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Religiosity: A Factor Related to Resilience in Postmenopausal Colombian Women Breast Cancer Survivors

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CONFLICT OF INTEREST DISCLOSURE
I have no financial relationships to disclose.

Resilience is the ability to adapt and effectively cope with adverse life situations.

Resilience is a key resource that should be strengthened in breast cancer survivors to help them cope with the biopsychosocial challenges associated with the disease.

There are strategies to enhance resilience, including support networks, healthy lifestyles, and psychosocial support.

Few studies have explored the role of religiosity in strengthening resilience among Latin American women who are survivors of neoplastic diseases.

Schwalm FD, et al. J Health Psychol. 2022 Apr;27(5):1218-1232

OBJECTIVE

To establish the association between religiosity and resilience among postmenopausal breast cancer survivors residing in the Colombian Caribbean.

- **Cross-sectional study, conducted as**
- **part of the Quality of Life in Women**
- **Breast Cancer Survivors (CAVICSEN) project.**
- **Ethical approval: University of Cartagena,**
- **Colombia.**
- **The sample included 520 postmenopausal**
- **women (≥ 1 year without menstruation) who**
- **were breast cancer survivors (≥ 1 year since**
- **diagnosis), all residents of the Colombian**
- **Caribbean and affiliated with support networks.**
- **Recruitment period: January 2021–April 2025.**
- **Participants were recruited through breast**
- **cancer survivors' clubs.**
- **Exclusion criteria included refusal to**
- **participate and difficulties with reading or**
- **writing.**



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- A questionnaire assessing sociodemographic and clinical characteristics was administered, along with two international scales validated in Spanish-speaking and Latin American populations.
- The “Age Universal” I–E Scale-12 assessed intrinsic religiosity, personal extrinsic religiosity and social extrinsic religiosity.
- Resilience was measured using the Wagnild and Young Resilience Scale, with higher scores indicating greater resilience capacity.
- Adjusted logistic regression analyses were performed, with resilience as the dependent variable, religiosity as the independent variable, and sociodemographic and clinical characteristics as covariates.



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ESCALA DE RELIGIOSIDAD- Maltby (1999), "Age Universal" I-E-12					
	1 Totalmente de acuerdo	2 De acuerdo	3 Ni de acuerdo ni en desacuerdo	4 En desacuerdo	5 Totalmente en desacuerdo
ORIENTACION INTRINSECA					
Todo mi enfoque hacia la vida está basado en mi religión					
Me esfuerzo por vivir mi vida acorde a mis creencias religiosas					
He tenido frecuentemente una fuerte sensación de la presencia de Dios					
Mi religión es importante porque me da respuesta a muchas preguntas sobre el sentido de la vida					
Disfruto leyendo sobre mi religión					
Es importante para mí pasar tiempo pensando y rezando en privado					
ORIENTACION EXTRINSECA-SOCIAL					
Voy a la iglesia principalmente para pasar tiempo con mis amigos					
Voy a la iglesia principalmente porque disfruto viendo a las personas que conozco ahí					
Voy a la iglesia porque me ayuda hacer amigos					
ORIENTACION EXTRINSECA-PERSONAL					
Rezo principalmente para conseguir alivio y protección					

**Scale with 12 items.
The lower score in each item
and in each domain
suggests better religiosity**

- **INTRINSIC RELIGIOSITY.** Inherent and deep motivation for the practice of religion, without intentional search for benefits, since for the subject the main thing is the religious values themselves.
- **PERSONAL EXTRINSIC RELIGIOSITY.** Individual support in the sense of well-being, security, or relief obtained by the religious approach.
- **EXTRINSIC SOCIAL RELIGIOSITY.** Based on social and interpersonal relationships resulting from attending activities or meetings held in this context.

ESCALA DE RESILIENCIA DE WAGNILD Y YOUNG	Totalmente en desacuerdo	Bastante en desacuerdo	Un poco en desacuerdo	Neutro intermedio	Un poco de acuerdo	Bastante de acuerdo	Totalmente de acuerdo
Usualmente puedo ver una situación desde varios puntos de vista.							
La confianza en mí mismo me permite pasar los tiempos difíciles.							
Soy decidida.							
Usualmente manejo los problemas de distintos modos							
Siento que puedo manejar varias cosas a la vez.							
Cuando estoy en una situación difícil generalmente encuentro una salida							
Soy capaz de hacer las cosas por mí mismo sin depender de los demás.							
Usualmente encuentro cosas de que reírme.							

Scale with 25 items
It has a single domain and according to the total score
It identifies three levels of resilience capacity:
low (<121), moderate (121-145)
and high (>145).

The Wagnild & Young Resilience Scale, developed in 1989 and revised in 1993, measures the level of coping and adaptation to stressful life situations

- In the 520 postmenopausal women and breast cancer survivors, we found: "Age Universal" I-E Scale-12 had Cronbach's alpha of 0.86, 0.76 and 0.92 for the intrinsic religiosity, personal extrinsic and social extrinsic domains, respectively. Wagnild & Young Resilience Scale, Cronbach's alpha of 0.91***

	All n=520	Levels of resilience capacity		P
		Low 51 (9.8)	Moderate/high 469 (90.2)	
Age, y	51.7 ± 7.2	52.1 ± 7.3	51.6 ± 7.2	0.65
Menopause, y	10.3 ± 9.2	13.3 ± 10.8	9.9 ± 9.0	0.01
Time since diagnosis, y	5.2 ± 4.8	6.5 ± 5.2	5.1 ± 4.7	0.05
Age at the time of diagnosis, y	46.4 ± 7.7	45.6 ± 8.2	46.5 ± 7.7	0.42
Regular church attendance	502 (96.5)	49 (96.0)	453 (96.5)	0.85
Practices Catholic religion	353 (67.9)	31 (60.7)	322 (68.6)	0.25
Practices Christian religion	140 (27.0)	18 (35.2)	122 (26.0)	0.15
No religious affiliation	13 (2.5)	2 (3.9)	11 (2.3)	0.49

Data are presented in mean and standard deviation or in absolute values (%)

The average score of the intrinsic religiosity, personal extrinsic and social extrinsic domains were: 9.0±3.5, 4.3±2.0 and 11.0±2.8, respectively.

187 (35.9%) women had insufficient intrinsic religiosity

194 (37.3%) insufficient personal extrinsic religiosity

341 (65.5%) insufficient social extrinsic religiosity

Association with low resilience

	Not adjusted		Adjusted*	
	OR [95%CI]	p	OR [95%CI]	p
Insufficient intrinsic religiosity	1.82 [1.01-3.25]	<0.05	1.87 [1.00-3.49]	<0.05
Insufficient personal extrinsic religiosity	2.42 [1.35-4.36]	<0.01	2.67 [1.42-5.00]	<0.01
Insufficient extrinsic social religiosity	1.29 [0.68-2.42]	0.42	1.14 [0.59-2.22]	0.68

**Age, Menarche, Age first pregnancy, BMI, Ethnicity, Regular church attendance, With a family history of breast cancer, Perform regular breast self-exams, With a history of breastfeeding, Presence of breast cancer metastases, Positive ganglios, Received chemotherapy for breast cancer, Received chemotherapy for breast cancer, mastectomy and breast reconstructive surgery*

CONCLUSIONS

Among postmenopausal Colombian women who survived breast cancer,

- 9.8% exhibited a low level of resilience.
- One third showed insufficient intrinsic religiosity or insufficient personal extrinsic religiosity, while six out of ten had insufficient social extrinsic religiosity.
- Insufficient intrinsic religiosity (low motivation for religious practice and inadequate internalization of religious values) and insufficient personal extrinsic religiosity (reduced sense of well-being, security, and relief derived from religious involvement) were significantly associated with a higher likelihood of low resilience.



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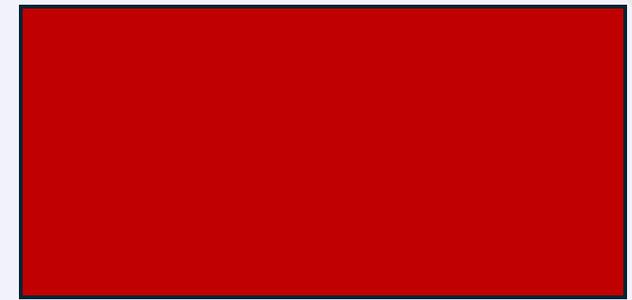
Breast cancer remains a major public health problem, and survivors require comprehensive care approaches that address multiple biopsychosocial factors, including menopause, religiosity, and resilience.

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