compassion can bolster resilience, thus ameliorating the mental health outcomes for cancer patients [37].[Google Scholar] [CrossRef] [PubMed] Wang, X.; Li, X.; Guo, C.; Hu, Y.; Xia, L.; Geng, F.; Sun, F.; Chen, C.; Wang, J.; Wen, X.; et al. Prevalence and correlates of alexithymia and its relationship with life events in chinese adolescents with depression during the COVID-19 pandemic.First, its cross-sectional design precludes the establishment of definitive causality, making longitudinal studies a more desirable avenue for verifying directional relationships among self-compassion, emotional resilience, cognitive emotion regulation, depression, and anxiety.Additionally, the operational definitions and measurements for self-compassion, emotional resilience, and cognitive emotion regulation might not wholly encapsulate the breadth and nuances of these intricate constructs, leaving room for potential oversights or cultural biases.[Google Scholar] [CrossRef] Wang, Y.; Yi, J.; He, J.; Chen, G.; Li, L.; Yang, Y.; Zhu, X. Cognitive emotion regulation strategies as predictors of depressive symptoms in women newly diagnosed with breast cancer.Given the significant mediational roles of emotional resilience and cognitive emotion regulation, interventions that bolster these components could be especially beneficial for individuals prone to depression and anxiety.The reliance on self-report measures poses the risk of introducing biases, as participants may not consistently offer accurate or forthright responses, potentially influenced by social desirability or an imprecise self-awareness.Author Contributions Conceptualization, I.O.U. and C.O.; methodology, I.O.U. and C.O.; validation, I.O.U. and C.O.; formal analysis, I.O.U. and C.O.; investigation I.O.U. and C.O.; data curation, I.O.U. and C.O.; writing--original draft preparation, I.O.U.; writing--review and editing, I.O.U. and C.O.; visualization, I.O.U. and C.O.; and supervision C.O. All authors have read and agreed to the published version of the manuscript.[Google Scholar] [CrossRef] Zhang, L.; Pan, J.; Chen, W.; Jiang, J.; Huang, J. Chronic stress-induced immune dysregulation in cancer: Implications for initiation, progression, metastasis, and treatment.[Google Scholar] [CrossRef] [PubMed] Unal, C.; Ozmen, T.; Ordu, C.; Pilanci, K.N.; Ilgun, A.S.; Gokmen, E.; Almuradova, E.; Ozdogan, M.; Guler, N.; Uras, C.; et al. Survival results according to Oncotype Dx recurrence score in patients with hormone receptor positive HER-2 negative early-stage breast cancer: First multicenter Oncotype Dx recurrence score survival data of Turkey.[Google Scholar] [CrossRef] [PubMed] Yang, M.; Zhang, Z.; Nice, E.C.; Wang, C.; Zhang, W.; Huang, C. Psychological intervention to treat distress: An emerging frontier in cancer prevention and therapy.[Google Scholar] [CrossRef] Asensio-Martinez, A.; Olivan-Blazquez, B.; Montero-Marin, J.; Masluk, B.; Fueyo-Diaz, R.; Gascon-Santos, S.; Gude, F.; Gonzalez-Quintela, A.; Garcia-Campayo, J.; Magallon-Botaya, R. Relation of the psychological constructs of resilience, mindfulness, and self-compassion on the perception of physical and mental health.Clinical Implications The rising global incidence of cancer, coupled with increased mortality rates for certain malignancies, underscores the persistent challenges faced by the community in the comprehensive management of cancer.References Boyes, A.; D'este, C.; Carey, M.; Lecathelinais, C.; Girgis, A. How does the Distress Thermometer compare to the Hospital Anxiety and Depression Scale for detecting possible cases of psychological morbidity among cancer survivors?In Distress Management; Version II; National Comprehensive Cancer Network: Plymouth Meeting, PA, USA, 2018; Available online: https://www.nccn.org/professionals/physician_gls (accessed on 1 August 2023).[Google Scholar] [CrossRef] Yeung, N.C.; Wang, L.J.; Ji, L.; Lu, Q.; Lu, G. Difficulties in identifying and

describing feelings, social constraints, affect, and functional well-being among Chinese breast cancer patients: A mediation model.[Google Scholar] Unal, C.; Ozmen, T.; Ilgun, A.S.; Ordu, C.; Ozkurt, E.; Ak, N.; Alco, G.; Erdogan Iyigun, Z.; Kurt, S.; Duymaz, T.; et al. MCM-2 Levels as a Potential Biomarker for Predicting High-Risk Breast Cancer Patients According to TAILORx Classification.[Google Scholar] [CrossRef] [PubMed] Rosenbaum, D.; Boyle, A.B.; Rosenblum, A.M.; Ziai, S.; Chasen, M.R. Psychedelics for psychological and existential distress in palliative and cancer care.[Google Scholar] [CrossRef] [PubMed] Van Dam, N.T.; Sheppard, S.C.; Forsyth, J.P.; Earleywine, M. Self-compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression.It indicates a tendency for individuals harboring higher self-compassion to report diminished depression scores, a trait possibly fostered by a gentler self-view and decreased self-reproach, aligning with earlier research narratives.Fostering a self-compassionate approach could potentially curb the reliance on maladaptive cognitive processes like rumination or catastrophizing, frequently associated with depressive symptoms.Such insights accentuate the imperativeness of weaving mindfulness, self-compassion, and resilience into therapeutic paradigms, fostering a comprehensive upliftment in patient wellness trajectories.Recognizing the mediating roles of resilience and emotion regulation not only enriches our understanding but also points towards targeted therapeutic strategies that can significantly enhance mental health outcomes.[Google Scholar] [CrossRef] [PubMed] Holland, J.C.; Deshields, T.L.; Andersen, B.; Braun, I.; Breitbart, W.S.; Brewer, B.W. National Comprehensive Cancer Network Practical Guidelines in Oncology.[Google Scholar] [CrossRef] Tuna, E.; Bozo, O. The Cognitive Emotion Regulation Questionnaire: Factor structure and psychometric properties of the Turkish version.[Google Scholar] [CrossRef] Gulec, H.; Kose, S.; Gulec, M.Y.; Citak, S.; Evren, C.; Borckardt, J.; Sayar, K. Reliability and factorial validity of the Turkish version of the 20-item Toronto alexithymia scale (TAS-20).[Google Scholar] Hayes, A.F. Introduction to Mediation, Moderation, and Conditional Process Analysis: A Regression-Based Approach; Guilford Publications: New York, NY, USA, 2017.[Google Scholar] [CrossRef] Madmoli, Y.; Gheibizadeh, M.; Fazeli, M.; Ghezelbash, P.; Madmoli, M. Relationship between self-compassion and depression in cancer patients referring to the oncology ward of shahid baghaee hospital in ahvaz, Iran.[Google Scholar] [CrossRef] [PubMed] Faghani, F.; Choobforoushzadeh, A.; Sharbafchi, M.R.; Poursheikhali, H. Effectiveness of mindfulness-based supportive psychotherapy on posttraumatic growth, resilience, and self-compassion in cancer patients: A pilot study.[Google Scholar] [CrossRef] Joyce, S.; Shand, F.; Tighe, J.; Laurent, S.J.; Bryant, R.A.; Harvey, S.B. Road to resilience: A systematic review and meta-analysis of resilience training programmes and interventions.The indirect effects point to emotional resilience as a potential buffer against anxiety, positing that self-compassionate individuals may develop stronger emotional coping mechanisms that reduce anxiety susceptibility.While scant research has probed into the interplay of self-compassion, resilience, and cognitive emotion regulation within the cancer patient demographic, these concepts resonate deeply in broader populations.In particular, the elevated prevalence of maladaptive emotion regulation strategies among cancer patients suggests an immediate need for interventions that prioritize cognitive restructuring and emotion-focused coping.[Google Scholar] [CrossRef] Osowiecka, K.; Kieszkowska-Grudny, A.; Sroda, R.; Olejniczak, D.; Rucinska, M. Identification of cognitive strategies

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