



Psychological Interventions in Palliative Care

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Abstract

The goal of this review is to offer an update on new research on psychological therapies in palliative (mostly cancer) care, with an emphasis on physical, psychological, spiritual, and social elements. Recent discoveries: There are some potential psychological therapies for physical issues such weariness, pain, dyspnea, and sleeplessness, but more study is needed. In terms of psychological components, recent evaluations have found that cognitive behavioral-based therapies, mindfulness-based interventions, and meaning-based interventions can reduce depression and anxiety symptoms to varying degrees. Spiritual dimensions and existential anguish were also addressed using meaning-based or dignity-based methods. Social Support treatments, end-of-life dialogues, and advanced care planning all address social components that are important in palliative care. All of these psychological therapies must adhere to a certain set of guidelines. Of Palliative care, in particular, has a short session length and flexibility in terms of intervention location, a low questionnaire burden, and a high attrition rate due to patients' poor medical states or deaths.

Keywords: Advance healthcare directives; Euthanasia; Healthcare professionals; Palliative care; Palliative psychology; Death education

Introduction

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