments in the form of physical exercise, in comparison to the traditional counseling therapy.

SAMPLE AND SIZING

Data of this case study were collected from past studies and experiments, published mainly on PubMed. All past studies selected were performed by organizations with credibility, and had been reviewed before they were published. Any studies that show bias had been eliminated from this project.

The type of patients this project looks into are cancer patients who received either type of mental treatments during their diagnosis. This study includes a large number of patients with breast cancer(242), prostate cancer(3267), head and neck cancer(542), and other cancer types(7890).



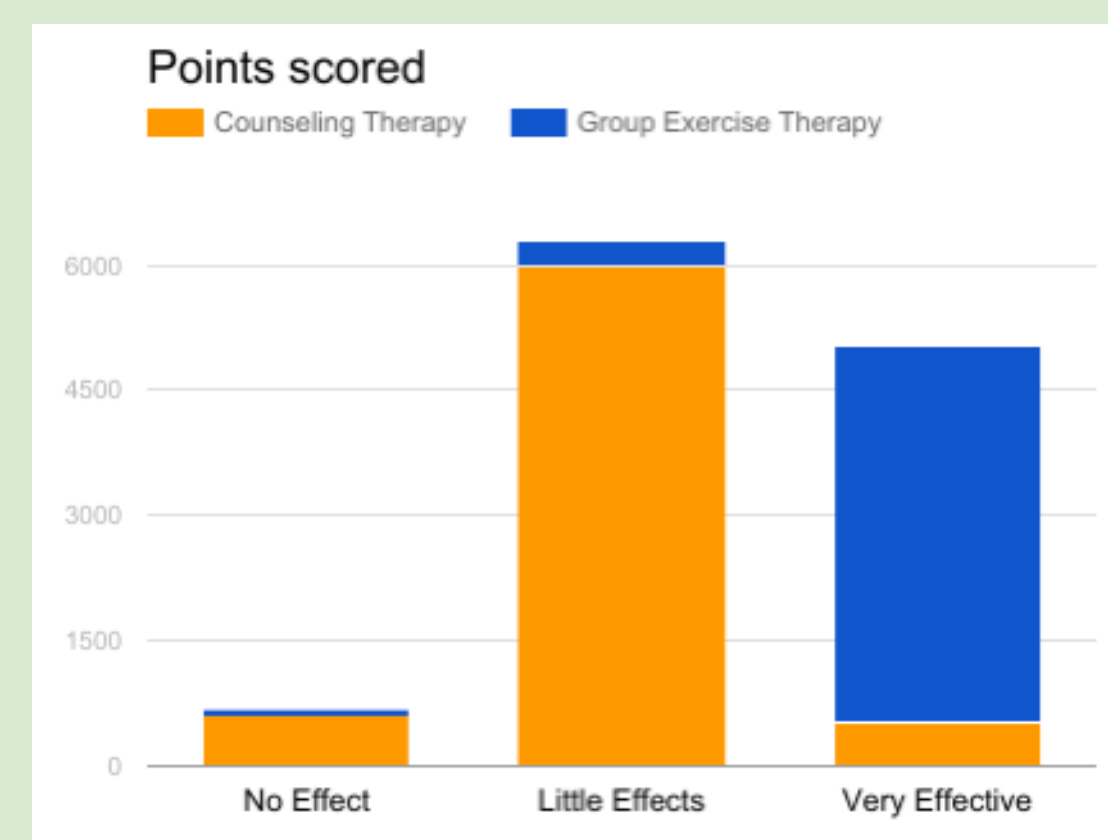
WHY IS IT IMPORTANT?

Since many cancer patients have some form of depression due to their diagnosis⁽³⁾, it is vital to determine the best kind of mental health treatment for them. Exercising often brings emotional relaxation. If this kind of treatment is proven to be more effective than traditional counseling, it could be a life changer to cancer patients, and having a better understanding of this topic is one step closer to curing cancer.

RESULTS

Out of all patients(12026), around 41% of patients(4889) received the group exercising treatment, while around 59%(7137) of patients received the counseling method. The results of each studies were then grouped into 3 groups: No effect, little effect, very effective.

Result is presented below:



After gathering data, the result is very lopsided. Group exercise therapy has an obvious greater impact on subjects, while majority of patients receive less benefits from counseling therapy.

CONCLUSION

The data shows that although both therapy methods are popular and effective, group exercise therapy provides a greater benefit to cancer patients. Why is that so? Instead of sitting face to face communicating with a therapist, group exercise therapy offers an open environment where patients have the opportunity to communicate with others, who often have similar experiences. Moreover, studies show that exercising is a great way to relieve stress, or any negative emotions. Group exercise therapy is essentially a combination of counseling therapy with exercise, which is surprisingly effective. As group exercise therapy proves its effectiveness, more attention and consideration should be given to this method.

ACKNOWLEDGEMENTS / REFERENCES

Special thanks to Dr. Trisler for helping make this project possible.

Works Cited:

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