

compassion can bolster resilience, thus ameliorating the mental health outcomes for cancer patients [37].

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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.

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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.; Kieszowska-Grudny, A.; Sroda, R.; Olejniczak, D.; Rucinska, M. Identification of cognitive strategies

used by cancer patients as a basis for psychological self-support during oncological therapy.[Google Scholar] [CrossRef] [PubMed] Okanli, A.; Karabulutlu, E.Y.; Asi Karakas, S.; Sahin Altun, O.; Yildirim, N. Alexithymia and perception of illness in patients with cancer.[Google Scholar] [CrossRef] Salles, B.M.; Maturana de Souza, W.; Dos Santos, V.A.; Mograbi, D.C. Effects of DBT-based interventions on alexithymia: A systematic review.[Google Scholar] [CrossRef] Pulumati, A.; Pulumati, A.; Dwarakanath, B.S.; Verma, A.; Papineni, R.V. Technological advancements in cancer diagnostics: Improvements and limitations. A self-compassionate mindset might deter maladaptive cognitive strategies, such as rumination or catastrophizing, which are often implicated in depressive symptomology. Neff's depiction of self-compassion positions it as a robust shield against depression and anxiety, corroborated by studies like that of Van Dam et al. [9,38]. The literature distinctly underscores the tandem effect of mindfulness and self-compassion in assuaging emotional distress, propelling resilience to the forefront as a potential mediating agent [39]. Resilience, framed as the innate human capacity to rebound from setbacks, melds seamlessly with mindfulness, and stands as a cornerstone in well-being outcomes [40]. Reflecting upon the extant literature and the revelations from our investigation, it is evident that self-compassion, whether directly or mediated via resilience, cast a profound impact on emotional states like anxiety and depression. Conflicts of Interest The authors declare no conflict of interest. 4. 1.4.2.5.2020, 10, 1294.2023, 215, 112375.2020, 47, 101760.1998, 12, 163.2009, 19, 214.2023, 13, 1151733.2020, 11, 1683.