

Tao Calligraphy and Mantra Chanting Improves EORTC QLQ C30 quality of life score of women diagnosed with breast cancer.

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BACKGROUND:

Breast Cancer is the second most common cancer affecting women in the USA. Because the focus of conventional treatments of Breast Cancer is mostly the physical level, patients often experience tremendous amounts of physical, mental, emotional, and spiritual stress.

MATERIAL AND METHOD:

Tao Calligraphy tracing and Mantra Chanting is an Art therapy to promote mindfulness, feelings of peace and relaxation. Participants trace the lines of the calligraphy with their fingers and chant the mantra. Sessions were facilitated online once a week and participants were asked to self-practice 30 minutes every day. Standardized Quality of Life Questionnaires QLQ-C30 were completed at baseline, at 3 months and at the conclusion of the study, at 6 months.

RESULTS:

ANOVA analysis showed that all 15 indexes of EORTC QLQ-C30 exhibited positive improvement, one index improved statistically significantly.

Global health status/QoL: F - 1.04; p - .315

Physical Function: F - .78; p - .384

Role Function: F - 2.56; p - .119

Emotional Function: F - 10.98; p - .002*

Cognitive Function: F - 1.24; p - .274

Social Function: F - 1.36; p - .251

Fatigue: F - 1.36; p - .251

Nausea: F - 1.5; p - .229

Pain Score: F - 4.24; p - .048

Dyspnoea: F - .92; p - .344

Insomnia: F - 3.32; p - .078

Appetite loss: F - .08; p - .784

Constipation: F - .17; p - .684

Diarrhoea: F - .63; p - .434

Financial problems: F - .86; p - .359

CONCLUSIONS:

Participants reported feeling a sense of connection, community, and greater hope for the future. We observed that participants gained physical, emotional, mental, and spiritual benefits from participating in the study. Statistical analysis revealed a statistically significant improvement in level of pain and of emotional function.