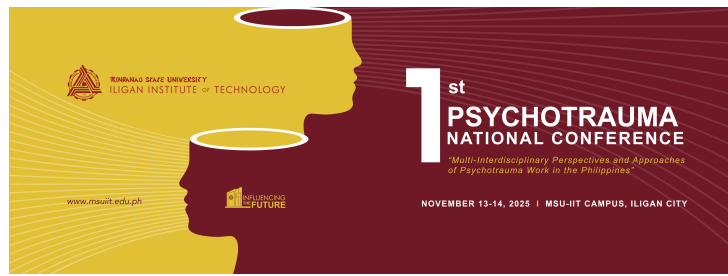


National Psychotrauma Conference 2025



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Examining the Relationship Between Anxiety, Depression, and Coping Strategies Among Cancer Patients

Thursday, November 13, 2025 2:30 PM (15 minutes)

Cancer is a complex condition influenced by a combination of demographic, social, economic, psychological, environmental, and health-related factors. This study examined the levels of anxiety and depression and their relationship with coping strategies among cancer patients in Manolo Fortich, Bukidnon. Using a descriptive-correlational design, data were gathered from 115 respondents across 17 barangays through snow-ball sampling. Quantitative data were analyzed using descriptive statistics and correlation analysis.

Results revealed that cancer patients generally exhibited moderate levels of anxiety and depression. The most prevalent coping strategies included seeking social support, emotional release, problem-solving, and tolerance. Correlation analysis indicated that social support ($p = .016$, $R = .224$) and emotional release ($p = .000$, $R = .378$) were significantly associated with reduced anxiety, underscoring their importance in emotional regulation. Conversely, substance abuse showed a weak positive correlation with anxiety ($p = .012$, $R = .232$), suggesting that reliance on maladaptive coping may heighten distress. Regarding depression, social support ($p = .004$, $R = .268$) and problem-solving ($p = .003$, $R = -.278$) were significantly correlated with lower depression levels, while emotional release ($p = .000$, $R = .341$) and substance abuse ($p = .007$, $R = .249$) were linked to higher depressive symptoms. Other coping strategies—such as cognitive reappraisal, religiosity, tolerance, and relaxation—showed no significant associations with either anxiety or depression.

The findings highlight the complex interplay between psychological distress and coping mechanisms among cancer patients. While social support and problem-solving emerge as protective factors, emotional release and substance use may exacerbate emotional difficulties when not managed adaptively. This study underscores the importance of integrating psychosocial support, adaptive coping skills training, and culturally sensitive interventions into cancer care programs to promote mental health and resilience among patients.

Author: Ms JAMORA, Maria Michaela (Northern Bukidnon State College)

Co-authors: Dr ALMADEN, Catherine Roween; Mr BRETANA, Jade Harley; Mr ACOSTA, Karl Clyde Stephen (Northern Bukidnon State College); Mr DOMINGO, Kim-Lee (Northern Bukidnon State College); Ms BUELBAN, Loisel; Ms MONDAGA, Nekka (Northern Bukidnon State College); Ms CUIZON, Rose Ann

Presenter: Ms JAMORA, Maria Michaela (Northern Bukidnon State College)

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