Letter to the Editor

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Letter to the Editor: Integration and Implementation of Psychological Aid for Caregivers of Cancer Patients

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Dear Editor,

We were pleased to have read the article by Mayet et al. titled 'Evaluation of psychological well-being among care providers of oral cancer patients. The article describes with great detail the emotional and psychological strains faced by caretakers of cancer patients, while also emphasizing the need for mental health services to be provided in such circumstances. The results are pertinent in the cancer care setting especially where often; caregivers face emotional and psychological disturbances and yet receive no substantial support. Findings from a study by Dhumal et al. (2023) showed that caregivers of cancer patients experience clinically significant distress and burden from caregiving (1,2).

Nevertheless, identifying these psychological concerns represents a beginning rather than the end goal of mental health support. Secinti et al. (2022) found in their study that psychological interventions such as counselling and skills training contributed towards reduced caregiver burden although the results may fade with time (3). Psychoeducational techniques may also have a positive effect on caregiver distress.Evidence from a meta-analysis by (Kusi et al., 2022) shows that caregivers experienced positive effects of psychoeducational interventions on anxiety, depression, distress, caregiver burden, and quality of life.

A systematic review by Chen et al. (2023) focused on cancer patients and their caregivers as dyads, as they both face significant levels of stress individually as well as, as a pair. Results showed that dyadic psychological interventions were effective in reducing depression in both caregivers and patients subsequently also while improving the quality of life of the caregivers (4).

Given evidence suggests that psychological wellbeing of caregivers should not be considered separate from that of patients. In the cultural settings of Pakistan, where familial bonds are given priority, such interventions should be inclusive of the psychological needs of caregivers rather than considering them as passive members of the care process, they should be deemed as active and important parts of psychologically informed care, particularly in oncology (5).

Moreover, emphasis should be placed on exploring and identifying better, evidence based, culturally appropriate interventions for the psychological burden of cancer caregivers.

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Fatima Murtaza: Substantial contributions to the conception or design of the work; or the acquisition, analysis, Final approval of the version to be published.

Muhammad Zavyaar: Drafting the work or revising it critically for important intellectual content, Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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