**AFTER**

**Influence of a problem-oriented program of physical rehabilitation on the attitudes toward diseases in women with post-mastectomy syndrome**

**Abstract:**

The investigation of the types of attitudes toward diseases is an integral part of developing a specific psychological and physical rehabilitation program for patients with different diseases. **Objective:** We aimed to determine the types of attitude changes toward the disease in women with post-mastectomy syndrome via the influence of a problem-oriented program of physical rehabilitation. **Methods:** theoretical analysis of scientific-methodic literature data; Internet and empirical data; sociological methods (surveys); mathematical statistical methods. **Materials:** In total, 50 women were involved in the research, and the women exhibited early symptoms of post-mastectomy syndrome. The study was conducted during their stationary rehabilitation stage after they underwent a radical mastectomy by Madden. The research was performed at the Zaporozskiy Regional Cancer Center. In the experiment, 50 women participated that had early symptoms of post-mastectomy syndrome. Using a random sampling method, we formed a main group (MG) and a group for comparison (CG) with 25 people in each group. The mean age of the tested individuals in each group was 55.44±1.06 and 55.60±1.14 years, respectively. Initial surveying of the patients took place on the 2nd day after surgery and at the end of the rehabilitation stationary stage (12-14th day). To determine the type of attitude toward the disease, we used a questionnaire that was developed at the Laboratory of Clinical Psychology at the V.M. Bekhterev Institute, which allowed us to define 12 types of attitudes toward the disease: harmonious, erhopaty, anozognozic, anxious, hypochondriac, neurasthenic, melancholic, apathetic, sensitive, self-centered, paranoid, dysphoric. Each type of attitude toward the disease consisted of common feelings (wellness, mood, sleep, and appetite), patient perceptions about their disease, treatment, attitudes toward medical staff, their family, their environment, their work (studying), and loneliness in the past and future. Women in the comparison group were treated with the program of T.I, Grushina.