

Terapia de Aceptación y Compromiso en pacientes oncológicos: tratamientos basados en evidencia

Nombres y apellidos:

Valeria Alejandra Barrios Rodríguez

Código estudiantil:

20191911180

Trabajo de Investigación presentado como requisito para optar el título de:

Especialista en Psicología Clínica

Tutor:

Milgen Sánchez Villegas

RESUMEN

El cáncer representa uno de los mayores desafíos para la medicina y la psicología. Más allá de su dimensión biológica, un diagnóstico oncológico genera una crisis vital que afecta profundamente la estabilidad emocional, los vínculos sociales y la proyección de futuro de los pacientes. En este contexto, la Terapia de Aceptación y Compromiso – ACT emerge como una intervención psicológica, orientada a fortalecer la flexibilidad psicológica. Este enfoque promueve la capacidad de relacionarse con pensamientos, emociones y sensaciones dolorosas sin que estas interfieran en la conducta, permitiendo al paciente aceptar lo ineludible y comprometerse con acciones coherentes con sus valores personales. El objetivo de la presente monografía fue identificar las intervenciones basadas en ACT en pacientes diagnosticados con cáncer. Para ello, se realizó una revisión de estudios cuantitativos publicados entre 2019 y 2024, extraídos de la base de datos EBSCO. Se incluyeron 18 investigaciones con intervenciones clínicas que

midieran variables psicológicas y emocionales antes y después del tratamiento, excluyéndose estudios cualitativos o teóricos sin resultados clínicos verificables. Los resultados indican que la ACT contribuye significativamente a la reducción de ansiedad, depresión y angustia existencial en pacientes oncológicos. Las intervenciones basadas en esta terapia favorecen el bienestar emocional, la adaptación psicológica, la aceptación de la enfermedad y la adherencia al tratamiento médico. Asimismo, se observaron mejoras en el sentido de vida y en la forma en que los pacientes enfrentan su cotidianidad, mostrando mayor serenidad ante la incertidumbre y compromiso con sus valores. Además, se evidenció un efecto positivo en el entorno cercano de los pacientes, promoviendo una comunicación más empática y una comprensión más profunda del proceso oncológico por parte de familiares y cuidadores. Algunos estudios destacaron que la ACT permite a los pacientes reconocer sus emociones sin juicios, reduciendo el sufrimiento psicológico y fortaleciendo su resiliencia ante el dolor físico y emocional. Aunque los hallazgos son favorables, se reconoce la necesidad de realizar estudios clínicos con muestras más amplias, diversidad cultural y seguimiento longitudinal, para evaluar la persistencia de los efectos terapéuticos a largo plazo.

Palabras clave: Terapia de Aceptación y Compromiso, ACT, Cáncer, Intervención psicológica, Bienestar emocional, Psicooncología.

ABSTRACT

Cancer represents one of the greatest challenges for both medicine and psychology. Beyond its biological dimension, an oncological diagnosis triggers a vital crisis that profoundly affects patients' emotional stability, social bonds, and future outlook. In this context, Acceptance and Commitment Therapy (ACT) emerges as a psychological intervention aimed at strengthening psychological flexibility. This approach promotes the ability to relate to painful thoughts, emotions, and sensations without allowing them to interfere with behavior, enabling patients to accept the inevitable and commit to actions aligned with their personal values. The objective of this monograph was to identify ACT-based interventions in patients diagnosed with cancer. To this end, a review was conducted of quantitative studies published between 2019 and 2024, retrieved from the EBSCO database. A total of 18 clinical studies were included, all of which assessed psychological and emotional variables before and after ACT interventions. Qualitative or theoretical studies without verifiable clinical outcomes were excluded. The findings indicate that ACT significantly contributes to reducing anxiety, depression, and existential distress in cancer patients. Interventions based on this therapy promote emotional well-being, psychological adaptation, acceptance of the illness, and adherence to medical treatment. Improvements were also observed in patients' sense of meaning in life and in how they face daily challenges, showing greater calm in the face of uncertainty and increased

commitment to their values. Additionally, a positive impact was noted in patients' immediate social environments, fostering more empathetic communication and a deeper understanding of the oncological process among family members and caregivers. Some studies highlighted that ACT helps patients recognize their emotions without judgment, reducing psychological suffering and strengthening resilience to both physical and emotional pain. Although the results are promising, there is a recognized need for further clinical studies with larger, more culturally diverse samples and longitudinal follow-up, in order to assess the long-term persistence of ACT's therapeutic effects.

Key Words: Acceptance and Commitment Therapy, ACT, Cancer, Psychological intervention, Emotional well-being, Psycho-oncology.

REFERENCIAS BIBLIOGRÁFICAS

1. Abdelhadi O. (2023). The impact of psychological distress on quality of care and access to mental health services in cancer survivors. *Frontiers In Health Services*, 3, 1111677. <https://doi.org/10.3389/frhs.2023.1111677>
2. Abdi, K., Arefi, M., Afsharnia, K., & Amiri, H. (2023). The Effectiveness of Spiritual Group Therapy and Acceptance and Commitment Therapy in Increasing Life Expectancy and Quality of Life Among Cancer Patients. *Health, Spirituality & Medical Ethics Journal*, 10(1), 27–34. <https://doi.org/10.32598/hsmej.10.1.417>
3. Ahmadi Parvari, F., Samimi, P., & Ahmadi, S. A. (2019). The Effectiveness of Acceptance and Commitment Therapy on Maladaptive Attitudes in Women with Breast Cancer. *Medical Journal of Mashhad university of Medical Sciences*, 61(1), 211-222. <https://doi.org/10.22038/mjms.2019.14888>
4. Álvarez, D. V. O. (2023, 13 octubre). *El panorama de pacientes de cáncer en Latam: altos costos y demoras en tratamientos*. El Tiempo. <https://www.eltiempo.com/salud/cancer-costos-y-plazos-que-tienen-que-afrontar-los-pacientes-en-colombia-815678>
5. American Cancer Society. (2023). What is cancer? <https://www.cancer.org>
6. Anderson, D., & Jones, V. (2024). Psychological interventions for cancer-related post-traumatic stress disorder: narrative review. *BJPsych bulletin*, 48(2), 100–109. <https://doi.org/10.1192/bjb.2023.42>
7. Anghel, T., Melania, B. L., Costea, I., Albai, O., Marinca, A., Levai, C. M., & Hogeia, L. M. (2025). Review of Psychological Interventions in Oncology: *Current Trends and Future Directions*, 61(2), 279. <https://doi.org/10.3390/medicina61020279>
8. Arch, J. J., & Mitchell, J. L. (2016). An Acceptance and Commitment Therapy (ACT) group intervention for cancer survivors experiencing anxiety at re-entry. *Psycho-oncology*, 25(5), 610–615. <https://doi.org/10.1002/pon.3890>
9. Ashley E. A. (2015). The precision medicine initiative: a new national effort. *JAMA*, 313(21), 2119–2120. <https://doi.org/10.1001/jama.2015.3595>

10. Baniasadi, F., Borjali, A., Poursharifi, H., & Mofid, B. (2021). The Effectiveness of Acceptance and Commitment Therapy (ACT) on Health-Related Quality of Life in People with Prostate Cancer: A Quasi-Experimental Study. *Journal of Rafsanjan University of Medical Sciences*, 20(1), 69-84. <https://doi.org/10.52547/jrums.20.1.69>
11. Beygi, Z., Tighband Jangali, R., Derakhshan, N., Alidadi, M., Javanbakhsh, F., & Mahboobzadeh, M. (2023). An Overview of Reviews on the Effects of Acceptance and Commitment Therapy (ACT) on Depression and Anxiety. *Iranian journal of psychiatry*, 18(2), 248–257. <https://doi.org/10.18502/ijps.v18i2.12373>
12. Bitsko, M. J., Cohen, D., Dillon, R., Harvey, J., Krull, K., & Klosky, J. L. (2016). Psychosocial Late Effects in Pediatric Cancer Survivors: A Report From the Children's Oncology Group. *Pediatric blood & cancer*, 63(2), 337–343. <https://doi.org/10.1002/pbc.25773>
13. Bray, F., Laversanne, M., Sung, H., Ferlay, J., Siegel, R. L., Soerjomataram, I., & Jemal, A. (2024). Global cancer statistics 2022: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA: A Cancer Journal For Clinicians*, 74(3), 229–263. <https://doi.org/10.3322/caac.21834>
14. Brinkman, T. M., Recklitis, C. J., Michel, G., Grootenhuys, M. A., & Klosky, J. L. (2018). Psychological Symptoms, Social Outcomes, Socioeconomic Attainment, and Health Behaviors Among Survivors of Childhood Cancer: Current State of the Literature. *Journal of clinical oncology : official journal of the American Society of Clinical Oncology*, 36(21), 2190–2197. <https://doi.org/10.1200/JCO.2017.76.5552>
15. Bultz, B. D., & Carlson, L. E. (2006). Emotional distress: the sixth vital sign--future directions in cancer care. *Psycho-oncology*, 15(2), 93–95. <https://doi.org/10.1002/pon.1022>
16. Cahuana-Berrocal, J., A., Iglesias-Acosta, J. & Tafur Bermejo, A., I. (2023). Trastorno depresivo en pacientes con diagnóstico de cáncer: revisión narrativa de la literatura. *Revista Med*, 31(2), 79-87. <https://doi.org/10.18359/rmed.6859>
17. Chair, S. Y., Huang, Z., Fan, M. S. N., Baig, M. M. F. A., & Gao, R. (2025). The Effect of Theory-Guided Positive Psychological Interventions for Patients With Breast Cancer: A Systematic Review and Meta-Analysis. *Journal of clinical nursing*, 1-14. <https://doi.org/10.1111/jocn.70025>
18. Chen, S., Cao, Z., Prettnner, K., Kuhn, M., Yang, J., Jiao, L., Wang, Z., Li, W., Geldsetzer, P., Bärnighausen, T., Bloom, D. E., & Wang, C. (2023). Estimates and Projections of the Global Economic Cost of 29 Cancers in 204 Countries and Territories From 2020 to 2050. *JAMA Oncology*, 9(4), 465–472. <https://doi.org/10.1001/jamaoncol.2022.7826>
19. Choi, J. H., & Ro, J. Y. (2021). The 2020 WHO Classification of Tumors of Soft Tissue: Selected Changes and New Entities. *Advances In Anatomic Pathology*, 28(1), 44–58. <https://doi.org/10.1097/PAP.000000000000284>
20. Choi, J. K., Xiao, W., Chen, X., Loghavi, S., Elenitoba-Johnson, K. S., Naresh, K. N., Medeiros, L. J., Czader, M., & WHO 5th Edition Classification Project (2024). Fifth Edition of the World Health Organization Classification of Tumors of the Hematopoietic and Lymphoid Tissues: Acute Lymphoblastic Leukemias,

- Mixed-Phenotype Acute Leukemias, Myeloid/Lymphoid Neoplasms With Eosinophilia, Dendritic/Histiocytic Neoplasms, and Genetic Tumor Syndromes. *Modern pathology : an official journal of the United States and Canadian Academy of Pathology, Inc.*, 37(5), 100466. <https://doi.org/10.1016/j.modpat.2024.100466>
21. Corona Lisboa, J. L. (2015). Use and importance of monographs. *Revista Cubana de Investigaciones Biomédicas*, 34(1), 64-68. http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0864-03002015000100007&lng=es&tlng=en
 22. Cordova, M. J., Cunningham, L. L. C., Carlson, C. R., & Andrykowski, M. A. (2001). Posttraumatic growth following breast cancer: A controlled comparison study. *Health Psychology*, 20(3), 176–185. <https://doi.org/10.1037/0278-6133.20.3.176>
 23. Daza, A. F. B., Tobar, M. F., & García-Perdomo, H. A. (2024). El desafío de los servicios oncológicos en América Latina, especialmente en Colombia. *Revista Cubana de Salud Pública*, 50. <https://revsaludpublica.sld.cu/index.php/spu/article/view/15140>
 24. DeVita, V. T., Jr., Lawrence, T. S., & Rosenberg, S. A. (2023). *Devita, hellman, and rosenberg's cancer: principles & practice of oncology*, 12e. Lippincott Williams & Wilkins, a Wolters Kluwer business. <https://oncology.lwwhealthlibrary.com/book.aspx?bookid=3236§id=0>
 25. Ding, Y., Wang, X., Zhang, F. et al. The relationship between perceived social support, coping style, and the quality of life and psychological state of lung cancer patients. *BMC Psychol* 12, 439 (2024). <https://doi.org/10.1186/s40359-024-01927-y>
 26. DoctorAkí, R. (2024, 6 febrero). *Así va el cáncer en Colombia y el mundo. Tendencias y Actualidad Para la Salud y el Bienestar* | Blog DoctorAkí. <https://www.doctoraki.com/blog/bienestar-y-salud/datos-y-estadisticas-sobre-el-cancer-en-colombia-y-el-mundo/>
 27. EdiciónMédica (2024, 23 octubre). Cáncer de mama en Colombia: avances en detección y desafíos para la atención integral. *Edición*. <https://www.edicionmedica.com.co/secciones/salud-publica/prevalencia-del-cancer-de-mama-crece-un-8-en-colombia-inequidad-en-la-deteccion-temprana-demanda-acciones-urgentes-5507>
 28. Essue, B. M., Iragorri, N., Fitzgerald, N., & de Oliveira, C. (2020). The psychosocial cost burden of cancer: A systematic literature review. *Psycho-oncology*, 29(11), 1746–1760. <https://doi.org/10.1002/pon.5516>
 29. Esfahani, A., Zeinali, S., & Kiani, R. (2020). Effect of acceptance and commitment therapy on pain-related anxiety and cognitive emotion regulation in breast cancer patients: A clinical trail. *Journal of Arak University of Medical Sciences*, 23(2), 138-149. doi:[10.32598/JAMS.23.2.3364.2](https://doi.org/10.32598/JAMS.23.2.3364.2)
 30. Fadhil, A. A., Kadhim, Q. K., Shakir, A., Alaraji, M. K., Ali Hussein, H., & Yousuf, L. M. (2022). The Effectiveness of Acceptance and Commitment Therapy on

- Distress Tolerance and Death Anxiety in Patients with Lung Cancer. *International Journal of Body, Mind & Culture*, 9, 82–91. <https://doi.org/10.22122/ijbmc.v9isp.422>
31. Fang, P., Tan, L., Cui, J., & Yu, L. (2023). Effectiveness of Acceptance and Commitment Therapy for people with advanced cancer: A systematic review and meta-analysis of randomized controlled trials. *Journal of advanced nursing*, 79(2), 519–538. <https://doi.org/10.1111/jan.15543>
 32. Fann, J. R., Thomas-Rich, A. M., Katon, W. J., Cowley, D., Pepping, M., McGregor, B. A., & Gralow, J. (2008). Major depression after breast cancer: a review of epidemiology and treatment. *General hospital psychiatry*, 30(2), 112–126. <https://doi.org/10.1016/j.genhosppsych.2007.10.008>
 33. Fazli Ghafouri, M., Moghaddam, M., & Khatami, S. M. H. (2019). The Effectiveness of Acceptance and Commitment-Based Therapy on Depression, Acceptance, and Practitioner Care of Cancer Patients. *Medical Journal of Mashhad University of Medical Sciences*, 61(1), 368-376. <https://doi.org/10.22038/mjms.2019.15325>
 34. Fitzpatrick, T. R. (Ed.). (2018). *Quality of life among cancer survivors: Challenges and strategies for oncology professionals and researchers*. Springer. <https://doi.org/10.1007/978-3-319-75223-5>
 35. Folkman, S. (2013). Stress: Appraisal and Coping. In: Gellman, M.D., Turner, J.R. (eds) *Encyclopedia of Behavioral Medicine*. Springer. https://doi.org/10.1007/978-1-4419-1005-9_215
 36. Fox, S., Lynch, J., D'Alton, P., & Carr, A. (2021). Psycho-Oncology: A Bibliometric Review of the 100 Most-Cited Articles. *Healthcare*, 9(8), 1008. <https://doi.org/10.3390/healthcare9081008>
 37. Global cancer facts & figures. (2022). *American Cancer Society*. <https://www.cancer.org/research/cancer-facts-statistics/global-cancer-facts-and-figures.html>
 38. Goerling, U., & Mehnert, A. (Eds.). (2018). *Psycho-oncology (2nd ed.)*. Springer. <https://doi.org/10.1007/978-3-319-64310-6>
 39. Goldsby Wood, M. E., Vogel, V., Ng, A., Foxhall, L., Goodwin, P., & Travis, L. B. (2012). Second malignant neoplasms: assessment and strategies for risk reduction. *Journal of Clinical Oncology*, 30(30), 3734–3745. <https://doi.org/10.1200/JCO.2012.41.8681>
 40. Gonzalez, L., Alcaraz, A., Gabay, C., Castro, M., Vigo, S., Carinci, E., & Augustovski, F. (2023). Health-related quality of life, financial toxicity, productivity loss and catastrophic health expenditures after lung cancer diagnosis in Argentina. *arXiv preprint arXiv:2312.16710*. <https://arxiv.org/abs/2312.16710>
 41. González-Martín, A., Harter, P., Leary, A., Lorusso, D., Miller, R. E., Pothuri, B., Ray-Coquard, I., Tan, D. S. P., Bellet, E., Oaknin, A., Ledermann, J. A., & ESMO Guidelines Committee. Electronic address: clinicalguidelines@esmo.org (2023). Newly diagnosed and relapsed epithelial ovarian cancer: ESMO Clinical Practice Guideline for diagnosis, treatment and follow-up. *Annals of oncology : official journal of the European Society for Medical Oncology*, 34(10), 833–848. <https://doi.org/10.1016/j.annonc.2023.07.011>

42. Hanahan D. (2022). Hallmarks of Cancer: New Dimensions. *Cancer discovery*, 12(1), 31–46. <https://doi.org/10.1158/2159-8290.CD-21-1059>
43. Hanahan, D., & Weinberg, R. A. (2011). Hallmarks of cancer: the next generation. *Cell*, 144(5), 646–674. <https://doi.org/10.1016/j.cell.2011.02.013>
44. Hasannezhad Reskati, M., Hosseini, S. H., Alizadeh-Navaei, R., Khosravi, S., & Mirzaian, B. (2020). Effectiveness of acceptance and commitment therapy management on self-differentiation and fear of disease progression in patients with breast cancer. *Journal of babol university of medical sciences*, 22(1), 110-118. <https://doi.org/10.22088/jbums.22.1.110>
45. Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change (2nd ed.)*. The Guilford Press. https://books.google.com.co/books/about/Acceptance_and_Commitment_Therapy.html?id=5_xAm0VF4X8C&redir_esc=y
46. Hulbert-Williams, N. J., Norwood, S. F., Gillanders, D., Finucane, A. M., Spiller, J., Strachan, J., Millington, S., Kreft, J., & Swash, B. (2021). Brief Engagement and Acceptance Coaching for Hospice Settings (the BEACHeS study): results from a Phase I study of acceptability and initial effectiveness in people with non-curative cancer. *BMC Palliative Care*, 20(1), 1–13. <https://doi.org/10.1186/s12904-021-00801-7>
47. Hulbert-Williams, N. J., Storey, L., & Wilson, K. G. (2015). Psychological interventions for patients with cancer: psychological flexibility and the potential utility of Acceptance and Commitment Therapy. *European journal of cancer care*, 24(1), 15–27. <https://doi.org/10.1111/ecc.12223>
48. Hulbert-Williams, N. J., Beatty, L., & Dhillon, H. M. (2018). Psychological support for patients with cancer: evidence review and suggestions for future directions. *Current Opinion In Supportive And Palliative Care*, 12(3), 276-292. <https://doi.org/10.1097/spc.0000000000000360>
49. Instituto Nacional de Cancerología. (2021, 9 de abril). *Aspectos psicosociales del cáncer*. <https://www.cancer.gov.co/centro-investigacion/lineas-investigacion/aspectos-psicosociales-del-cancer>
50. Instituto Nacional de Cancerología. (2021, 10 de junio). *Política de salud pública*. Instituto Nacional de Cancerología. <https://www.cancer.gov.co/portafolio-1/salud-publica/politica-salud-publica>
51. Islami, F., Goding Sauer, A., Miller, K. D., Siegel, R. L., Fedewa, S. A., Jacobs, E. J., McCullough, M. L., Patel, A. V., Ma, J., Soerjomataram, I., Flanders, W. D., Brawley, O. W., Gapstur, S. M., & Jemal, A. (2018). Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States. *CA: A Cancer Journal For Clinicians*, 68(1), 31–54. <https://doi.org/10.3322/caac.21440>
52. Javid, M. A., Maredpour, A., & Malekzadeh, M. (2023). Comparing the Effect of Compassionate Hypnotherapy and Acceptance and Commitment Therapy on Sleep Quality in Breast Cancer Patients. *Journal of Clinical Care and Skills*, 4(4), 219-225. <http://jccs.yums.ac.ir/article-1-225-en.html>

53. Jawad, M. A., Abulkassim, R., Mohameed, D. A. A.-H., Razak, T. A., & Al-Baghdady, H. F. A. (2022). The Effectiveness of Acceptance and Commitment Therapy on Physical Health and Quality of Life in Patients with Gastric (Stomach) Cancer. *International Journal of Body, Mind & Culture*, 9, 120–128. <https://doi.org/10.22122/ijbmc.v9isp.419>
54. Jiang, X., Sun, J., Song, R., Wang, Y., Li, J., & Shi, R. (2024). Acceptance and commitment therapy reduces psychological distress in patients with cancer: a systematic review and meta-analysis of randomized controlled trials. *Frontiers in psychology*, 14, 1253266. <https://doi.org/10.3389/fpsyg.2023.1253266>
55. Khanbabaei, N., Mojtabaie, M., & Sabet, M. (2023). The efficacy of acceptance and commitment therapy (ACT) on disease perception, self-care behaviors and treatment adherence in female patients with breast cancer. *Journal of Psychological Science*, 22(128), 59–80. <https://doi.org/10.52547/JPS.22.128.1565>
56. Kittel, J. A., Seplaki, C. L., van Wijngaarden, E., Richman, J., Magnuson, A., & Conwell, Y. (2023). Mental health outcomes and correlates in cancer patients entering survivorship after curative treatment. *International Journal Of Psychiatry In Medicine*, 58(4), 325–338. <https://doi.org/10.1177/00912174231165184>
57. Köhle, N., Drossaert, C. H. C., Ten Klooster, P. M., Schreurs, K. M. G., Hagedoorn, M., Van Uden-Kraan, C. F., Verdonck-de Leeuw, I. M., & Bohlmeijer, E. T. (2021). Web-based self-help intervention for partners of cancer patients based on acceptance and commitment therapy and self-compassion training: a randomized controlled trial with automated versus personal feedback. *Supportive Care in Cancer: Official Journal of the Multinational Association of Supportive Care in Cancer*, 29(9), 5115–5125. <https://doi.org/10.1007/s00520-021-06051-w>
58. Kumar, V., Abbas, A. K., & Aster, J. C. (2020). *Robbins and Cotran Pathologic Basis of Disease* (10th ed.). Elsevier. https://books.google.com.co/books/about/Robbins_Cotran_Pathologic_Basis_of_Disea.html?id=5NbsAwAAQBAJ&redir_esc=y
59. Lang-Rollin, I., & Berberich, G. (2018). Psycho-oncology. *Dialogues In Clinical Neuroscience*, 20(1), 13-22. <https://doi.org/10.31887/dcns.2018.20.1/ilangrollin>
60. Li, H. C., Lopez, V., Joyce Chung, O. K., Ho, K. Y., & Chiu, S. Y. (2013). The impact of cancer on the physical, psychological and social well-being of childhood cancer survivors. *European journal of oncology nursing: the official journal of European Oncology Nursing Society*, 17(2), 214–219. <https://doi.org/10.1016/j.ejon.2012.07.010>
61. Li, H., Wong, C. L., Jin, X., Chen, J., Chong, Y. Y., & Bai, Y. (2021). Effects of Acceptance and Commitment Therapy on health-related outcomes for patients with advanced cancer: A systematic review. *International Journal Of Nursing Studies*, 115, 103876. <https://doi.org/10.1016/j.ijnurstu.2021.103876>
62. López, M. Á. V. (2024, May). Supervivientes de cáncer infantil: retos actuales. *Anales de Pediatría*, 100(5), 363-375. <https://doi.org/10.1016/j.anpedi.2024.03.004>
63. López-Contreras, J. P., Sebri, V., Sarrión-Castelló, P., Martínez-Sanchís, S., & Cebolla I Martí, A. J. (2024). Efficacy of Compassion-Based Interventions in

- Breast Cancer Patients and Survivors: A Systematic Review of Randomized Controlled Trials. *The Spanish journal of psychology*, 27, e31. <https://doi.org/10.1017/SJP.2024.31>
64. Luciano Soriano, M. C., & Valdivia Salas, M. S. (2006). La terapia de aceptación y compromiso (ACT). Fundamentos, características y evidencia. *Papeles del Psicólogo*, 27(2), 79-91. <https://www.redalyc.org/pdf/778/77827203.pdf>
65. Luigjes-Huizer, Y. L., Tauber, N. M., Humphris, G., Kasparian, N. A., Lam, W. W. T., Lebel, S., Simard, S., Smith, A. B., Zachariae, R., Afyanti, Y., Bell, K. J. L., Custers, J. A. E., de Wit, N. J., Fisher, P. L., Galica, J., Garland, S. N., Helsper, C. W., Jeppesen, M. M., Liu, J., Mititelu, R., ... van der Lee, M. L. (2022). What is the prevalence of fear of cancer recurrence in cancer survivors and patients? A systematic review and individual participant data meta-analysis. *Psycho-oncology*, 31(6), 879–892. <https://doi.org/10.1002/pon.5921>
66. Lunkenheimer, F., Garatva, P., Steubl, L., & Baumeister, H. (2023). Prevalence and incidence of post-traumatic stress disorder and symptoms in people with chronic somatic diseases: A systematic review and meta-analysis. *Frontiers in Psychiatry*, 14, 1107144. <https://doi.org/10.3389/fpsy.2023.1107144>
67. Malins, S., Biswas, S., Rathbone, J., Vogt, W., Pye, N., Levene, J., Moghaddam, N., & Russell, J. (2020). Reducing dropout in acceptance and commitment therapy, mindfulness-based cognitive therapy, and problem-solving therapy for chronic pain and cancer patients using motivational interviewing. *British Journal of Clinical Psychology*, 59(3), 424–438. <https://doi.org/10.1111/bjc.12254>
68. Mani, A., Mehdipour, Z., Ahmadzadeh, L., Tahmasebi, S., Khabir, L., & Mosalaei, A. (2019). The Effectiveness of Group Acceptance and Commitment Psychotherapy on Psychological Well-being of Breast Cancer Patients in Shiraz, Iran. *Middle East Journal of Cancer*, 10(3), 231-238. <https://www.researchgate.net/publication/340679786> [The Effectiveness of Group Acceptance and Commitment Psychotherapy on Psychological Well-being of Breast Cancer Patients in Shiraz Iran](https://doi.org/10.1111/bjc.12254)
69. Marusyk, A., Almendro, V., & Polyak, K. (2012). Intra-tumour heterogeneity: a looking glass for cancer?. *Nature reviews. Cancer*, 12(5), 323–334. <https://doi.org/10.1038/nrc3261>
70. Mathew, A., Doorenbos, A. Z., Jang, M. K., & Hershberger, P. E. (2021). Acceptance and commitment therapy in adult cancer survivors: a systematic review and conceptual model. *Journal of cancer survivorship : research and practice*, 15(3), 427–451. <https://doi.org/10.1007/s11764-020-00938-z>
71. Mercado Lara M. F., Hernández Herrera G. N., Palacio González C. ., Vallejo Mesa H. Y. ., Tatis Méndez J. F. y García García H. I. (2024). Factores psicosociales asociados al deterioro cognitivo relacionado con el cáncer en adultos en tratamiento con quimioterapia en un centro oncológico de Colombia. Estudio de cohorte. *Psicooncología*, 21(2), 279-293. <https://doi.org/10.5209/psic.98172>
72. Mock, V., Atkinson, A., Barsevick, A. M., Berger, A. M., Cimprich, B., Eisenberger, M. A., et al. (2007). Cancer-related fatigue: Clinical practice

- guidelines in oncology. *Journal of the National Comprehensive Cancer Network, JNCCN*, 1(3), 308–331. <https://doi.org/10.6004/jnccn.2003.0029>
73. Montopoli, M., Zumerle, S., Vettor, R., Rugge, M., Zorzi, M., Catapano, C. V., Carbone, G. M., Cavalli, A., Pagano, F., Ragazzi, E., Prayer-Galetti, T., & Alimonti, A. (2020). Androgen-deprivation therapies for prostate cancer and risk of infection by SARS-CoV-2: a population-based study (N = 4532). *Annals of oncology : official journal of the European Society for Medical Oncology*, 31(8), 1040–1045. <https://doi.org/10.1016/j.annonc.2020.04.479>
74. Mosher, C. E., Secinti, E., Wu, W., Kashy, D. A., Kroenke, K., Bricker, J. B., Helft, P. R., Turk, A. A., Loehrer, P. J., Sehdev, A., Al-Hader, A. A., Champion, V. L., & Johns, S. A. (2022). Acceptance and commitment therapy for patient fatigue interference and caregiver burden in advanced gastrointestinal cancer: Results of a pilot randomized trial. *Palliative Medicine*, 36(7), 1104–1117. <https://doi.org/10.1177/02692163221099610>
75. National Cancer Institute. (2024, 8 de agosto). *The genetics of cancer*. National Institutes of Health. <https://www.cancer.gov/about-cancer/causes-prevention/genetics>
76. National Cancer Institute. (2025, 14 de abril). *Late effects of treatment for childhood cancer (PDQ®)–Health Professional Version*. National Institutes of Health. <https://www.cancer.gov/types/childhood-cancers/late-effects-hp-pdq>
77. National Cancer Institute. (2025, 9 de mayo). *Cancer Genetics Overview (PDQ®)–Health Professional Version*. National Institutes of Health. <https://www.cancer.gov/publications/pdq/information-summaries/genetics/overview-hp-pdq>
78. Ngan, T. T., Tonorezos, E., Donnelly, M., & O'Neill, C. (2025). Financial toxicity amongst cancer patients and survivors: a comparative study of the United Kingdom and United States. *Supportive Care In Cancer : Official Journal Of The Multinational Association Of Supportive Care In Cancer*, 33(6), 521. <https://doi.org/10.1007/s00520-025-09568-6>
79. Nisiraiou, A., Bozas, A., Kyrou, D., Stavrogianni, K., Vasilopoulou, M., Kalomoiris, G. M., Tsintsifa, N., Nikitara, K., Koulterakis, G., & Karamanidou, C. (2025). Post-Traumatic Growth in Adult Cancer Survivors: A Scoping Review of Psychological Factors, Predictors, and Interventions. *Journal International De Psychologie*, 60(5), e70097. <https://doi.org/10.1002/ijop.70097>
80. OECD. (2024). *Tackling the Impact of Cancer on Health, the Economy and Society*. *OECD Health Policy Studies*. OECD Publishing. <https://doi.org/10.1787/85e7c3ba-en>
81. Organización Mundial de la Salud: OMS. (2022, 3 febrero). *Cáncer*. <https://www.who.int/es/news-room/fact-sheets/detail/cancer>
82. Organización Mundial de la Salud. (2023). *Cáncer*. OMS. <https://www.who.int/es/news-room/fact-sheets/detail/cancer>
83. Organización Mundial de la Salud. (2025, 3 de febrero). *Cancer*. OMS. <https://www.who.int/news-room/fact-sheets/detail/cancer>
84. Pabón-Salazar, Y. K., Mellizo, D. B., Ceballos, A. P., Moncayo, A. S. P., & Toro, A. M. B. (2023). Efectividad de las intervenciones de mente-cuerpo en pacientes

- oncológicos al final de la vida: ¿qué dice la literatura? *Investigación E Innovación Revista Científica de Enfermería*, 3(1), 115-130.
<https://doi.org/10.33326/27905543.2023.1.1778>
85. Papini, C., Fayad, A. A., Wang, M., Schulte, F. S., Huang, I. C., Chang, Y. P., ... & Brinkman, T. M. (2023). Emotional, behavioral, and physical health consequences of loneliness in young adult survivors of childhood cancer: Results from the Childhood Cancer Survivor Study. *Cancer*, 129(7), 1117-1128.
<https://doi.org/10.1002/cncr.34633>.
86. Peláez, J. L., Aguirre-Loaiza, H., Ortiz, A., Caballo, V. E., & Núñez, C. (2020). Calidad de vida y estrategias de afrontamiento en pacientes con cáncer ginecológico. *Suma Psicológica*, 28(2).
<https://doi.org/10.14349/sumapsi.2021.v28.n2.3>
87. Perou, C., Sørlie, T., Eisen, M. et al. Molecular portraits of human breast tumours. *Nature* 406, 747–752 (2000). <https://doi.org/10.1038/35021093>
88. Revista Semana. (2 de febrero de 2023). *Cáncer: un problema de salud pública al que hay que prestar atención*. *Vida Moderna*. SEMANA.
<https://www.semana.com/vida-moderna/articulo/cancer-un-problema-de-salud-publica-al-que-hay-que-prestar-atencion/202356>
89. Rusakiewicz, S., Nocturne, G., Lazure, T., Semeraro, M., Flament, C., Caillat-Zucman, S., Sène, D., Delahaye, N., Vivier, E., Chaba, K., Poirier-Colame, V., Nordmark, G., Eloranta, M. L., Eriksson, P., Theander, E., Forsblad-d'Elia, H., Omdal, R., Wahren-Herlenius, M., Jonsson, R., Rönnblom, L., ... Mariette, X. (2013). NCR3/NKp30 contributes to pathogenesis in primary Sjogren's syndrome. *Science translational medicine*, 5(195), 195ra96.
<https://doi.org/10.1126/scitranslmed.3005727>
90. Rowland, Julia. (2016). *Psycho-Oncology, Third Edition*. Edited by Jimmie C. Holland, William S. Breitbart, Paul B. Jacobsen, Matthew J. Loscalzo, Ruth McCorkle, and Phyllis N. Butow. Oxford University Press.
https://books.google.com.co/books/about/Psycho_oncology.html?id=oy9mBgAAQBAJ&redir_esc=y
91. Setyowibowo, H., Hunfeld, J. A. M., Iskandarsyah, A., Yudiana, W., Passchier, J., Sadarjoen, S. S., Badudu, D. F., Suardi, D. R., Hof, E. V., & Sijbrandij, M. (2020). A self-help intervention for reducing time to diagnosis in Indonesian women with breast cancer symptoms. *Psycho-oncology*, 29(4), 696–702.
<https://doi.org/10.1002/pon.5316>
92. Siegel, R. L., Miller, K. D., Wagle, N. S., & Jemal, A. (2023). Cancer statistics, 2023. *CA: a cancer journal for clinicians*, 73(1), 17–48.
<https://doi.org/10.3322/caac.21763>
93. Sierra, C. S. (2023, julio 7). *Cada año se están detectando más de 80.000 casos de cáncer y 40.300 muertes en Colombia*. *Diario la República*.
<https://www.larepublica.co/especiales/la-crisis-silenciosa-del-cancer/cada-ano-se-detectan-mas-de-80-000-casos-de-cancer-y-40-300-muertes-en-colombia-3652938>
94. Shari, N. I., Zainal, N. Z., & Ng, C. G. (2021). Effects of brief acceptance and commitment therapy (ACT) on subjective cognitive impairment in breast cancer

- patients undergoing chemotherapy. *Journal of Psychosocial Oncology*, 39(6), 695–714. <https://doi.org/10.1080/07347332.2020.1856283>
95. Sinclair, F., Gillanders, D., Rooney, N., Bonathan, C., Hendry, K., McLoone, P., & Hewitt, C. (2023). Real-world evaluation of an acceptance and commitment therapy–based group programme for breast cancer survivors with fear of cancer recurrence. *Supportive Care in Cancer*, 31(12), 700. <https://doi.org/10.1007/s00520-023-08179-3>
96. Slamon, D. J., Leyland-Jones, B., Shak, S., Fuchs, H., Paton, V., Bajamonde, A., Fleming, T., Eiermann, W., Wolter, J., Pegram, M., Baselga, J., & Norton, L. (2001). Use of chemotherapy plus a monoclonal antibody against HER2 for metastatic breast cancer that overexpresses HER2. *The New England journal of medicine*, 344(11), 783–792. <https://doi.org/10.1056/NEJM200103153441101>
97. Song, W., Shari, N. I., Song, J., Zhang, R., Mansor, N. S., Leong Bin Abdullah, M. F. I., & Zhang, Z. (2024). Effectiveness of Acceptance and Commitment Therapy (ACT) on disease acceptance for breast cancer patients: Study protocol of a randomized controlled trial. *PloS one*, 19(11), e0312669. <https://doi.org/10.1371/journal.pone.0312669>
98. So-Young Park. (2023). Application of Acceptance and Commitment Therapy (ACT) in Hospice and Palliative Care Settings. *Journal of Hospice & Palliative Care*, 26(3), 140–144. <https://doi.org/10.14475/jhpc.2023.26.3.140>
99. Spencer, S. D., & Levin, M. E. (2025). Introduction to Acceptance and Commitment Therapy: Theoretical, Practical, and Empirical Foundations. *The Psychiatric clinics of North America*, 48(3), 429–441. <https://doi.org/10.1016/j.psc.2025.02.002>
100. Steel, J. L., & Carr, B. I. (Eds.). (2022). *Psychological aspects of cancer: A guide to emotional and psychological consequences of cancer, their causes, and their management*. Springer. <https://doi.org/10.1007/978-3-030-85702-8>
101. Taheri, M., & Jabalameli, S. (2021). The Effect of Combined Therapy of Acceptance, Commitment, and Compassion on Cognitive-Behavioral Avoidance of Patients with Colorectal Cancer: A Clinical Trial. *GOVARESH*, 26(2), 82-90. Retrieved from <http://www.govaresh.org/index.php/dd/article/view/2307>
102. The Cancer Atlas. (2024). *Cancer is a leading cause of premature death in every country in the world*. <https://canceratlas.cancer.org/>
103. Tometich, D. B., Hersh, C., Maconi, M. L., Fulton, H. J., Martinez Tyson, D., Zambrano, K., Hasan, S., Welniak, T., Rodriguez, Y., Bryant, C., Gudenkauf, L. M., Li, X., Reed, D. R., Oswald, L. B., Galligan, A., Small, B. J., & Jim, H. S. L. (2024). “It Was a Downward Spiral”: A Qualitative Study of Young Adult Cancer Survivors’ Experiences with Cognitive and Mental Health. *Cancers*, 16(22), 3819. <https://doi.org/10.3390/cancers16223819>
104. Topalian, S. L., Drake, C. G., & Pardoll, D. M. (2015). Immune checkpoint blockade: a common denominator approach to cancer therapy. *Cancer Cell*, 27(4), 450–461. <https://doi.org/10.1016/j.ccell.2015.03.001>
105. Torricelli, L., Rabitti, E., Cafaro, V., Cavuto, S., De Vincenzo, F., Cavuto, M., ... & Di Leo, S. (2023). Mindfulness-based therapies for cancer patients and

- families: a systematic review. *BMJ Supportive & Palliative Care*, 13(e3), e494-e502. <https://doi.org/10.1136/bmjspcare-2021-003392>
106. Unión Internacional contra el cáncer - UICC, (2024, 6 marzo). *GLOBOCAN 2020: New Global Cancer data*. UICC. <https://www.uicc.org/news/globocan-2020-global-cancer-data>
107. Vaiphei, S. D. (2025). *Understanding end-of-life care: Psychological approaches to cancer care*. Routledge. <https://doi.org/10.4324/9781003590491>
108. Van Beek, F. E., Wijnhoven, L. M. A., Holtmaat, K., Custers, J. A. E., Prins, J. B., Verdonck-de Leeuw, I. M., & Jansen, F. (2021). Psychological problems among cancer patients in relation to healthcare and societal costs: A systematic review. *Psycho-oncology*, 30(11), 1801–1835. <https://doi.org/10.1002/pon.5753>
109. Wang, R. C., & Wang, Z. (2023). Precision Medicine: Disease Subtyping and Tailored Treatment. *Cancers*, 15(15), 3837. <https://doi.org/10.3390/cancers15153837>
110. Weinberg, R. A. (2022). *The biology of cancer (3rd ed.)*. Garland Science. <https://doi.org/10.1201/9780203852569>
111. World Health Organization (WHO). (2022). *Cancer fact sheet*. <https://www.who.int/news-room/fact-sheets/detail/cancer>
112. Yabroff, K. R., Lund, J., Kepka, D., & Mariotto, A. (2011). Economic burden of cancer in the United States: estimates, projections, and future research. *Cancer epidemiology, biomarkers & prevention : a publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology*, 20(10), 2006–2014. <https://doi.org/10.1158/1055-9965.EPI-11-0650>
113. Yoon, S., Chua, T. B., Tan, I. B., Matchar, D., Ong, M. E. H., & Tan, E. (2020). Living with long-term consequences: Experience of follow-up care and support needs among Asian long-term colorectal cancer survivors. *Psycho-oncology*, 29(10), 1557–1563. <https://doi.org/10.1002/pon.5452>
114. Yuyan, Y., Jiaqi, L., Ting, W., Juan, X., Jinfeng, W., & Jing, L. (2025). Acceptance and commitment therapy effectiveness for fear of cancer recurrence: A systematic review and meta-analysis. *European journal of oncology nursing : the official journal of European Oncology Nursing Society*, 76, 102862. <https://doi.org/10.1016/j.ejon.2025.102862>
115. Zafar, S. Y., & Abernethy, A. P. (2013). Financial toxicity, Part I: a new name for a growing problem. *Oncology*, 27(2), 80–149. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4523887/>
116. Zhang, C. Q., Leeming, E., Smith, P., Chung, P. K., Hagger, M. S., & Hayes, S. C. (2018). Acceptance and Commitment Therapy for Health Behavior Change: A Contextually-Driven Approach. *Frontiers in psychology*, 8, 2350. <https://doi.org/10.3389/fpsyg.2017.02350>
117. Zhang, Y., Ding, Y., Chen, X., Li, Y., Li, J., & Hu, X. (2023). Effectiveness of acceptance and commitment therapy on psychological flexibility, fatigue, sleep disturbance, and quality of life of patients with cancer: A meta-analysis of randomized controlled trials. *Worldviews on evidence-based nursing*, 20(6), 582–592. <https://doi.org/10.1111/wvn.12652>

118. Zhao, L., Qin, Y., Ma, D., & Liu, H. (2023). Corrigendum to "Surgical treatment of lung metastasis in patients with refractory gestational trophoblastic neoplasia: A retrospective study" *Gynecologic oncology*, 16(2). 169, 172.
<https://doi.org/10.1016/j.ygyno.2022.11.011>