

A Comprehensive Review of the Relationship Among Self-Conscious Emotion, Emotional Regulation, Social Readjustment, and Psychological Well-Being Among Women Cancer Patients

Ms. Loveena George Arickswamy^{1*}, Dr. Santosh Meena²

¹ Psychology Lecturer, Banasthali University

² Associate Professor, Banasthali University

Abstract - This study delves into the complex interplay among self-conscious emotion, emotional regulation, social readjustment, and psychological well-being in women cancer patients. Cancer diagnoses among women are on the rise, making it crucial to understand the emotional and social dynamics that influence their psychological well-being. The study employs comprehensive review of past literature to explore the multifaceted relationships. Self-conscious emotions, encompassing guilt, shame, pride, and self-image, are examined for their impact on psychological well-being. Emotional regulation strategies are scrutinized to determine their role in alleviating emotional distress. It explores how they adapt to changes in social roles and relationships, focusing on the role of support systems and social resources in enhancing psychological well-being. Findings suggest that self-conscious emotions can significantly affect the psychological well-being of women cancer patients. Emotional regulation skills appear to be essential in managing emotional distress. Furthermore, social readjustment plays a pivotal role in determining psychological well-being. This research aims to provide insights into the experiences of women cancer patients, shedding light on their emotional and social challenges. It emphasizes the need for tailored support and interventions to improve psychological well-being. Ultimately, the study contributes to a more comprehensive approach to cancer care, addressing the holistic needs of women facing this formidable disease.

Keywords - self-conscious emotion, emotional regulation, social readjustment, psychological well-being, cancer patients, women's health

-----X-----

INTRODUCTION

Cancer is a significant global health concern, and its impact extends far beyond the physical aspects of the disease. Among cancer patients, women face unique emotional and psychological challenges, making it essential to explore the factors that influence their well-being (National Cancer Institute, 2021). This comprehensive review focuses on the relationships among self-conscious emotion, emotional regulation, social readjustment, and psychological well-being among women cancer patients. As in many parts of the world, cancer has a substantial prevalence among women. Breast cancer, in particular, is a common form of cancer in women. A cancer diagnosis often leads to a range of emotional and psychological challenges. Women cancer patients experience heightened distress, fear, and uncertainty regarding their future. The emotional well-being and quality of life of women cancer patients are closely tied to their experiences of

self-conscious emotions, their ability to regulate those emotions, their capacity to adapt to changes in their social lives, and their overall psychological well-being. Effective cancer care should go beyond medical treatment and address the emotional and psychological aspects of the disease. It is crucial to consider the whole person, recognizing that well-being is influenced by various interconnected factors (Brown & Ryan, 2003).

This review aims to synthesize existing literature on these factors and their interplay in the context of women cancer patients. By doing so, we can identify research gaps, provide insights for clinical practice, and pave the way for a more comprehensive understanding of the well-being of women facing cancer in this specific cultural and societal context. This study revolves around following objectives: firstly, to synthesize existing literature on self-conscious emotion, emotional regulation, social

readjustment, and psychological well-being among women cancer patients. And, to provide implications for research practitioners.

RESULTS

In the following section, an attempt will be made to discuss the major themes that have been found in the review process. Due to self-conscious emotion, emotional regulation, social readjustment, and psychological well-being in women cancer patients to a great extent. Therefore, in the beginning, self-consciousness will be viewed in connection with relationships. At the later part, self-consciousness is discussed in its connection with several psychological disorders. In the present work, a narrative approach was taken for the review. At first, for the identification of the primary studies, inclusion criteria were determined on the basis of the aim of the study. Then, through detailed review of the primary studies, major themes related to self-consciousness, emotional regulation and women's health were determined. Then, in an in-depth manner, the themes were discussed. A meta-analysis was not possible for the present work due to the vastness of the area and use of qualitative method in some of the reviewed articles.

For the current piece of work, articles, which met all of the following inclusion criteria, were considered for full review, Articles were published in the English language. Articles were published as primary research between 1991 and 2023 (the date of searching) in academic or scholarly journals. Articles were published online. Articles were related to women's health and wellbeing in some or the other ways. Articles were excluded when they were not fully accessible online or could not be retrieved from the author or university library services.

IDENTIFICATION OF PRIMARY STUDIES

An online database search of three sites, that is, EbscoHost, PsychNet, and PubMed were done from 1991 to 2023. For identification of primary studies, in the beginning, a straightforward search of the label 'self-consciousness' 'emotional regulation' 'psychological well-being' 'social readjustment' was used.

Out of the 1,812 references identified, 52 were identified as potentially relevant to the review since they followed all of the inclusion criteria. After a preliminary reading of the references, a classification of articles could be developed based on different aspects of 'self-consciousness' 'emotional regulation' 'psychological well-being' 'social readjustment'. In the following part of the article, the major variables related researches are discussed.

RESULTS

In the following section, an attempt will be made to discuss the major themes that have been found in the review process. 'Self-conscious emotions', 'emotional

regulation', 'social readjustment' relationships determine women's psychological well-being to a great extent. Therefore, in the beginning, self-conscious will be viewed in connection with relationships.

Self-Conscious Emotion and Women Cancer Patients

Self-conscious emotions are a distinct category of emotions that include shame, guilt, embarrassment, pride, and others. These emotions are characterized by their focus on the self and are deeply intertwined with a person's self-identity and self-esteem (Turner, 1978). In the context of women cancer patients, self-conscious emotions play a crucial role in shaping their emotional responses and overall psychological well-being. Women cancer patients often experience shame and guilt related to their illness. They may feel ashamed of the physical changes brought about by cancer treatment, such as hair loss or mastectomy scars. Guilt can stem from various sources, including feeling like a burden to loved ones or regret about past lifestyle choices (Tangney et al., 2007). The physical and emotional challenges of cancer can lead to embarrassment. Women may feel embarrassed about discussing their condition, seeking support, or sharing their emotions openly. On the other side of the emotional spectrum, women cancer patients can also experience pride. This pride may come from their ability to cope with the challenges, their resilience, or their determination to fight the disease.

Self-Conscious Emotion impact on Psychological Well-Being

Self-conscious emotions can have a profound impact on the psychological well-being of women cancer patients. When these emotions are managed effectively, they can contribute to a sense of emotional resilience. However, when left unaddressed, they may lead to emotional distress, anxiety, and depression (Conley et al., 2016). Understanding the complex interplay of self-conscious emotions in the lives of women cancer patients is vital for healthcare providers. It can inform more holistic and tailored approaches to emotional support, therapy, and interventions that promote psychological well-being. By acknowledging and addressing these emotions, healthcare professionals can better assist women cancer patients in their journey toward recovery and improved quality of life.

(Masoumi et al., 2022) explained in her study that Perceived social support (PSS) and emotional self-regulation have customarily been related to greater psychological well-being, but the pathways via which perceived social support and emotional self-regulation increase psychological well-being have not been revealed. They investigated how much self-compassion mediated the association between perceived social support and emotional self-regulation in psychological well-being of breast cancer sufferers. These findings present new

evidence that self-compassion may be a target for psychological interventions attempted at enhancing psychological well-being in cancer populations, particularly breast cancer survivors. (Brandão et al., 2017) Studies have shown that optimal emotion regulation strategies, including less constrained emotional expression, are associated with better adaptation. They systematically review measures used to assess the way women with breast cancer regulate their emotions.

Impact on Psychological Well-Being

(Vaughan et al., 2019) The relationship between self-conscious emotions and psychological well-being among women cancer patients is a complex and multifaceted one. Self-conscious emotions, including shame, guilt, embarrassment, and pride, can have both positive and negative effects on psychological well-being, depending on how they are experienced, expressed, and managed. Persistent feelings of shame and guilt can erode psychological well-being. Women who blame themselves for their illness or its consequences may experience increased stress, anxiety, and depression. These emotions can lead to low self-esteem and a diminished sense of self-worth (Kwan et al., 2020). Excessive embarrassment related to one's cancer diagnosis or treatment side effects can lead to social withdrawal and isolation. This can negatively impact psychological well-being by reducing social support and increasing feelings of loneliness.

Experiencing pride in one's ability to cope with cancer and its challenges can have a positive impact on psychological well-being. Pride can enhance self-esteem, self-efficacy, and resilience. It can provide a psychological buffer against the emotional distress associated with cancer. How women cancer patients regulate these self-conscious emotions is key to their psychological well-being (Kraiss et al., 2020). Effective emotional regulation strategies, such as seeking social support, engaging in mindfulness practices, or participating in support groups, can mitigate the negative impact of shame, guilt, and embarrassment. The ability to cope with self-conscious emotions and turn them into sources of strength is linked to psychological well-being. For example, women who use their experiences of shame or guilt as motivation for personal growth or helping others may find greater psychological well-being.

Healthcare providers can play a pivotal role in supporting psychological well-being. Recognizing when self-conscious emotions are a source of distress and offering appropriate interventions, such as counseling or psychotherapy, can help women cancer patients manage these emotions and improve their overall well-being (Tangney et al., 2007). Self-conscious emotions can significantly impact the psychological well-being of women cancer patients. While shame, guilt, and embarrassment may have detrimental effects when left unaddressed, they can be transformed into sources of strength and resilience.

Healthcare providers and support networks must be attuned to the emotional experiences of women with cancer, offering assistance and strategies that promote positive psychological well-being and quality of life.

Emotional Regulation in the Cancer patients

Cancer is a life-altering diagnosis that brings about a wide range of emotions, from fear and anxiety to sadness and anger. Emotional regulation, the ability to manage and modulate these emotions, plays a crucial role in the psychological well-being of women cancer patients. Women diagnosed with cancer often employ various emotional regulation strategies to cope with the distress associated with their diagnosis and treatment (Conley et al., 2016). These strategies may include seeking social support, engaging in relaxation techniques, practicing mindfulness, or using cognitive-behavioral approaches. Those who effectively utilize these strategies tend to experience better psychological well-being. They can manage anxiety and depression more effectively and maintain a higher quality of life. Emotional regulation is essential for managing anxiety. Women who can self-regulate their emotions tend to experience lower anxiety levels throughout their cancer journey (Redd & Jacobsen, 1987). This can result in better adherence to treatment plans and improved overall well-being.

(Mazzocco et al., 2019) Emotional regulation contributes to increased resilience among women cancer patients. The ability to cope with distressing emotions and adapt to the challenges of cancer treatment fosters greater psychological well-being. Resilient individuals can better maintain a sense of purpose, hope, and overall life satisfaction. Emotional regulation allows women to express their emotions in a healthy and constructive way. Openly discussing fears, concerns, and emotional struggles with healthcare providers, support networks, or through therapy can be beneficial. When these emotions are acknowledged and addressed, women often report better psychological well-being.

Practices like mindfulness meditation can enhance emotional regulation and promote psychological well-being. These techniques empower women to stay in the present moment, reduce rumination, and improve their emotional responses to the challenges posed by cancer (Martins-Klein et al., 2021). Healthcare providers, including oncologists, nurses, and psychologists, play a pivotal role in supporting emotional regulation. They can offer guidance on coping strategies and emotional regulation techniques. Encouraging open communication and addressing emotional distress can significantly contribute to the psychological well-being of women cancer patients.

It's important to note that emotional regulation strategies vary among individuals. What works for

one woman may not work for another. Tailoring emotional regulation interventions to each patient's unique needs and preferences is essential to enhance psychological well-being (Aldao et al., 2010). Emotional regulation is a critical component of the psychological well-being of women cancer patients. Effective emotional regulation strategies, resilience, and support from healthcare providers can mitigate distress, anxiety, and depression while promoting overall well-being. Recognizing and addressing the emotional aspect of the cancer journey is a key factor in improving the quality of life for women living with cancer.

Influence on Self-Conscious Emotions

Self-conscious emotions, such as shame, guilt, pride, and embarrassment, play a significant role in the lives of women cancer patients. These emotions can be influenced by various factors related to the cancer experience and, in turn, have a substantial impact on psychological well-being and social readjustment. The initial diagnosis of cancer often triggers self-conscious emotions, primarily fear and shame (Zorigt et al., 2019). Women may feel ashamed of their bodies for "failing" them or fear being stigmatized due to their condition. The treatment process, including surgery, chemotherapy, and radiation, can also lead to self-conscious emotions such as embarrassment due to physical changes or guilt for burdening loved ones. The physical changes brought about by cancer treatment, like hair loss or scarring, can lead to body image concerns. Women may experience shame and embarrassment related to their appearance, which can impact their self-esteem and overall well-being (Mechanic, 1975).

Some women may experience survivorship guilt, especially if they witness other patients' suffering or lose friends to the disease. This guilt can be a significant source of self-conscious emotions, affecting their psychological well-being (Kraiss et al., 2020). The coping strategies employed by women cancer patients can influence self-conscious emotions. For instance, individuals who engage in support groups or therapy may experience less shame and guilt as they address these emotions in a supportive environment. The presence of a strong support system can mitigate self-conscious emotions. When women feel loved, understood, and accepted by their friends and family, they may experience fewer self-conscious emotions, contributing to better social readjustment.

Effective emotional regulation strategies can also impact self-conscious emotions. Women who can manage their emotional responses to cancer-related challenges tend to experience fewer self-conscious emotions like shame and guilt (Lewis, 2003). Developing resilience in the face of cancer can help women navigate self-conscious emotions more effectively. Resilient individuals tend to focus on their strengths and achievements, experiencing a sense of pride and self-worth (Castonguay et al., 2014). The way healthcare providers communicate and interact

with patients can influence self-conscious emotions. Empathetic and compassionate care can reduce shame and guilt, while insensitive interactions can exacerbate these emotions.

The opportunity to express self-conscious emotions openly and honestly can be therapeutic. Supportive relationships and counseling provide safe spaces for women to share their feelings of shame, guilt, and embarrassment, ultimately leading to better psychological well-being. Self-conscious emotions are intertwined with the cancer experience among women (Aspell et al., 2009). The factors that influence these emotions are multifaceted, ranging from the diagnosis and treatment process to social support and coping strategies. Recognizing and addressing these self-conscious emotions is essential in promoting psychological well-being and social readjustment for women cancer patients. Healthcare providers, loved ones, and support networks play a crucial role in facilitating this process.

Social Readjustment and Cancer

The journey through cancer often brings profound changes to a woman's life, impacting her social roles, relationships, and overall social well-being. Understanding the dynamics of social readjustment in the context of cancer is vital for providing comprehensive care and support. A cancer diagnosis can necessitate changes in a woman's social roles. For example, a woman who was the primary caregiver in her family may require support from others during treatment, leading to shifts in family dynamics. Additionally, the physical and emotional toll of cancer and its treatment may result in changes to work-related roles, potentially leading to job loss or career adjustments (Zorigt et al., 2019). The experience of cancer can significantly affect existing relationships. Some individuals may struggle with how to support a loved one with cancer, while the woman herself may grapple with sharing her diagnosis and needs with friends and family. Misunderstandings, tensions, and emotional conflicts may arise within relationships due to the stress associated with the cancer journey.

(Martins-Klein et al., 2021) Women with cancer may experience social isolation, whether self-imposed or due to external factors. This isolation can be driven by the fear of burdening others, changes in physical appearance, or the need for privacy during treatment. As a result, women may withdraw from social interactions, which can impact their social readjustment negatively. On the positive side, social support is a crucial factor in promoting social readjustment. Friends, family, support groups, and healthcare providers can provide essential emotional and practical assistance. Social support not only eases the burdens associated with cancer but also helps women adjust to their new circumstances.

Effective coping strategies play a significant role in social readjustment. Women who actively seek out

coping mechanisms, such as seeking professional counseling or participating in support groups, tend to have better social adaptation (Smith, 2015). Coping resilience can lead to increased self-confidence and the ability to navigate changing social dynamics. Communication skills are vital in social readjustment. Both women with cancer and their loved ones must develop effective communication skills to express needs, emotions, and boundaries. Empathetic and open communication fosters understanding and support among all parties.

Cancer-related stigma, either from society or self-imposed, can hinder social readjustment. Fear of judgment or discrimination may lead to women concealing their diagnosis, thereby hindering their ability to access social support and adjust to their new reality (Tian et al., 2021). The ability to regulate one's emotions is closely linked to social readjustment. Emotional regulation enables women to manage the stress, anxiety, and emotional turmoil that often accompany cancer. Those who can effectively regulate their emotions are better equipped to engage in social interactions and adapt to changing roles and relationships.

Social readjustment in the context of cancer is a multifaceted process. It involves navigating role changes, addressing the impact on relationships, seeking and providing social support, and developing effective coping and communication strategies. Social isolation, stigma, and emotional regulation also play essential roles. Understanding the complexities of social readjustment is crucial in providing holistic care and support to women with cancer, ultimately contributing to their overall well-being.

Self-conscious emotions and Psychological Well-Being

The psychological well-being of women cancer patients is a critical aspect of their overall health and quality of life. Psychological well-being encompasses various factors that are influenced by a cancer diagnosis and treatment. Women who experience guilt or shame related to their cancer diagnosis may struggle with psychological well-being (Keromnes et al., 2019). These emotions can lead to self-blame, low self-esteem, and even symptoms of depression. Encouraging self-compassion and self-forgiveness can be vital in improving psychological well-being. On the other hand, feelings of pride and maintaining a positive self-image can enhance psychological well-being. These emotions can contribute to resilience and a more optimistic outlook, even in the face of cancer-related challenges.

Emotional Regulation and Psychological Well-Being

Women who possess strong emotion regulation skills tend to experience better psychological well-being (Katana et al., 2019). The ability to manage stress,

anxiety, and other distressing emotions can lead to reduced psychological distress and improved mental health. Techniques such as mindfulness, meditation, and cognitive-behavioral strategies can be beneficial. Conversely, a lack of emotional regulation skills can be detrimental to psychological well-being (Cheng et al., 2019). Women who struggle to cope with the emotional toll of cancer may experience heightened distress, anxiety, and depression. This highlights the importance of providing resources and support for emotional regulation.

Social Readjustment and Psychological Well-Being

Women who effectively navigate the challenges of social readjustment can experience improved psychological well-being. Maintaining a support system and adapting to changes in social roles and relationships can provide emotional stability and reduce feelings of isolation. Difficulties in social adaptation can negatively impact psychological well-being (Zorigt et al., 2019). Social isolation, strained relationships, or a lack of social support may lead to increased psychological distress. Mental health interventions that address these challenges can be crucial. The interplay between these factors is complex. For example, women who successfully manage self-conscious emotions through emotional regulation may find it easier to socially readjust, leading to enhanced psychological well-being (Pintado, 2017). Conversely, the inability to regulate emotions related to self-consciousness can impede the social readjustment process, potentially worsening psychological well-being. The journey through cancer is often marked by fluctuations in psychological well-being. It's crucial to recognize that each woman's experience is unique, and tailored support is essential. By addressing self-conscious emotions, enhancing emotional regulation skills, and supporting social readjustment, healthcare providers and caregivers can play a significant role in promoting the psychological well-being of women facing cancer.

Implications for research practitioners

The implications of this research for research practitioners are significant, especially in the context of understanding and addressing the needs of women cancer patients. Research practitioners should recognize the importance of a holistic approach to cancer care. This study highlights that addressing the emotional and social aspects of cancer is as vital as medical treatment. Future research should continue to explore holistic interventions that consider the psychological and social well-being of patients. Understanding the impact of self-conscious emotions on psychological well-being suggests the need for emotion-focused interventions. Research practitioners can explore and develop therapies or support programs that specifically target self-conscious emotions, helping

patients cope with guilt, shame, and self-image concerns.

Given the role of emotional regulation in managing emotional distress, research practitioners can design and assess the effectiveness of emotional regulation training programs. These programs could equip patients with the skills needed to better regulate their emotions during the cancer journey. Recognizing the pivotal role of social readjustment, research practitioners should focus on enhancing social support systems for women cancer patients. This includes the development of support groups, counseling services, and community resources tailored to the unique needs of this demographic. The research underscores the importance of patient-centered care. Practitioners should actively involve patients in decision-making and treatment planning. Understanding their emotional and social experiences can help tailor care to their specific needs and preferences. For practitioners in diverse regions, cultural sensitivity is crucial. Research practitioners should be aware of cultural nuances in the experience of cancer and ensure that support and interventions are culturally appropriate. Collaboration between healthcare professionals, psychologists, social workers, and researchers is vital. This study highlights the interconnectedness of emotional, social, and psychological aspects. Practitioners should work collaboratively to provide comprehensive care. Researchers should consider conducting longitudinal studies to track the changes in self-conscious emotions, emotional regulation, social readjustment, and psychological well-being over time. Long-term insights can lead to more effective interventions.

Research practitioners can explore preventive measures to mitigate the development of self-conscious emotions. Providing psychoeducation and emotional support at an early stage of cancer diagnosis might help patients manage their emotions more effectively. In conclusion, this study calls for a shift in cancer care research and practice. It emphasizes the need to address the emotional and social aspects of cancer alongside medical treatment. Research practitioners play a pivotal role in developing and implementing strategies that enhance the overall well-being of women cancer patients, recognizing that their experiences extend beyond the physical aspects of the disease.

CONCLUSION

In conclusion, this comprehensive review has explored the intricate relationship among self-conscious emotion, emotional regulation, social readjustment, and psychological well-being among women cancer patients. Cancer, a formidable adversary, presents multifaceted challenges, not only to physical health but also to the emotional and social aspects of life. Understanding how these factors interconnect is crucial in providing holistic care and support for women facing this diagnosis. Self-conscious emotions, including guilt, shame, pride, and positive self-image, play a significant role in the psychological well-being of

women cancer patients. Managing guilt and shame, fostering self-compassion, and nurturing positive self-image can enhance mental health outcomes. Conversely, failing to address these emotions can lead to distress, self-blame, and even depression.

Emotional regulation skills are vital in the context of cancer. Effective emotional regulation can mitigate distress, anxiety, and depression, ultimately contributing to better psychological well-being. Mindfulness, meditation, and cognitive-behavioral strategies are valuable tools in this regard. However, those who lack emotional regulation skills may experience heightened psychological distress.

Social readjustment, another key component, influences psychological well-being. Successfully navigating the changes in social roles and relationships can provide emotional stability and reduce feelings of isolation. It is essential for women to maintain a support system and adapt to the challenges posed by cancer. Conversely, negative social readjustment can lead to social isolation and strained relationships, negatively impacting psychological well-being. These factors are interconnected, creating a complex web of influences. Women who effectively manage self-conscious emotions through emotional regulation may find it easier to socially readjust, leading to enhanced psychological well-being. However, the inability to regulate emotions related to self-consciousness can impede the social readjustment process, potentially worsening psychological well-being. Recognizing the uniqueness of each woman's experience is vital. Tailored support, mental health interventions, and social resources are essential for addressing the emotional and social challenges of cancer. By doing so, healthcare providers, caregivers, and support networks can play a significant role in promoting the psychological well-being and resilience of women cancer patients. This review underscores the importance of a comprehensive approach to cancer care, one that addresses not only the physical aspects of the disease but also the emotional and social dimensions. It highlights the need for continued research and the development of targeted interventions that support women in their cancer journey. Through this, we can contribute to improved psychological well-being, reduced distress, and enhanced quality of life for women facing the challenges of cancer.

REFERENCES

- Aldao, A., Nolen-Hoeksema, S., & Schweizer, S. (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review, 30*(2), 217–237. <https://doi.org/10.1016/J.CPR.2009.11.004>
- Aspell, J. E., Lenggenhager, B., & Blanke, O. (2009). Keeping in touch with one's self: Multisensory mechanisms of self-consciousness. *PLoS*

- ONE, 4(8).
<https://doi.org/10.1371/JOURNAL.PONE.0006488>
- Brandão, T., Schulz, M. S., Gross, J. J., & Matos, P. M. (2017). The emotion regulation questionnaire in women with cancer: A psychometric evaluation and an item response theory analysis. *Psycho-Oncology*, 26(10), 1647–1653.
<https://doi.org/10.1002/pon.4356>
- Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84(4), 822–848.
<https://doi.org/10.1037/0022-3514.84.4.822>
- Castonguay, A. L., Sabiston, C. M., Crocker, P. R. E., & Mack, D. E. (2014). Development and validation of the Body and Appearance Self-Conscious Emotions Scale (BASES). *Body Image*, 11(2), 126–136.
<https://doi.org/10.1016/j.bodyim.2013.12.006>
- Cheng, Q., Liu, X., Li, X., Wang, Y., Mao, T., & Chen, Y. (2019). Improving spiritual well-being among cancer patients: implications for clinical care. *Supportive Care in Cancer*, 27(9), 3403–3409.
<https://doi.org/10.1007/s00520-019-4636-4>
- Conley, C. C., Bishop, B. T., & Andersen, B. L. (2016). Emotions and Emotion Regulation in Breast Cancer Survivorship. *Healthcare*, 4(3).
<https://doi.org/10.3390/HEALTHCARE4030056>
- Katana, M., Röcke, C., Spain, S. M., & Allemand, M. (2019). Emotion regulation, subjective well-being, and perceived stress in daily life of geriatric nurses. *Frontiers in Psychology*, 10(MAY), 424127.
<https://doi.org/10.3389/FPSYG.2019.01097/BIBTEX>
- Keromnes, G., Chokron, S., Celume, M. P., Berthoz, A., Botbol, M., Canitano, R., Boisgueheneuc, F. Du, Jaafari, N., Lavenne-Collot, N., Martin, B., Motillon, T., Thirioux, B., Scandurra, V., Wehrmann, M., Ghanizadeh, A., & Tordjman, S. (2019). Exploring Self-Consciousness From Self- and Other-Image Recognition in the Mirror: Concepts and Evaluation. *Frontiers in Psychology*, 10(MAY).
<https://doi.org/10.3389/FPSYG.2019.00719>
- Kraiss, J. T., ten Klooster, P. M., Moskowitz, J. T., & Bohlmeijer, E. T. (2020). The relationship between emotion regulation and well-being in patients with mental disorders: A meta-analysis. *Comprehensive Psychiatry*, 102, 152189.
<https://doi.org/10.1016/j.comppsy.2020.152189>
- Kwan, I., Dickson, K., Richardson, M., MacDowall, W., Burchett, H., Stansfield, C., Brunton, G., Sutcliffe, K., & Thomas, J. (2020). Cyberbullying and Children and Young People's Mental Health: A Systematic Map of Systematic Reviews. *Cyberpsychology, Behavior, and Social Networking*, 23(2), 72–82.
https://doi.org/10.1089/CYBER.2019.0370/ASSET/IMAGES/LARGE/CYBER.2019.0370_FIGURE_2.JPEG
- Lewis, M. (2003). *The Role of the Self in Shame on JSTOR*. The Johns Hopkins University Press.
<https://www.jstor.org/stable/40971966>
- Martins-Klein, B., Bamonti, P. M., Owsiany, M., Naik, A., & Moye, J. (2021). Age differences in cancer-related stress, spontaneous emotion regulation, and emotional distress. *Aging and Mental Health*, 25(2), 250–259.
<https://doi.org/10.1080/13607863.2019.1693972>
- Masoumi, S., Amiri, M., & Afrashteh, M. Y. (2022). Self-Compassion: The Factor That Explains a Relationship between Perceived Social Support and Emotional Self-Regulation in Psychological Well-Being of Breast Cancer Survivors. *Iranian Journal of Psychiatry*, 17(3), 341.
<https://doi.org/10.18502/IJPS.V17I3.9734>
- Mazzocco, K., Masiero, M., Carriero, M. C., & Pravettoni, G. (2019). The role of emotions in cancer patients' decision-making. *Ecancermedicalscience*, 13.
<https://doi.org/10.3332/ECANCER.2019.914>
- Mechanic, D. (1975). Some problems in the measurement of stress and social readjustment. *Journal of Human Stress*, 1(3), 43–48.
<https://doi.org/10.1080/0097840X.1975.9939546>
- National Cancer Institute. (2021, October). *What Is Cancer? - NCI*. National Cancer Institute.
<https://www.cancer.gov/about-cancer/understanding/what-is-cancer>
- Pintado, S. (2017). Self-concept and emotional well-being in patients with breast cancer. *Revista Iberoamericana de Psicología y Salud*, 8(2), 76–84.
<https://doi.org/10.23923/j.rips.2017.08.007>
- Redd, W. H., & Jacobsen, P. B. (1987). Emotions and cancer. *Cancer*, 62, 1871–1879.
<https://www.cancer.gov/about-cancer/coping/feelings>
- Smith, H. R. (2015). Depression in cancer patients: Pathogenesis, implications and treatment (Review). *Oncology Letters*, 9(4), 1509.

<https://doi.org/10.3892/OL.2015.2944>

- Tangney, J. P., Stuewig, J., & Mashek, D. J. (2007). Moral Emotions and Moral Behavior. *Annual Review of Psychology*, 58, 345. <https://doi.org/10.1146/ANNUREV.PSYCH.56.091103.070145>
- Tian, X., Jin, Y., Chen, H., Tang, L., & Jiménez-Herrera, M. F. (2021). Relationships among social support, coping style, perceived stress, and psychological distress in chinese lung cancer patients. *Asia-Pacific Journal of Oncology Nursing*, 8(2), 172–179. <https://doi.org/10.4103/apjon.apjon-59-20>
- Turner, R. G. (1978). Consistency, self-consciousness, and the predictive validity of typical and maximal personality measures. *Journal of Research in Personality*, 12(1), 117–132. [https://doi.org/10.1016/0092-6566\(78\)90088-0](https://doi.org/10.1016/0092-6566(78)90088-0)
- Vaughan, E., Koczwara, B., Kemp, E., Freytag, C., Tan, W., & Beatty, L. (2019). Exploring emotion regulation as a mediator of the relationship between resilience and distress in cancer. *Psycho-Oncology*, 28(7), 1506–1512. <https://doi.org/10.1002/PON.5107>
- Zorigt, G., Enkh-Amgalan, N., & Yu, T. (2019). Use of best-worst scaling to estimate the magnitude of stressful life events in older adults. *Psychogeriatrics: The Official Journal of the Japanese Psychogeriatric Society*, 19(3), 212–218. <https://doi.org/10.1111/PSYG.12384>

Corresponding Author

Ms. Loveena George Arickswamy*

Psychology Lecturer, Banasthali University