



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

European Journal of Oncology Nursing

journal homepage: www.elsevier.com/locate/ejon



A grounded theory of resilience experiences of women with gynecological cancer

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ARTICLE INFO

Keywords:

Cancer
Health promotion
Salutogenesis
Sense of coherence
Resilience
Resources
Oncology
Nursing

ABSTRACT

Purpose: The present study aims to develop an explanatory framework to gain a deeper understanding of the resilience process in women diagnosed with gynecological cancers.

Method: Informed by Salutogenesis Model, a Straussian-grounded theory study was conducted. In-depth interviews were conducted with 20 women with gynecological cancer between January and August 2022. Data were analyzed using open, axial, selective coding, and constant comparative methods.

Results: The core category encapsulated that most women defined resilience as having a dynamic process that could be promoted throughout the process. However, they expressed that they needed "individual resources for resilience" and "generated resources by the supportive interventions" to be resilient. They emphasized that these resources should make the process manageable, meaningful, and comprehensible to promote resilience. Furthermore, they defined in detail which components should be included in supportive interventions. They stated "some reflections of resilience on their cancer process" and "life gains from the process."

Conclusion: This study developed a grounded theory that provides a guideline for healthcare professionals on how women could be encouraged to have resilience and what is the importance of resilience on women's cancer process and their lives. Salutogenesis may help to understand the resilience process in women with gynecological cancer and provides direction for how healthcare professionals should shape their clinical interventions to promote the resilience process.