

## DAFTAR PUSTAKA

1. World Health Organization (WHO). <https://www.who.int/news-room/fact-sheets/detail/cancer>. 2026. Cancer.
2. Pituskin E. Cancer as a new chronic disease: Oncology nursing in the 21st Century. *Canadian Oncology Nursing Journal* 2022.
3. World Health Organization (WHO). WHO global survey on the inclusion of cancer care in health-benefit packages 2020-2021. 2024.
4. Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, et al. Global Cancer Observatory: Cancer Today [Internet]. France; 2024 [cited 2026 Apr 30]. Available from: <https://gco.iarc.who.int/today>
5. Vlaski T, Slavic M, Caspari R, Bilsing B, Fischer H, Brenner H, et al. From a Clustering of Adverse Symptoms after Colorectal Cancer Therapy to Chronic Fatigue and Low Ability to Work: A Cohort Study Analysis with 3 Months of Follow-Up. *Cancers (Basel)*. 2024 Jan 1;16(1). doi:10.3390/cancers16010202
6. Fereidouni Z, Dehghan Abnavi S, Ghanbari Z, Gashmard R, Zarepour F, Khalili Samani N, et al. The Impact of Cancer on Mental Health and the Importance of Supportive Services. *Galen Medical Journal*. 2024 Feb 26;13:e3327. doi:10.31661/gmj.v13i.3327
7. Aboushaar N, Serrano N. The mutually reinforcing dynamics between pain and stress: mechanisms, impacts and management strategies. *Frontiers in Pain Research*. Frontiers Media SA; 2024. doi:10.3389/fpain.2024.1445280
8. Stripp TA, Jensen LH, Wehberg S, Ahrenfeldt LJ, Balboni TA, Sangild PT, et al. Spiritual needs following cancer diagnosis: A national cross-sectional survey of randomly selected adults and cancer patients linked to nationwide registers. *Soc Sci Med*. 2025 Sep 1;381. doi:10.1016/j.socscimed.2025.118198 PubMed PMID: 40482476.
9. Raja SN, Carr DB, Cohen M, Finnerup NB, Flor H, Gibson S, et al. The revised International Association for the Study of Pain definition of pain: concepts, challenges, and compromises. *Pain*. Lippincott Williams and Wilkins; 2020. p. 1976–82. doi:10.1097/j.pain.0000000000001939 PubMed PMID: 32694387.
10. Daud ML, De Simone GG. Management of pain in cancer patients – an update. *Ecancermedicalscience*. 2024;18. doi:10.3332/ecancer.2024.1821

11. Wang WL, Hao YH, Pang X, Tang YL. Cancer pain: molecular mechanisms and management. *Molecular Biomedicine*. Springer Nature; 2025. doi:10.1186/s43556-025-00289-0
12. Erin Kelly, Aslihan Sahin, Arman Jahangiri. Side Effects of Cancer Treatment (Cancer Surgery, Chemotherapy, Radiation Therapy). *Physical Medicine & Rehabilitation Journal (PM&R)* [Internet]. 2025 Dec. Available from: <https://now.aapmr.org/side-effects-of-treatment-cancer-surgery-chemotherapy-radiation-therapy/#references>
13. Brant JM. The Assessment and Management of Acute and Chronic Cancer Pain Syndromes. *Seminars in Oncology Nursing*. Elsevier Inc.; 2022. doi:10.1016/j.soncn.2022.151248 PubMed PMID: 35221164.
14. Liu D, Weng J Sen, Ke X, Wu XY, Huang ST. The relationship between cancer-related fatigue, quality of life and pain among cancer patients. *Int J Nurs Sci*. 2023 Jan 1;10(1):111–6. doi:10.1016/j.ijnss.2022.12.006
15. Shim EJ, Ha H, Yeom CW, Son KL, Kim WH, Hahm BJ. Depression and Cancer Pain: Mediating Roles of Anxiety and Pain Beliefs. *J Pain Symptom Manage*. 2025 Nov 1;70(5):481–9. doi:10.1016/j.jpainsymman.2025.07.030 PubMed PMID: 40754013.
16. Filippini C, Masiero M, Pizzoli SFM, Grasso R, Ferrucci R, Pravettoni G. A Comprehensive Analysis of the Cancer Chronic Pain Experience: A Narrative Review. *Cancer Management and Research*. Dove Medical Press Ltd; 2022. p. 2173–84. doi:10.2147/CMAR.S355653
17. Boersma K, Flink IK. Key aspects concerning the role of emotion in the chronic pain experience. *Current Opinion in Psychology*. Elsevier B.V.; 2025. doi:10.1016/j.copsy.2025.102000 PubMed PMID: 39923409.
18. Dekker J, Doppenberg-Smit E, Braamse A, Lamers F, van Linde M, Verheul HMW, et al. Toward an improved conceptualization of emotions in patients with cancer. *Frontiers in Psychiatry*. Frontiers Media SA; 2024. doi:10.3389/fpsy.2024.1352026
19. Mastan JA, Rotty LWA, Haroen H, Hendratta C, Lasut P. Tingkat Depresi, Cemas, dan Stres pada Pasien Kanker yang Menjalani Kemoterapi. *Medical Scope Journal*. 2024 Feb 16;6(2):197–202. doi:10.35790/msj.v6i2.53335
20. Norman-Nott N, Rizzo RRN, Hesam-Shariati N, Schroeder J, Suh J, McAuley JH, et al. “It’s just crucial to deal with emotions as well as the pain” A qualitative acceptability study of an online emotion regulation skills-focused intervention for people with chronic pain. *International Journal of*

- Clinical and Health Psychology. 2025 Oct 1;25(4). doi:10.1016/j.ijchp.2025.100638
21. Li M, She K, Zhu P, Li Z, Liu J, Luo F, et al. Chronic Pain and Comorbid Emotional Disorders: Neural Circuitry and Neuroimmunity Pathways [Internet]. 2025. doi:10.3390/ijms
  22. Dekker J, Welling C, Labots M. Acceptance in Patients With Cancer: A Scoping Review. *Cancer Reports*. John Wiley and Sons Inc; 2025. doi:10.1002/cnr2.70324 PubMed PMID: 41165527.
  23. Aabha A. Anekar, Joseph Maxwell Hendrix, Marco Cascella. WHO Analgesic Ladder. *StatPearls* [Internet]; 2023.
  24. Trullols M, Ruiz de Porras V. Opioid Use in Cancer Pain Management: Navigating the Line Between Relief and Addiction. *International Journal of Molecular Sciences*. Multidisciplinary Digital Publishing Institute (MDPI); 2025. doi:10.3390/ijms26157459 PubMed PMID: 40806585.
  25. National Cancer Institute. PDQ®. U.S. National Institutes of Health [Internet]. 2023 [cited 2026 May 3]. Cancer Pain Treatment (Adult) – Health Professional Version. Available from: <https://www.cancer.gov/>
  26. Ye L, Li YH, Huang YH, Deng QC, Huang YX, Peng YH, et al. Effectiveness of non-pharmacological interventions for pain management in patients with cancer: a protocol for systematic review and network meta-analysis. *BMJ Open*. 2024 Nov 1;14(10). doi:10.1136/bmjopen-2024-084500 PubMed PMID: 39486821.
  27. Germia Aridamayanti B, Lam Murni Br Sagala Mk, Ns Imelda Rahmayunia Kartika Mk, Ns Fitria Nola Rezkiki Mk, Ns Arief Wahyudi Jadmiko Mk, Christina Yeni Kustanti Mp, et al. *Buku Referensi Manajemen Nyeri pada Pasien Kanker*. Sahrir Ramadhan MK, editor. Jakarta: PT Optimal Untuk Negeri; 2025.
  28. Sheikhzadeh M, Zanjani Z, Baari A. Efficacy of Mindfulness-Based Cognitive Therapy and Cognitive Behavioral Therapy for Anxiety, Depression, and Fatigue in Cancer Patients: A Randomized Clinical Trial. *Iran J Psychiatry*. 2021.
  29. Chems-Maarif R, Cavanagh K, Baer R, Gu J, Strauss C. Defining Mindfulness: A Review of Existing Definitions and Suggested Refinements. *Mindfulness*. Springer; 2025. p. 1–20. doi:10.1007/s12671-024-02507-2
  30. Yu J, Han M, Miao F, Hua D. Using mindfulness-based stress reduction to relieve loneliness, anxiety, and depression in cancer patients: A systematic review and meta-analysis. *Medicine (United States)*. 2023 Sep

- 15;102(37):E34917. doi:10.1097/MD.00000000000034917 PubMed PMID: 37713902.
31. Ajele KW, Idemudia ES. Mindfulness-Based Interventions for Depression, Anxiety, and Stress in Adults With Cancer: A Stratified Subgroup Meta-Analysis. *Psycho-Oncology*. John Wiley and Sons Ltd; 2026. doi:10.1002/pon.70424
  32. Menon R, Saranya TS. Impact of mindfulness practices to improve quality of life and mental health of persons diagnosed with breast cancer: a systematic review. *Frontiers in Psychology*. Frontiers Media SA; 2025. doi:10.3389/fpsyg.2025.1641751
  33. Komariah M, Maulana S, Amirah S, Platini H, Rahayuwati L, Yusuf A, et al. Benefits of Remote-Based Mindfulness on Physical Symptom Outcomes in Cancer Survivors: Systematic Review and Meta-Analysis. *JMIR Cancer*. JMIR Publications Inc.; 2025. doi:10.2196/54154
  34. Arefian M, Asgari-Mobarake K. Mindfulness-integrated Cognitive Behavioral Therapy reduces pain and psychological distress, and improves equanimity, hope and post-traumatic growth during breast cancer treatment: A pilot randomized controlled trial. *European Journal of Oncology Nursing*. 2025 Jun 1;76. doi:10.1016/j.ejon.2025.102881 PubMed PMID: 40185061.
  35. Bryl KL, Hanley AW, Baser RE, Desai K, Dowd M, Li Q, et al. Mindfulness-Oriented Recovery Enhancement for cancer pain relief: Pilot randomized controlled trial. *J Pain Symptom Manage*. 2026 Apr. doi:10.1016/j.jpainsymman.2025.12.024 PubMed PMID: 41490669.
  36. American Cancer Society. Cancer glossary: definitions & phonetic pronunciations. [Internet]. [cited 2026 May 4]. Available from: <https://www.cancer.org/cancer/understanding-cancer/glossary.html#alpha-c>
  37. Brown JS, Amend SR, Austin RH, Gatenby RA, Hammarlund EU, Pienta KJ. Updating the Definition of Cancer. *Molecular Cancer Research*. 2023;21(11):1142–7. doi:10.1158/1541-7786.MCR-23-0411 PubMed PMID: 37409952.
  38. Dito Anurogo. Seni Memahami Kanker [Internet]. Indonesia; 2026 [cited 2026 May 4]. Available from: <https://ayosehat.kemkes.go.id/seni-memahami-kanker#:~:text=Kanker%20tidak%20bisa%20dipahami%20hanya,ada%20satu%20%E2%80%9Cjalur%20kanker%E2%80%9D%20tunggal>

39. U.S. National Institutes of Health, National Cancer Institute [Internet]. [cited 2026 May 3]. SEER Training Modules: Cancer Classification. Available from: <https://training.seer.cancer.gov/disease/categories/classification.html>
40. Abd Elkodous M, El-Sayyad GS, Abdelrahman IY, El-Bastawisy HS, Mohamed AE, Mosallam FM, et al. Therapeutic and diagnostic potential of nanomaterials for enhanced biomedical applications. *Colloids and Surfaces B: Biointerfaces*. Elsevier B.V.; 2019. p. 411–28. doi:10.1016/j.colsurfb.2019.05.008 PubMed PMID: 31085460.
41. Kumar V, Abbas AK, Aster JC. Robbins & Cotran Pathologic Basis of Disease. [Internet]. 10th ed. Canada: Elsevier; 2021 [cited 2026 May 3]. Available from: <https://books.google.co.id/books?id=jheBzf17C7YC&printsec=copyright&hl=id#v=onepage&q&f=false>
42. Hinkle JL, Cheever KH. Brunner & Suddarth's Textbook of Medical-Surgical Nursing. 15th ed. Wolters Kluwer; 2021.
43. Hanahan D. Hallmarks of Cancer: New Dimensions. *Cancer Discovery*. American Association for Cancer Research Inc.; 2022. p. 31–46. doi:10.1158/2159-8290.CD-21-1059 PubMed PMID: 35022204.
44. Fares J, Fares MY, Khachfe HH, Salhab HA, Fares Y. Molecular principles of metastasis: a hallmark of cancer revisited. *Signal Transduction and Targeted Therapy*. Springer Nature; 2020. doi:10.1038/s41392-020-0134-x PubMed PMID: 32296047.
45. Bindod H V., Hatwar PR, Bakal RL, Dafe VN. A Comprehensive Review of Cancer: Types, Pathophysiology, Diagnosis and Treatments. *Journal of Drug Delivery and Therapeutics*. 2025 May 15;15(5):114–22. doi:10.22270/jddt.v15i5.7104
46. Fink H, Langselius O, Vignat J, Rungay H, Rehm J, Martinez R, et al. Global and regional cancer burden attributable to modifiable risk factors in 2022: Evidence to guide cancer prevention [Internet]. Research Square; 2025 [cited 2026 May 4]. Available from: <https://www.researchsquare.com/article/rs-8000310/v1> doi:10.21203/rs.3.rs-8000310/v1
47. Cohut M. Medical News Today [Internet]. 2026 [cited 2026 May 4]. 4 in 10 global cancer cases are preventable, landmark study finds. Available from: <https://www.medicalnewstoday.com/articles/4-in-10-global-cancer-cases-preventable-who-study-infections-smoking-alcohol>

48. Better Health Channel. Cancer and Heredity [Internet]. 2019 [cited 2026 May 4]. Available from: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cancer-and-heredity#bhc-content>
49. Muthanna FMS, Karuppanan M, Rasool Hassan BA, Mohammed AH. Impact of fatigue on quality of life among breast cancer patients receiving chemotherapy. *Osong Public Health Res Perspect*. 2021 Apr 1;12(2):115–25. doi:10.24171/J.PHRP.2021.12.2.09
50. Grassi L, Caruso R, Riba MB, Lloyd-Williams M, Kissane D, Rodin G, et al. Anxiety and depression in adult cancer patients: ESMO Clinical Practice Guideline †. *ESMO Open*. 2023 Apr 1;8(2). doi:10.1016/j.esmoop.2023.101155 PubMed PMID: 37087199.
51. Khosravani M, Nejat N. Spiritual Experiences of Patients in the Cancer Trajectory: A Content Analysis. *Ethiop J Health Sci*. 2022 Nov 1;32(6):1147–56. doi:10.4314/ejhs.v32i6.12 PubMed PMID: 36475257.
52. International Association for the Study of Pain. Washington (DC): IASP [Internet]. [cited 2026 May 10]. Chapter 1: The need for multidisciplinary pain centers. Available from: <https://www.iasp-pain.org/resources/toolkits/pain-management-center/chapter1/>
53. Yu J. Research on factors affecting pain perception. *Theoretical and Natural Science*. 2023 Dec 4;15(1):146–51. doi:10.54254/2753-8818/15/20240470
54. Varrassi G, Myrcik D, Leoni MLG. Cancer, immunity, and pain. *Exploration of Immunology*. Open Exploration Publishing Inc; 2026. doi:10.37349/ei.2026.1003240
55. Yeo J. Breakthrough pain and rapid-onset opioids in patients with cancer pain: a narrative review. *Journal of Yeungnam Medical Science*. Yeungnam University School of Medicine and College of Medicine; 2024. p. 22–9. doi:10.12701/jyms.2023.00367
56. Craig T, Napolitano A, Brown M. Cancer survivors and cancer pain. *BJA Education*. Elsevier Ltd; 2024. p. 309–17. doi:10.1016/j.bjae.2024.05.002
57. Haroun R, Wood JN, Sikandar S. Mechanisms of cancer pain. *Frontiers in Pain Research*. Frontiers Media S.A.; 2022. doi:10.3389/fpain.2022.1030899
58. Wang X, Li L, Wang Y. Mechanisms of Cancer-Induced Bone Pain. *Journal of Pain Research*. Dove Medical Press Ltd; 2025. p. 315–26. doi:10.2147/JPR.S498466

59. Zhang Y, Chen M, Fang X, Han Y, Li Y. Progression and Metastasis of Lung Cancer: Clinical Features, Molecular Mechanisms, and Clinical Managements. MedComm. John Wiley and Sons Inc; 2025. doi:10.1002/mco2.70477
60. Justitia I, Krishna P, Dewi K, Fauzi YR, Hunaifi I. Chemotherapy-Induced Peripheral Neuropathy: Pathophysiology, Diagnosis, and Treatment [Internet]. Vol. 4. 2024;4(2):98–106. Available from: <https://e-journal.unair.ac.id/index.php/aksona>
61. Cesaria Triananda D, Sommeng F, Mulyadi FE, Juhamran RP, Harahap MW. The Relationship Between Inflammatory Response and Chemotherapy Complications in Breast Cancer Patients Undergoing Serial Chemotherapy at Ibnu Sina Hospital. Jurnal Sains dan Kesehatan (J Sains Kes) 2025. 2025;7(6):410. doi:10.25026/jsk.v7i6.2568
62. Shetty SS, Maruthi M, Dhara V, de Arruda JAA, Abreu LG, Mesquita RA, et al. Oral mucositis: Current knowledge and future directions. Disease-a-Month. 2022 May 1;68(5). doi:10.1016/j.disamonth.2021.101300 PubMed PMID: 34758917.
63. Konopka-Filippow M, Politynska B, Wojtukiewicz AM, Wojtukiewicz MZ. Cancer Pain: Radiotherapy as a Double-Edged Sword. International Journal of Molecular Sciences. Multidisciplinary Digital Publishing Institute (MDPI); 2025. doi:10.3390/ijms26115223 PubMed PMID: 40508031.
64. Winarti RiT, Pratama JK, Apriliawan H. Hubungan Antara Radioterapi dan Efek Samping pada Pasien Kanker Payudara di Rumah Sakit Dr. Moewardi Surakarta. Journal of Innovative and Creativity. 2026 Mar;6(1):18360.
65. Wang W, Zhang F, Yuan S. Clinical Guidelines for the Prevention and Treatment of Radiation-induced Bladder Injury. Precis Radiat Oncol. 2024 Mar 1;8(1):4–13. doi:10.1002/pro6.1215
66. Klaus R, Niyazi M, Lange-Sperandio B. Radiation-induced kidney toxicity: molecular and cellular pathogenesis. Radiation Oncology. BioMed Central Ltd; 2021. doi:10.1186/s13014-021-01764-y PubMed PMID: 33632272.
67. Bonanno M, Papa D, Cerasa A, Maggio MG, Calabrò RS. Psycho-Neuroendocrinology in the Rehabilitation Field: Focus on the Complex Interplay between Stress and Pain. Medicina (Lithuania). Multidisciplinary Digital Publishing Institute (MDPI); 2024. doi:10.3390/medicina60020285 PubMed PMID: 38399572.
68. Nicolardi V, Simione L, Scaringi D, Malinowski P, Yordanova J, Kolev V, et al. The Two Arrows of Pain: Mechanisms of Pain Related to Meditation

- and Mental States of Aversion and Identification. *Mindfulness* (N Y). 2024 Apr 1;15(4):753–74. doi:10.1007/s12671-021-01797-0
69. Landmark L, Sunde HF, Fors EA, Kennair LEO, Sayadian A, Backelin C, et al. Associations between pain intensity, psychosocial factors, and pain-related disability in 4285 patients with chronic pain. *Sci Rep*. 2024 Dec 1;14(1). doi:10.1038/s41598-024-64059-8 PubMed PMID: 38866885.
  70. Zhang S, Ning Y, Yang Y, Mu G, Yang Y, Ren C, et al. Decoding pain chronification: mechanisms of the acute-to-chronic transition. *Frontiers in Molecular Neuroscience*. *Frontiers Media SA*; 2025. doi:10.3389/fnmol.2025.1596367 PubMed PMID: 40642387.
  71. Sutiyono D. *Buku Ajar Manajemen Nyeri. KSM Anestesiologi dan Terapi Intensif Fakultas Kedokteran Universitas Diponegoro / RSUP Dr. Kariadi*; 2021.
  72. Mulvey MR, Paley CA, Schuberth A, King N, Page A, Neoh K. Neuropathic Pain in Cancer: What Are the Current Guidelines? *Curr Treat Options Oncol*. 2024 Sep 1;25(9):1193–202. doi:10.1007/s11864-024-01248-7 PubMed PMID: 39102168.
  73. Shapoo N, Rehman A, Izaguirre-Rojas C, Gotlieb V, Boma N. Cancer Pain Is Not One-Size-Fits-All: Evolving from Tradition to Precision. *Clinics and Practice*. *Multidisciplinary Digital Publishing Institute (MDPI)*; 2025. doi:10.3390/clinpract15100173
  74. Mills SEE, Nicolson KP, Smith BH. Chronic pain: a review of its epidemiology and associated factors in population-based studies. *Br J Anaesth*. 2019 Aug 1;123(2):e273–83. doi:10.1016/j.bja.2019.03.023 PubMed PMID: 31079836.
  75. Stretanski Michael F, Kopitnik NL, Matha A, Conermann T. *StatPearls Publishing [Internet]*. 2025 [cited 2026 May 15]. *Chronic Pain*. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK553030/>
  76. Bakti AS, Hutagalung R, Irawan D, Amanupunnyo NA, Jamni T. *BUNGA RAMPAI MANAJEMEN NYERI KEPERAWATAN [Internet]*. La Ode Alifariki S, editor. Available from: [www.mediapustakaindo.com](http://www.mediapustakaindo.com)
  77. Kulpa M, Ciuba A, Kosowicz M, Flaga-Łuczkiwicz M, Ziętalewicz U, Stypuła-Ciuba B. Qualitative analysis of pain in cancer patients – psychological and clinical aspects. *Archives of Medical Science*. 2025;21(3):868–75. doi:10.5114/aoms/153924
  78. Kapos FP, Craig KD, Anderson SR, Bernardes SF, Hirsh AT, Karos K, et al. *Social Determinants and Consequences of Pain: Toward Multilevel,*

- Intersectional, and Life Course Perspectives. *Journal of Pain*. Elsevier B.V.; 2024. doi:10.1016/j.jpain.2024.104608 PubMed PMID: 38897311.
79. Novaco RW. Anger. In: *Stress: Concepts, Cognition, Emotion, and Behavior: Handbook of Stress*. Elsevier; 2016. p. 285–92. doi:10.1016/B978-0-12-800951-2.00035-2
  80. Lestari A, Budiarti Y. Studi Fenomenologi: Psikologis Pasien Kanker yang Menjalani Kemoterapi. *Jurnal Keperawatan Suaka Insan*. 2020 Jun;5(1):52–66.
  81. Zhang AY, Ganocy SJ. Measurement of Irritability in Cancer Patients. *Nurs Res*. 2020 Mar 1;69(2):91–9. doi:10.1097/NNR.0000000000000411 PubMed PMID: 31764606.
  82. Park SK, Park HA, Lee J. Understanding the public's emotions about cancer: Analysis of social media data. *Int J Environ Res Public Health*. 2020 Oct 1;17(19):1–14. doi:10.3390/ijerph17197160 PubMed PMID: 33007865.
  83. Chen CY, Li SN, Li XX, Zhou B. Mindfulness-based interventions in oncology: A scoping review of outcomes and applications. *World J Clin Cases*. 2025 Aug 26;13(24). doi:10.12998/wjcc.v13.i24.106864
  84. Naeyaert A, Fournier V, Caton L, Gandolphe MC, Duprez C, Laroussi-Libeault L, et al. Emotion Regulation Interventions for Cancer Patients and Their Relatives: A Systematic Review. *Cancer Medicine*. John Wiley and Sons Inc; 2026. doi:10.1002/cam4.71514
  85. Sakeni Z, Farahani S, Moghaddam FE, RafieePour A, Jafari T, Lotfi P. The Effectiveness of Mindfulness Training on Improving the Experience of Anger and Self-Compassion in Cancer Patients. *Journal of Clinical Psychology Studies*. 2019;10(36):1–23. doi:10.22054/jcps.2020.46588.2193
  86. Williams S, Clarke S, Edginton T. Mindfulness for the self-management of negative coping, rumination and fears of compassion in people with cancer: An exploratory study. *Cancer Rep*. 2023 Mar 1;6(3). doi:10.1002/cnr2.1761 PubMed PMID: 36575110.
  87. De Ridder D, Adhia D, Vanneste S. The anatomy of pain and suffering in the brain and its clinical implications. *Neuroscience and Biobehavioral Reviews*. Elsevier Ltd; 2021. p. 125–46. doi:10.1016/j.neubiorev.2021.08.013 PubMed PMID: 34411559.
  88. Xia W, Ou M, Chen Y, Chen F, Yan M, Xiao Z, et al. Experiences of patients with advanced cancer coping with chronic pain: a qualitative analysis. *BMC Palliat Care*. 2024 Dec 1;23(1). doi:10.1186/s12904-024-01418-2 PubMed PMID: 38600476.

89. İnci F, İnci H, Kılınçel O, Ersoy S, Karataş F, Adahan D. The relationship between depression, anxiety, and pain catastrophising in cancer patients. *Palliat Med.* 2020;12(4):210–5. doi:10.5114/pm.2020.101709
90. Mehndiratta S, Singh R, Bhandari S, Dadhich M. A review based study on emotional distress and physical pain in oral and head and neck cancer patients pre- and post-chemotherapy. *Oral Oncology Reports.* Elsevier Ltd; 2024. doi:10.1016/j.oor.2024.100637
91. Beck S, Whitaker K, Cropley M. Is rumination associated with psychological distress after a cancer diagnosis? A systematic review. *Journal of Psychosocial Oncology.* Routledge; 2023. p. 584–609. doi:10.1080/07347332.2022.2145925
92. Tungtong P, Ranchor A V., Schroevers MJ. Stress appraisal and emotion regulation mediate the association between mindfulness and affect in cancer patients: Differential mechanisms for positive and negative affect. *Psychooncology.* 2023 Oct 1;32(10):1548–56. doi:10.1002/pon.6201 PubMed PMID: 37587563.
93. PDQ Supportive and Palliative Care Editorial Board. National Cancer Institute. [Internet]. 2025 [cited 2026 May 20]. Adjustment to Cancer: Anxiety and Distress (PDQ®)–Health Professional Version. Available from: <https://www.cancer.gov/about-cancer/coping/feelings/anxiety-distress-hp-pdq>
94. Alhassni NA, Rafie LS, Alharbi ME, Janbi YY, Nagshabandi E Al, Khalil AH. Factors affecting psychological adjustment of oncology patients at different cancer welfare societies in Saudi Arabia. *J Nurs Educ Pract.* 2022 Jul 25;12(12):20. doi:10.5430/jnep.v12n12p20
95. Azarnia M, Naderi F, Makvandi B. Prediction of Distress Tolerance in Patients with Breast Cancer based on Anger Rumination and Physical Health: Using an Artificial Neural Network. *Archives of Breast Cancer.* 2024 Aug 1;11(3):236–44. doi:10.32768/abc.2024113236-244
96. Beck S. The association between rumination and psychological and physical health outcomes in those diagnosed with cancer [Internet]. 2022. doi:10.15126/thesis.900691
97. Hashemizadeh S, Salehi M, Rafiepoor A, Ghanbaripanah A. Psychological Distress Based on Cognitive, Metacognitive, and Meta-Emotional Components in Cancer Patients. *Iranian Journal of Health Psychology.* 2022 May 1;5(2):47–62.

98. Purdy, Elizabeth Rholetter, Popan, Elena. EBSCO Information Services [Internet]. 2024 [cited 2026 May 20]. Acceptance (psychology). Available from: <https://www.ebsco.com/research-starters/history/acceptance-psychology>
99. Mrazek MD, Dow BR, Richelle J, Pasch AM, Godderis N, Pamensky TA, et al. Aspects of acceptance: building a shared conceptual understanding. *Front Psychol.* 2024;15. doi:10.3389/fpsyg.2024.1423976
100. Myint NMM, Martawinarti RtsN, Nasution RA, Sari PI, Sari LA, Oktaria R, et al. Psychological Impact of Breast Cancer Diagnosis and Patient Coping Strategies: A Literature Review. *Jurnal Ilmiah Ners Indonesia.* 2025 May 31;6(1):62–71. doi:10.22437/jini.v6i1.43945
101. Krok D, Telka E, Zarzycka B. Total Pain and Illness Acceptance in Pelvic Cancer Patients: Exploring Self-Efficacy and Stress in a Moderated Mediation Model. *Int J Environ Res Public Health.* 2022 Aug 1;19(15). doi:10.3390/ijerph19159631 PubMed PMID: 35954987.
102. Lewson AB, Johns SA, Krueger E, Chinh K, Kidwell KM, Mosher CE. Symptom experiences in post-treatment cancer survivors: associations with acceptance and commitment therapy constructs. *Supportive Care in Cancer.* 2021 Jul 1;29(7):3487–95. doi:10.1007/s00520-020-05854-7 PubMed PMID: 33140248.
103. Ahmad M, Yong Chen Y, Bin Ismail F. The Relationship Between Illness Acceptance, Cancer-Related Complaints and Psychological Distresses Among Malaysian Cancer Patients. *International Summit on Science Technology and Humanity.* 2020;276–95.
104. Robertus Surjoseto, Devy Sofyanty. Pengaruh Penerimaan Diri dan Regulasi Emosi terhadap Psychological Well Being Pasien Kanker. *Observasi : Jurnal Publikasi Ilmu Psikologi.* 2025 Nov 14;3(4):206–21. doi:10.61132/observasi.v3i4.1898
105. Waleczko A, Baczewska B, Barańska B, Mielnik-Błaszczak M, Leśniewski K. The Degree of Acceptance of the Disease by Patients After a Diagnosis of Lung Cancer and Their Hope. *J Clin Med.* 2025 Jun 1;14(12). doi:10.3390/jcm14124356
106. Carroll CM. Cancer and mental health. EBSCO Information Services [Internet]. 2024 [cited 2026 May 20]. Available from: <https://www.ebsco.com/research-starters/consumer-health/cancer-and-mental-health>

107. Asghari BA, Arabi S. Acceptance of illness in patients with incurable diseases a qualitative study. *Journal of Research and Health*. 2019 Sep 1;9(5):443–53. doi:10.29252/jrh.9.5.443
108. Zhou B, Gek Mui L, Li J, Hu J. The impact of mindfulness-based interventions on the experiences of cancer patients: A qualitative meta-synthesis. *Patient Education and Counseling*. Elsevier Ireland Ltd; 2024. doi:10.1016/j.pec.2024.108353 PubMed PMID: 38964172.
109. De Vincenzo F, Quinto RM, Iani L, Durante S, Scalpelli C, Lombardo L. Peaceful acceptance and struggle with terminal cancer: The role of mindfulness, self-compassion, and body image distress. *Palliat Support Care*. 2025 Mar 14;23. doi:10.1017/S1478951525000094 PubMed PMID: 40084535.
110. Chinh K, Secinti E, Johns SA, Hirsh AT, Miller KD, Schneider B, et al. Relations of mindfulness and illness acceptance with psychosocial functioning in patients with metastatic breast cancer and caregivers. *Oncol Nurs Forum*. 2020 Nov 1;47(6):739–52. doi:10.1188/20.ONF.739-752 PubMed PMID: 33063774.
111. Krok D, Telka E, Skalski-Bednarz SB, Kuźniar MG. Mindfulness and Basic Hope in Patients with Pelvic Cancer: Examining Illness Acceptance and Fear of Recurrence Within a Multiple Mediation Model. *Brain Sci*. 2026 May 5;16(5):503. doi:10.3390/brainsci16050503
112. Bjureberg J. The Role of Emotion Regulation in Clinical Interventions. *Annu Rev Clin Psychol*. 2026. doi:10.1146/annurev-clinpsy-061324
113. Gross JJ. Conceptual foundations of emotion regulation. In *Handbook of Emotion Regulation*, ed. JJ Gross, BQ Ford. 3rd ed. Guilford Press; 2024.
114. Petrova K, Gross JJ. The Future of Emotion Regulation Research: Broadening Our Field of View. *Broadening our field of view Affective Science*. 2023;4(4):609–16.
115. Morawetz C, Basten U. Neural underpinnings of individual differences in emotion regulation: A systematic review. *Neuroscience and Biobehavioral Reviews*. Elsevier Ltd; 2024. doi:10.1016/j.neubiorev.2024.105727 PubMed PMID: 38759742.
116. Moriarity DP, Grehl MM, Walsh RFL, Roos LG, Slavich GM, Alloy LB. A systematic review of associations between emotion regulation characteristics and inflammation. *Neuroscience and Biobehavioral Reviews*. Elsevier Ltd; 2023. doi:10.1016/j.neubiorev.2023.105162 PubMed PMID: 37028579.

117. Wright RN, Adcock RA, LaBar KS. Learning Emotion Regulation: An Integrative Framework. *Psychol Rev.* 2024. doi:10.1037/rev0000506 PubMed PMID: 39298220.
118. Becerra R, Naragon-Gainey K, Gross JJ, Ohan J, Preece DA. Beliefs about emotions: Latent structure and links with emotion regulation and psychopathology. *J Affect Disord Rep.* 2024 Apr 1;16. doi:10.1016/j.jadr.2024.100728
119. John Jabat Zinn. *Mindfulness for Beginners.* Louisville USA: Jaico Publishinh House; 2017.
120. Creswell JD. Mindfulness Interventions. *Annu Rev Psychol.* 2017 Jan 3;68:491–516. doi:10.1146/annurev-psych-042716-051139 PubMed PMID: 27687118.
121. Meidiana Dwidiyanti, Reza Indra Wiguna, Hasanah Eka Wahyu. *Mindfulness untuk Self-Care.* Undip Press; 2018.
122. Ploesser M, Martin D. Mechanism of Action of Mindfulness-Based Interventions for Pain Relief—A Systematic Review. *Journal of Integrative and Complementary Medicine.* Mary Ann Liebert Inc.; 2024. p. 1162–78. doi:10.1089/jicm.2023.0328 PubMed PMID: 39042592.
123. Zhang D, Lee EKP, Mak ECW, Ho CY, Wong SYS. Mindfulness-based interventions: An overall review. *British Medical Bulletin.* Oxford University Press; 2021. p. 41–57. doi:10.1093/bmb/ldab005 PubMed PMID: 33884400.
124. Baydoun M, Gajtani Z, Patton M, McLennan A, Cartwright S, Carlson LE. Virtual reality–guided mindfulness for chronic pain in cancer survivors: protocol for the virtual mind study—a single-group feasibility trial. *Frontiers in Pain Research.* 2024;5. doi:10.3389/fpain.2024.1291374
125. Arna YD, Malisna, Abqariah, Masri, Tangka JW, Kurnia V, et al. *Keperawatan Dewasa* [Internet]. Kendari; 2025. Available from: <https://promise.nchat.id>
126. Sihaloho AA. *Pengkajian dalam proses keperawatan sebagai dasar pemberian asuhan keperawatan.* 2020.
127. Dossey, Keegan’s. *Holistic Nursing a Handbook for Practice.* Eight edition. Helming MAB, Shields DA, Avino KM, Rosa WE, editors. Burlington: Jones & Bartlett Learning; 2022.

128. Masruroh ZD, Rony C, Ririn N, Sulistyawati A, Hanafi W, Susanto A, et al. *Perawatan Pasien Kanker*. 1st ed. Padang: PT Global Eksekutif Teknologi; 2022.
129. Sulastriningsih I, Prasestiyo H, Sriyati. Hubungan tingkat kecemasan terhadap kualitas hid. *Journal of Qualitative Health Research & Case Studies Report*. 2026 Apr;6(4):929–38.
130. Tim Pokja SDKI DPP PPNI. *Standar Diagnosis Keperawatan Indonesia (SDKI)*. Edisi 1 Cetakan 3. Jakarta: Dewan Pengurus Pusat; 2017.
131. Dansie EJ, Turk DC. Assessment of patients with chronic pain. *Br J Anaesth*. 2013;111(1):19–25. doi:10.1093/bja/aet124
132. Miranda RV, Neves N. Assessment of chronic pain: multidimensional tools, applicability, and practicality. *Revista Portuguesa de Clínica Geral*. 2024 Oct 31;40(5):488–97. doi:10.32385/rpmgf.v40i5.13966
133. Piotrkowska R, Kruk A, Krzemińska A, Mędrzycka-Dąbrowska W, Kwiecień-Jaguś K. Factors Determining the Level of Acceptance of Illness and Satisfaction with Life in Patients with Cancer. *Healthcare (Switzerland)*. 2023 Apr 1;11(8). doi:10.3390/healthcare11081168
134. Kim HJ, Lee DH, Kim JH, Kang SE. Validation of the Dimensions of Anger Reactions Scale (the DAR-5) in non-clinical South Korean adults. *BMC Psychol*. 2023 Dec 1;11(1). doi:10.1186/s40359-023-01084-8 PubMed PMID: 36927713.
135. Czerw A, Religioni U, Szumilas P, Sygit K, Partyka O, Mękal D, et al. Normalization of the AIS (Acceptance of Illness Scale) questionnaire and the possibility of its use among cancer patients. *Annals of Agricultural and Environmental Medicine*. 2022;29(2):269–73. doi:10.26444/aaem/144197 PubMed PMID: 35767762.
136. Adiputra IMS, Trisnadewi NW, Oktaviano NPW, Munthe SA, Hulu VT, Budiastutik I, et al. *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis; 2021.
137. Maqsood A, Gul S, Noureen N, Yaswi A. Dynamics of Perceived Stress, Stress Appraisal, and Coping Strategies in an Evolving Educational Landscape. *Behavioral Sciences*. 2024 Jul 1;14(7). doi:10.3390/bs14070532
138. Chayadi E, Baes N, Kiropoulos L. The effects of mindfulness-based interventions on symptoms of depression, anxiety, and cancer-related fatigue in oncology patients: A systematic review and meta-analysis. *PLoS ONE*. Public Library of Science; 2022. doi:10.1371/journal.pone.0269519 PubMed PMID: 35834503.

139. Lu C, Moliadze V, Nees F. Dynamic processes of mindfulness-based alterations in pain perception. *Frontiers in Neuroscience*. Frontiers Media SA; 2023. doi:10.3389/fnins.2023.1253559
140. Tan Seng Beng, Chee Shee Chai, Diana Leh Ching Ng, Sheriza Izwa Zainuddin, David Paul Capelle, Chee Loong Lam, et al. Mindful breathing for cancer pain: efficacy of a single 20-minute session – a randomised controlled study. *BMJ Support Palliat Care*. 2024 Aug 20. doi:10.1136/spcare-2023-004762
141. Sonkongdang W, Sriboonyawattana N, Mesukko J, Niyomkar S, Thungjaroenkul P, Xuto P. Mindfulness-based Interventions for Pain and Symptom Management in Adolescent Cancer: Systematic Review. *Pain Management Nursing*. 2026. doi:10.1016/j.pmn.2026.01.003
142. Ngamkham S, Holden JE, Smith EL. A Systematic Review: Mindfulness Intervention for Cancer-Related Pain. *Asia-Pacific Journal of Oncology Nursing*. Wolters Kluwer Medknow Publications; 2019. p. 161–9. doi:10.4103/apjon.apjon\_67\_18 PubMed PMID: 30931361.
143. Feng B, Hu X, Lu WW, Wang Y, Lp WY. Are mindfulness treatments effective for pain in cancer patients? A systematic review and meta-analysis. *European Journal of Pain*. 2022 Jan 26;(1):61–76. doi:https://doi.org/10.1002/ejp.1849
144. Badaghi N, Buskbjerg C, Kwakkenbos L, Bosman S, Zachariae R, Speckens A. Positive health outcomes of mindfulness-based interventions for cancer patients and survivors: A systematic review and meta-analysis. *Clinical Psychology Review*. Elsevier Inc.; 2024. doi:10.1016/j.cpr.2024.102505 PubMed PMID: 39316940.
145. Moorthy A, Lowry D, Edgely C, Blajeva M, Casey MB, Buggy DJ. Perioperative cognitive behavioural therapy compared with pain education and mindfulness for chronic postsurgical pain in breast cancer patients with high pain catastrophising characteristics: a randomised, controlled, parallel group clinical trial. *BJA Open*. 2025 Dec 1;16. doi:10.1016/j.bjao.2025.100499
146. Saragih IS, Tarihoran DETAU, Tzeng HM, Saragih ID. Mindfulness-based interventions for pain, anxiety, depression, and quality of life in patients receiving palliative care: a meta-analysis. *Journal of Research in Nursing*. 2026. doi:10.1177/17449871261419719
147. Pedro J, Monteiro-Reis S, Carvalho-Maia C, Henrique R, Jerónimo C, Silva ER. Evidence of psychological and biological effects of structured Mindfulness-Based Interventions for cancer patients and survivors: A meta-

- review. *Psycho-Oncology*. John Wiley and Sons Ltd; 2021. p. 1836–48. doi:10.1002/pon.5771 PubMed PMID: 34288218.
148. Cillessen L, Van de Ven MOM, Burk WJ, Bisseling EM, Compen FR, Van der Lee ML, et al. Temporal Changes in Mindfulness Skills and Positive and Negative Affect and Their Interrelationships During Mindfulness-Based Cognitive Therapy for Cancer Patients. *Mindfulness* (N Y). 2022 Jul 1;13(7):1745–56. doi:10.1007/s12671-022-01912-9
  149. Hoge EA, Acabchuk RL, Kimmel H, Moitra E, Britton WB, Dumais T, et al. Emotion-Related Constructs Engaged by Mindfulness-Based Interventions: a Systematic Review and Meta-analysis. *Mindfulness*. Springer; 2021. p. 1041–62. doi:10.1007/s12671-020-01561-w PubMed PMID: 34149957.
  150. Liu Z, Li M, Jia Y, Wang S, Wang C, Chen L. Relationship between Mindfulness and Psychological Distress in Patients with Hepatocellular Carcinoma: The Mediation Effect of Self-regulation. *Am J Health Behav*. 2021 Nov 1;45(6):1041–9. doi:10.5993/AJHB.45.6.8 PubMed PMID: 34969415.
  151. de la Fuente-Anuncibay R, González-Barbadillo Á, Ortega-Sánchez D, Ordóñez-Cambor N, Pizarro-Ruiz JP. Anger rumination and mindfulness: Mediating effects on forgiveness. *Int J Environ Res Public Health*. 2021 Mar 1;18(5):1–16. doi:10.3390/ijerph18052668 PubMed PMID: 33800890.
  152. Carlson LE, Jones JM, Oberoi D, Piedalue KA, Wayne PM, Santa Mina D, et al. Mindfulness and Tai Chi for Cancer Health (MATCH) Study: Primary Outcomes of a Preference-Based Multisite Randomized Comparative Effectiveness Trial. *Journal of Clinical Oncology*. 2025 Jul 20;43(21):2372–86. doi:10.1200/JCO-24-02540 PubMed PMID: 40505072.
  153. Peng L, Yang Y, Chen M, Xu C, Chen Y, Liu R, et al. Effects of an online mindfulness-based intervention on Fear of Cancer Recurrence and quality of life among Chinese breast cancer survivors. *Complement Ther Clin Pract*. 2022 Nov 1;49. doi:10.1016/j.ctcp.2022.101686 PubMed PMID: 36347151.
  154. Ainus Safina Qohrunnada Widodo A. Perilaku emosional dan stres. *Maliki Interdisciplinary Journal (MIJ) eISSN* [Internet]. 2025. Available from: <http://urj.uin-malang.ac.id/index.php/mij/index>
  155. Fan YJ, Hu JL. Parallel Mediating Roles of Illness Acceptance Attitudes Between Physical Symptoms and Quality of Life in Patients with Gastrointestinal Cancers. *Curr Med Sci*. 2026 Apr 1. doi:10.1007/s11596-026-00186-9

156. Calderone A, Latella D, Impellizzeri F, de Pasquale P, Famà F, Quartarone A, et al. Neurobiological Changes Induced by Mindfulness and Meditation: A Systematic Review. *Biomedicines*. Multidisciplinary Digital Publishing Institute (MDPI); 2024. doi:10.3390/biomedicines12112613
157. Paul A, Kalir T. The Role of Spirituality/Religiosity in the Cancer Journey. *The European Society of Medicine*. 2025;13(3). doi:<https://doi.org/10.18103/mra.v13i3.6318>
158. Dwidiyanti M, Wijayanti DY, Munif B, Pamungkas A YF. Increasing Adolescents' Religiosity and Resilience through Islamic Spiritual Mindfulness. *Gac Med Caracas*. 2022;130:S206–15. doi:10.47307/GMC.2022.130.S1.35
159. Li X, Zhang K, Xu D, Xu Y. The effect of Orem's nursing theory on the pain levels, self-care abilities, psychological statuses, and quality of life of bone cancer patients. *Am J Transl Res* [Internet]. 2023. Available from: [www.ajtr.org](http://www.ajtr.org)
160. Shorey S, Lopez V. Self-Efficacy in a Nursing Context. In: *Health Promotion in Health Care – Vital Theories and Research*. Springer; 2021.
161. Kerari A, Bahari G, Alharbi K, Alenazi L. The Effectiveness of the Chronic Disease Self-Management Program in Improving Patients' Self-Efficacy and Health-Related Behaviors: A Quasi-Experimental Study. *Healthcare* (Switzerland). 2024 Apr 1;12(7). doi:10.3390/healthcare12070778
162. Johnson MI. An integral vision of pain and its persistence: a whole-person, whole-system, salutogenic perspective. *Frontiers in Pain Research*. 2025;6. doi:10.3389/fpain.2025.1641571
163. Menon R, Saranya TS. Impact of mindfulness practices to improve quality of life and mental health of persons diagnosed with breast cancer: a systematic review. *Frontiers in Psychology*. Frontiers Media SA; 2025. doi:10.3389/fpsyg.2025.1641751
164. Park S, Sato Y, Takita Y, Tamura N, Ninomiya A, Kosugi T, et al. Mindfulness-Based Cognitive Therapy for Psychological Distress, Fear of Cancer Recurrence, Fatigue, Spiritual Well-Being, and Quality of Life in Patients With Breast Cancer—A Randomized Controlled Trial. *J Pain Symptom Manage*. 2020 Aug 1;60(2):381–9. doi:10.1016/j.jpainsymman.2020.02.017 PubMed PMID: 32105790.
165. Li Z, Lei D, Ting L, Yao R, Jing W, Na M. The impact of mindfulness intervention on negative emotions and quality of life in malignant tumor

- patients: a systematic review and meta-analysis. *Frontiers in Psychology*. Frontiers Media SA; 2024. doi:10.3389/fpsyg.2024.1443516
166. Riegner G, Posey G, Oliva V, Jung Y, Mobley W, Zeidan F. Disentangling self from pain: Mindfulness meditation-induced pain relief is driven by thalamic-default mode network decoupling. *Pain*. 2023 Feb 1;164(2):280–91. doi:10.1097/j.pain.0000000000002731 PubMed PMID: 36095039.
167. Agua CY, Sofía Luque Suárez, María Ruesga García, Rosario Sepulcre Canto, Renmaly Angulo Belisario, Tamara Hernandez Baute, et al. The role of emotion regulation through mindfulness in oncological patients: A pilot study. *Journal of psychosocial oncology*. 2025 Aug 10;43(2):278–93. doi:10.1080/07347332.2024.2389094
168. Lazzarelli A, Scafuto F, Crescentini C, Matiz A, Orrù G, Ciacchini R, et al. Interoceptive Ability and Emotion Regulation in Mind–Body Interventions: An Integrative Review. *Behavioral Sciences*. Multidisciplinary Digital Publishing Institute (MDPI); 2024. doi:10.3390/bs14111107
169. Štánerová E, Zelenayová V, Rajčáni J. Mindfulness-based interventions for cancer patients in standard treatment: A meta-analysis of effects on depression, anxiety, and quality of life. *J Psychosom Res*. 2025 Sep 1;196. doi:10.1016/j.jpsychores.2025.112312 PubMed PMID: 40639226.
170. Fink M, Schmidt K, Kowalski A, Pasche S, Albrot C, Krawutschke M, et al. Differential effects of mindfulness treatment and mobile neurofeedback on event-related potentials in early posterior negativity in cancer patients: a clinical-experimental parallel group design. *Front Psychol*. 2024;15. doi:10.3389/fpsyg.2024.1395032