

Bio-Psychology-Mental Health Associated with Breast Cancer

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Bio-psychology focuses on the relationship between the nervous plexi and endocrine glands on one part and the chakras on the other part. Based on the idea that all behavior is controlled by the nervous system, bio-psychology seeks at understanding how the brain works to understand behavior [1].

In this context, the study focuses on breast cancer in order to understand perspectives related to mental health impact and its link with Chakras and anger among other emotions as well as the healing process. The report begins with a focus on the perspective of knowing one has the BRCA gene and identifies several aspects such as depression and anxiety as well as the link with breast cancer.

Perspectives: Mental health impact of BRCA gene

According to the existing research on cancer, such as Boghosian., *et al.* [1], breast cancer is the most prevalent type of cancer in women and the second leading cause of death. Possessing the BRCA gene suggests that the individual has a 35-80% chance of developing breast and ovarian cancer by 70.

Psychosocial research on breast cancer has often linked mental health problems with the BRCA gene creating the need to understand or examine risk perceptions and addressing the high levels of anxiety about cancer. The initial reactions on breast cancer diagnosis or predisposing genes (BRCA 1 and BRCA 2) vary between individuals. However, evidence on the issue supports the idea that having BRCA has a significant mental health impact on women, evident in their behaviors and emotions.

According to Niedzwiedz., *et al.* [2] gene carriers experience cancer-related distress based on the idea that they overestimate their risk of developing cancer. Anxiety is one of the most common reactions to understanding having the BRCA gene, which also translates to depression and withdrawal from others. According to a study by Boghosian., *et al.* [1] which evaluated women's emotional states after the genetic tests, it was evident that the knowledge of having the BRCA gene increases the level of anxiety among women, which is higher than depression. The high anxiety levels are linked to the fear of developing the condition and the lack of clear answers on the personal risk levels.

Knowledge of having the BRCA gene increases uncertainties and high levels of distress due to the fear of vulnerability and stigma, effects on quality of life and alterations in self-perception. Distress is increased by the fear of having a high-risk status, which is significantly high in women from families with a history of cancer. The level of distress increases with time among mutation carriers, while noncarriers have demonstrated lower levels of distress based on the existing research by Boghosian., *et al* [1].

Based on the functionalism approach, which considers mental life and behavior based on active adaptation to the individual's environment, it is evident that cancer-related genes influence mental and behavioral changes. The functionalist approach of understanding the mental health impact of having the BRCA gene emphasizes the conscious experience suggesting that it differs between individuals based on their brain functioning and interpretation.

Knowing an individual has the BRCA gene further increases depression among women due to the current uncertainties on developing breast cancer. Based on the idea that the central nervous system controls all behaviors, sensation and perception are key in motivating behaviors such as increased worry and depression among individuals with the BRCA gene. According to Mella, Muzzatti, Dolcetti and Annunziata [3] using the functionalism approach provides the basis for understanding the difference in an individual's reaction to the knowledge of having the BRCA gene.

Mental health and behavior are based on the active adaptation of a person's environment. To have the gene and knowing impacts how the mind adapts to the changing situations and environments and processing information, thus increasing worry and depression levels.

Link with breast cancer, chakras and anger

The chakras involve a cluster of nerve endings along the spine and have a high concentration of sensitivity and receptivity. A majority of the existing research which have been done on the BRCA gene, such as Nelson., *et al.* [4] confirm that there is a strong link between mental health and breast cancer, chakras, and anger, which is evident in how individuals with the gene demonstrate high levels of anger, anxiety, and depression.

Chakras are associated with happiness, self-confidence, creativity, and self-expression, significantly affected by breast cancer. The idea that the Chakras are connected to emotions impacts the individual's sense of security and stability or mental health, primarily in women with breast cancers such as the 4th chakra, which is the heart since it is connected to emotions and feelings. Breast cancer impacts the heart chakra, which is associated with compassion, forgiveness and love creating feelings of anger, distress, and anxiety. Diagnosis of breast cancer creates mixed feelings in the patients, which vary based on how they respond to the stimuli [5].

How to heal

The most common approach used to ensure healing from the associated mental health issues involves psychosocial interventions such as genetic counseling, which occurs before and after receiving the genetic testing results. Psychological and psycho-educational interventions also have a significant role in the healing process since they help ensure the carriers or patients know and improve information processing to shape their emotions and feelings.

Based on research, it is evident that women have elevated distress levels associated with having the BRCA gene [5]. Psychosocial follow-up can significantly help in the healing process since it provides the basis for understanding the existing risks and management recommendations and the long-term care process. Emotional support is also critical primarily among the mutation carriers since their mental health is significantly affected. Emotional support and genetic counseling help address the risk perceptions and improve the overall mental health of women with a family history of breast cancer [1].

Wrap-up

This research confirms that the diagnosis of the BRCA gene or having breast cancer is a significant problem because it impacts the psychological well-being of the patients. This is associated with different risk perceptions, uncertainties, and poor information processing, which varies between individuals.

The knowledge of having the genes is characterized by high anxiety, depression, and distress levels among the patients since it impacts the chakras and brain functioning hence the difference in response among the patients. Genetic counseling and psychoeducation having been identified as some of the major aspects of the healing process since they help reduce uncertainties and support information processing.

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