

## A sanatogenetikus személyiségtényezők szerepe a rák diagnózissal való hatékony megküzdésben

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**Abstract:** People with cancer face intense fears, anxieties, frustrations and multiple losses. The cancer diagnosis is a road paved with an awesome mingling of hope and despair, courage and fear, humor and anger and constant uncertainty. Individuals differ in how they cope to these potentially psychological health hazards and these individual differences are associated with general well being and effective personal adjustment. The goal of this paper is to identify those sanatogenetic factors which bring greater clarity in understanding how the protective personal resources interact with the effective coping process, and the way these personality attributes preserve psychological and biological health in circumstances of extreme stress and emotional turmoil.

**Keywords:** cancer diagnosis, emotional reactions, effective coping, sanatogenetic factors.