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## Adverse Emotions and Its Influencing Factors in Patients with Breast Cancer during Chemotherapy

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**Background:** Most breast cancer patients are middle-aged and elderly women with poor psychological resilience. The side effects caused by cancer diagnosis and treatment, as well as changes in family roles and relationships, have caused tremendous psychological pressure on patients and are prone to adverse emotions, moreover, the older the patient, the higher the incidence of adverse emotions. The bad mood can shorten the survival time of the patient and may even lead to suicide.

**Objective:** The incidence and influencing factors of adverse emotions during chemotherapy in patients with breast cancer were investigated.

**Methods:** The clinical data of 216 patients with breast cancer undergoing chemotherapy were collected and the adverse emotions (anxiety, depression and suicide) of the patients were screened by Huaxi Emotional Distress Index (HEI) (The scale is made by Huaxi Hospital, Sichuan University, China). Univariate and multivariate logistic regression analysis were carried out on the related factors that may affect the occurrence of adverse emotions, such as the patient's gender, age, cTNM stage, smoking history, drinking history, source of medical expenses, educational level, pain, sleep state, recent complications of chemotherapy, etc.

**Results:** The incidence of adverse emotions in 216 patients with breast cancer undergoing chemotherapy was 49.08% (106 / 216), 7 cases accompanied by suicidal ideation. Univariate analysis showed that gender, age, smoking, pain, insomnia and recent complications of chemotherapy were related to adverse emotions ( $P < 0.05$ ). and multivariate analysis showed that the independent influencing factors of adverse emotions in patients with breast cancer were pain, insomnia and recent complications of chemotherapy. ( $P < 0.001$ ).

**Impact on Practice:** The incidence of adverse emotions during chemotherapy was higher in patients with breast cancer and psychological assessment and psychological counseling of them need to be strengthened. and provide reference for further psychological intervention to improve the psychological state of patients

**Discuss:** To strengthen the observation of patients with breast cancer who have pain, insomnia, recent complications of chemotherapy with adverse emotions and to provide continuous and standardized psychosocial support to improve their psychological endurance.