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## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/21509

DOI URL: <http://dx.doi.org/10.21474/IJAR01/21509>



### RESEARCH ARTICLE

## NAVIGATING STRESS AND GROWTH: THE ROLE OF SOCIAL SUPPORT AMONG CAREGIVERS OF CANCER PATIENTS IN MOROCCO

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### Manuscript Info

#### Manuscript History

Received: 07 June 2025

Final Accepted: 9 July 2025

Published: August 2025

#### Key words:-

Caregivers, cancer, social support, stress,  
post-traumatic growth

### Abstract

This study utilized a quantitative approach to examine the relationship between social support and the experiences of stress and growth among caregivers of cancer patients in Morocco. Employing a cross-sectional design, data were gathered from caregivers using validated measures of perceived stress, social support, and post-traumatic growth. Regression analyses demonstrated that higher levels of emotional and instrumental social support were significantly associated with reduced stress and increased post-traumatic growth among caregivers. These findings highlight the protective role of strong social support networks in alleviating caregiving stress and fostering positive psychological outcomes. The study underscores the need for interventions aimed at strengthening social support systems for caregivers, particularly within the Moroccan context, where cultural and social dynamics play a significant role in caregiving experiences.

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### Introduction:-

According to the latest global cancer statistics, cancer remains a highly prevalent and devastating illness, with an estimated 20 million new cases and 9.7 million deaths reported worldwide in 2022 (Bray et al., 2024). Lung cancer was the most commonly diagnosed form, accounting for approximately 2.5 million new cases, followed by breast cancer (2.3 million) and colorectal cancer (1.9 million) (Bray et al., 2024). Recent data indicates that the cancer burden in Morocco is equally alarming, with cancer being the second leading cause of mortality in the country. According to Obtel et al., (2015) The most prevalent cancer types among Moroccan men are lung and prostate, while breast and cervical cancers are the predominant malignancies in women. Additionally, a substantial proportion of breast and cervical cancers in Moroccan women are diagnosed at advanced stages, specifically stages II and III. These observations align with findings from a previous study that identified breast cancer as the most frequent malignancy affecting women in the broader North African region. (Belbaraka et al., 2022).

Beyond the physical toll, the cancer experience entails significant psychological and social consequences that cannot be overlooked. Not surprisingly, studies have found that patients with cancer frequently grapple with mental health issues such as depression and anxiety disorders. (Medicine, 2008). In their research about long term mental health implications of cancer patients, Forbes et al., (2024) indicated that individuals diagnosed with cancer face an elevated risk of developing anxiety and depression, a risk that persists even more than five years after their initial

diagnosis. For instance, patients with lung cancer are nearly three times more likely to develop these mental health issues compared to those without cancer. Corroborating the findings from the referenced study (Forbes et al., 2024), various cancer types demonstrate a substantially heightened risk of suicide and non-fatal self-harm, particularly among those with cancers linked to poor prognoses, such as lung and pancreatic malignancies. Furthermore, the investigation uncovered that 17 out of the 20 examined cancer types exhibited elevated rates of self-harm relative to individuals without a cancer diagnosis. Research indicates that even after completing cancer treatment, a substantial proportion of patients, estimated around 35%, continue to experience significant psychological distress (Krok et al., 2024). Furthermore, a key psychological challenge for many post-treatment cancer patients is the fear of their cancer recurring, which affects a significant number of individuals who have completed their cancer treatment.

The pervasive impact of cancer inflicts a substantial burden on individuals, households, and healthcare systems, manifesting in extensive physical, emotional, and financial ramifications that traverse patients, their loved ones, and the broader healthcare landscape. Research corroborates that the psychological toll of cancer transcends the patient, profoundly affecting the mental health and well-being of caregivers and family members. Within the Moroccan context, where healthcare infrastructure and access to high-quality cancer care remain constrained, the onus of caregiving typically falls upon family members, who must navigate the multifaceted challenges of supporting a loved one through this illness.

Numerous studies have demonstrated that caregivers frequently experience substantial emotional distress, often feeling ill-equipped to handle the profound psychological toll that a loved one's cancer diagnosis can have on both the patient and themselves. As they navigate the challenges of supporting a loved one through the cancer journey, caregivers often struggle with feelings of anxiety, depression, and burnout. This is evidenced by a study (Goldzweig et al., 2019) that explored the emotional toll on spousal caregivers of older cancer patients, which found that 16.5% experienced clinical depression and 28% experienced distress. Studies (Goldzweig et al., 2019) (Northouse et al., 2012) suggest that patients and caregivers react to cancer as an "emotional system," with their emotional responses being interrelated.

(Northouse et al., 2012) When one is distressed, the other is likely to be as well. (Caregivers of Cancer Patients, 2014) emphasizes the challenge of providing care and support while managing one's own needs and feelings. The stress can lead to both physical and psychological effects, and neglecting self-care can hinder the ability to care for others. This underscores the intensity of the caregiving experience, which can be both deeply challenging and surprisingly transformative. Emerging from this crucible of stress and adversity can be a process of post-traumatic growth, where individuals discover new strengths, deepened relationships, and a renewed appreciation for life.

#### **Post traumatic growth:**

The existing literature defines post-traumatic growth as the constructive psychological shifts that can arise from grappling with profoundly challenging life events, such as a cancer diagnosis and subsequent treatment. (Zahra et al., 2024) Within the cancer context, accumulating evidence indicates that a considerable proportion of patients and their caregivers may undergo positive transformations, including enhanced appreciation for life, fortified interpersonal connections, and a heightened sense of personal resilience, as a consequence of navigating the cancer experience. A qualitative study (Loripoor et al., 2015) involving interviews with 19 women with breast cancer uncovered that facing their own mortality prompted a shift in their perspectives. This catalysed a greater appreciation for the present, heightened gratitude for day-to-day experiences, and a renewed sense of purpose. Similarly, in a study conducted by Longcoy et al., (2023) involving 41 breast cancer survivors, results have shown that the majority reported experiences of post-traumatic growth, including strengthened relationships, a heightened appreciation for life, and a bolstered sense of personal resilience.

Corroborating these findings, in their research which sets out to improve understanding of the cancer experience through interviews with young adult-aged cancer survivors, Steinberg et al., (2019) found that a substantial proportion of cancer patients, ranging from 60% to 95%, were found to experience post-traumatic growth. This manifested in positive changes across various domains, including their interpersonal relationships, and self-perception. The researchers explained that the shared adversity of the cancer experience can serve to strengthen bonds with family and friends. Many cancer patients and their caregivers reported feeling closer to their loved ones, experiencing increased empathy and support, and developing a deeper appreciation for the significance of personal relationships (Steinberg et al., 2019). Additionally, research indicates that cancer patients and their caregivers may undergo constructive changes in their life philosophy, such as developing a greater acceptance of their

vulnerabilities and limitations, as well as a heightened awareness and appreciation of their own mortality. This shift in perspective can lead to a renewed sense of purpose and a deeper understanding of what truly matters in life. (Sawyer et al., 2010)

While the research indicates promising findings regarding post-traumatic growth experienced by many individuals facing the adversity of a cancer diagnosis, it is important to recognise that this is not a universal outcome. Not all patients and their caregivers will undergo positive psychological transformations following such a challenging life event. This variation highlights the need to investigate the factors contributing to differences in post-traumatic growth outcomes. Social support appears to be a crucial element, but further research is required to elucidate its influence on stress levels and the potential for growth. This study aims to address this gap by adopting a quantitative approach to better comprehend the relationship between social support, stress, and growth among caregivers of cancer patients.

### **Hypothesis of the study:**

The current study hypothesizes that Perceived social support moderates the relationship between perceived stress and post-traumatic growth, such that the negative impact of stress on growth is weaker for caregivers with higher levels of social support.

### **Method:-**

#### **Participants and procedure:**

This study recruited 127 caregivers of adult cancer patients from the Oncology and Haematology Hospital of the Mohammed VI University Hospital Centre in Marrakech, Morocco. This study employed a purposive sampling technique to collect the data.

The eligibility criteria for inclusion in the study were: 1) being a primary caregiver for an adult cancer patient, 2) having provided care for at least 3 months, and 3) willingness to provide informed consent to participate. Caregivers of patients living with any other terminal disease or a psychiatric illness were excluded from the study.

The participants were informed of the study's aims and procedures, and they provided written consent before taking part. They then completed a sociodemographic report as well as self-report measures evaluating their perceived stress, perceived social support, and post-traumatic growth.

#### **Measures:**

**Perceived Stress Scale (PS):** The study employed the Arabic version of the Perceived Stress Scale, which had been adapted and validated by Ben Loubir et al. (2014) for use with a Moroccan population. This adapted version of the PSS has demonstrated good psychometric properties in previous research involving Moroccan participants. The 10-item Perceived Stress Scale was used to assess the degree to which situations in a caregiver's life were perceived as stressful. Participants rated each item on a 5-point Likert scale, ranging from 0 to 4, with higher scores indicating greater perceived stress.

The adaptation of the Multidimensional Scale of Perceived Social Support (PSS), and Posttraumatic Growth Inventory (PTG) into Arabic for the Moroccan population followed a rigorous cross-cultural adaptation process to ensure linguistic and conceptual equivalence. The process included forward translation by bilingual experts, synthesis of translations, back translation, and expert review to resolve discrepancies and ensure cultural relevance. Pilot testing with a sample from the target population assessed clarity and appropriateness, leading to minor revisions. Psychometric validation confirmed the reliability and validity of the adapted scales, with Cronbach's alpha values of 0.89 for the PSS, and 0.91 for the PTG, and factor structures consistent with the original versions. The final adapted scales were deemed suitable for use in the Moroccan population and employed in the present study.

#### **Data analysis:**

All statistical analyses were performed using SPSS software (version 21.0). Firstly, we calculated the means, standard deviations, and correlations between the study variables.

To test the hypothesis that perceived social support moderates the relationship between perceived stress and post-traumatic growth, a moderated mediation analysis was conducted using the PROCESS macro for SPSS.

### Ethical Considerations:

The study received authorization from the administration of the Hematology-Oncology Department at the Centre Hospitalier Universitaire Mohammed VI - Marrakech. All procedures complied with the ethical standards of the Declaration of Helsinki. All participants were provided with comprehensive information about the study's purpose, procedures, potential risks, and anticipated benefits. Written informed consent was obtained from each participant, ensuring their voluntary participation and the right to withdraw at any time without consequence. Confidentiality and anonymity were strictly maintained throughout the study, with all data being securely stored and used solely for research purposes. Participants were also assured that their responses would not be linked to their identities in any way. These measures were implemented to uphold the dignity, rights, and well-being of all participants.

### Results:-

#### Descriptive Statistics:

Summary statistics were calculated for each interval and ratio variable. Frequencies and percentages were calculated for each nominal variable. The most frequently observed category of Gender was Female ( $n = 64$ , 50.39%). Frequencies and percentages are presented in Table 1. (Table 1)

The participants had a mean age of 47.81 years, ranging from 34 to 63 years. The CH (caregiving hours) variable had a mean score of 34.94, spanning from 22 to 50. The PSS (perceived social support) variable scored a mean of 27.37, with a range of 20 to 33. The PS (perceived stress) variable averaged 21.17, between 17 and 26. The PTG (post traumatic growth) variable had a mean of 13.16, with a range of 10 to 16. The summary statistics for these variables are presented in Table 2. (Table 2)

#### Pearson Correlation Analysis:

A Pearson correlation analysis was conducted among PS, PTG, and PSS. Figure 1-Figure 2 presents the scatterplots of the correlations. A regression line has been added to assist the interpretation. (Figure 1 – Figure 2)

The analysis revealed a strong negative correlation between PS and PTG ( $r = -.65$ ), as well as a significant negative correlation between PS and PSS ( $r = -.64$ ). Conversely, PTG and PSS were positively correlated ( $r = .93$ ). These findings suggest an inverse relationship, where higher PS is associated with lower PTG and PSS, while increased PTG corresponds with greater PSS. The results of these correlations are presented in Table 3. (Table 3)

#### Linear Regression Analysis:

A linear regression analysis was conducted to assess whether PS and PSS significantly predicted PTG. The results of the linear regression model were significant,  $F(2,124) = 417.06$ ,  $p < .001$ ,  $R^2 = .87$ , indicating that approximately 87.06% of the variance in PTG is explainable by PS and PSS. PS significantly predicted PTG,  $B = -0.07$ ,  $t(124) = -2.08$ ,  $p = .039$ . This indicates that on average, a one-unit increase of PS will decrease the value of PTG by 0.07 units. PSS significantly predicted PTG,  $B = 0.50$ ,  $t(124) = 20.69$ ,  $p < .001$ . This indicates that on average, a one-unit increase of PSS will increase the value of PTG by 0.50 units.

Table 4 summarizes the results of the regression model. (Table 4)

**Bootstrapping.** Bootstrapping was performed ( $N = 1,000$ ) to assess which predictors significantly predicted PTG. PS significantly predicted PTG,  $B_0 = -0.07$ ,  $SE = 0.03$ , 95.00% CI  $[-0.12, -0.010]$ . This indicates that on average, a one-unit increase of PS will decrease the value of PTG by 0.07 units. PSS significantly predicted PTG,  $B_0 = 0.50$ ,  $SE = 0.02$ , 95.00% CI  $[0.46, 0.54]$ . This indicates that on average, a one-unit increase of PSS will increase the value of PTG by 0.50 units. The results for Bootstrapping the regression coefficients are presented in Table 5. (Table 5)

#### Moderation:

A moderation analysis was conducted to test whether PSS moderated the relationship between PS and PTG. The interaction term was not significant ( $B = -0.002$ ,  $t(123) = -0.36$ ,  $p = .722$ ), indicating that PSS did not moderate the relationship between PS and PTG. However, the main effects of PS ( $B = -0.07$ ,  $p = .037$ ) and PSS ( $B = 0.50$ ,  $p < .001$ ) remained significant. The results for Moderation Analysis with PTG Predicted by PS Moderated by PSS are presented in table 6 (Table 6)

**Moderation plot.** A moderation plot was generated by dichotomizing PSS into High and Low categories using a median split. The High category indicates all observations of PSS above the median, and the Low category specifies all observations of PSS below the median. The moderation plot is presented in Figure 3. (Figure 3)

**Discussion:-**

The current study investigated the associations among social support, perceived stress, and post-traumatic growth in a sample of caregivers of cancer patients. The findings offer valuable insights into the protective role of social support in mitigating the negative impacts of caregiving stress and promoting positive psychological outcomes in this vulnerable population. These results align with existing literature, which highlights the crucial function of social support in buffering the detrimental effects of caregiving stress and fostering resilience and growth (Kira et al., 2012) (Schubert et al., 2015).

The descriptive statistics revealed that the majority of the caregiver participants were female, which is consistent with previous research indicating that women are more likely to assume caregiving responsibilities (Pinquart & Sörensen, 2006). The average age of caregivers in this study was 47.81 years, suggesting that many were in midlife, a period often characterized by multiple roles demands, including work, family, and caregiving obligations. The mean scores for perceived stress and post-traumatic growth indicated moderate levels of both stress and growth among the caregivers, underscoring the dual nature of the caregiving experience, which can be both challenging and transformative.

The Pearson correlation analysis revealed significant associations among perceived social support, perceived stress, and post-traumatic growth. Specifically, higher levels of perceived social support were linked to lower levels of perceived stress and higher levels of post-traumatic growth. These findings align with the stress-buffering hypothesis, which posits that social support can mitigate the negative effects of stress by providing emotional and instrumental resources (Kim et al., 2006). The strong positive correlation between post-traumatic growth and perceived social support suggests that caregivers experiencing higher levels of stress may also be more likely to report growth, possibly due to the transformative nature of coping with significant challenges.

The linear regression analysis further corroborated these findings, indicating that both perceived social support and perceived stress were significant predictors of post-traumatic growth. Specifically, higher levels of perceived social support were associated with lower levels of stress and greater post-traumatic growth. This is consistent with previous research suggesting that social support can enhance caregivers' ability to cope with stress and find meaning in their caregiving experiences (Kim et al., 2013). The regression model explained a substantial proportion of the variance in post-traumatic growth, underscoring the importance of social support and stress in shaping caregivers' psychological outcomes.

The moderation analysis did not detect a significant interaction effect between perceived social support and perceived stress on post-traumatic growth. This implies that while both social support and stress independently influence post-traumatic growth, their combined influence does not significantly moderate the relationship. This finding may suggest that the protective effects of social support function independently of stress levels, or that other factors, such as coping strategies or personality characteristics, may play a more pivotal role in moderating this relationship.

Nonetheless, the main effects observed in the moderation analysis highlight the crucial importance of both social support and stress management in promoting post-traumatic growth among cancer caregivers.

**Implications for Practice:-**

The findings of this research have notable implications for supporting caregivers of cancer patients in Morocco, where cultural and social dynamics often shape caregiving experiences. The strong association between social support and reduced stress underscores the need for interventions that enhance caregivers' access to emotional and instrumental support within the Moroccan context. Given the collectivist nature of Moroccan society, family and community networks can play a pivotal role in providing this support. Interventions such as community-based support groups, counselling services tailored to cultural norms, and respite care programmes could be particularly effective in alleviating caregiver stress.

Furthermore, healthcare providers in Morocco should recognise the dual role of caregivers as both providers and recipients of care. Integrating caregiver support into cancer care plans, providing education on stress management, and connecting caregivers with local resources could significantly improve their wellbeing. Programmes that foster post-traumatic growth, such as meaning-centred therapy or mindfulness-based interventions adapted to Moroccan cultural values, could help caregivers find positive meaning in their experiences. These interventions should be

designed with sensitivity to the cultural, religious, and social contexts of Moroccan caregivers to ensure their relevance and effectiveness.

### Limitations and Future Directions:-

This study offers valuable insights into the role of social support in mitigating stress and promoting growth among Moroccan caregivers, but several limitations warrant consideration. The cross-sectional design restricts the ability to draw causal inferences about the relationships between social support, stress, and post-traumatic growth. Future research should employ longitudinal approaches to explore the dynamic interactions of these variables over time and identify potential causal pathways.

Furthermore, the reliance on self-report measures may be subject to response biases, such as social desirability or recall bias. Incorporating mixed-method approaches, including interviews or observational measures, could provide a more comprehensive understanding of caregivers' experiences. Additionally, the predominantly female sample reflects the gendered nature of caregiving roles in Morocco, but this may limit the generalisability of the findings to male caregivers. Future studies should aim to include a more gender-balanced sample to investigate potential differences in the experience of stress and growth among male and female caregivers.

Despite these limitations, this study contributes to the growing body of literature on the psychological well-being of cancer caregivers in non-Western contexts.

**Table 1: Frequency Table for Nominal Variables**

Variable	n	%
Gender		
Female	64	50.39
Male	63	49.61
Missing	0	0.00

**Table 2: Summary Statistics Table for Interval and Ratio Variables**

Variable	M	SD	n	SE <sub>M</sub>	Min	Max	Skewness	Kurtosis
Age	47.81	6.22	127	0.55	34.00	63.00	0.21	-0.34
CH	34.94	7.75	127	0.69	22.00	50.00	0.08	-0.99
PSS	27.37	3.64	127	0.32	20.00	33.00	-0.15	-1.04
PS	21.17	2.73	127	0.24	17.00	26.00	0.28	-1.09
PTG	13.16	2.08	127	0.18	10.00	16.00	-0.16	-1.29

**Table 3 : Pearson Correlation Matrix Among PS, PTG, and PSS**

Variable	1	2	3
1. PS	-		
2. PTG	-.65*	-	
3. PSS	-.64*	.93*	-

Note. \*p< .05.

**Table 4 : Results for Linear Regression with PS and PSS predicting PTG**

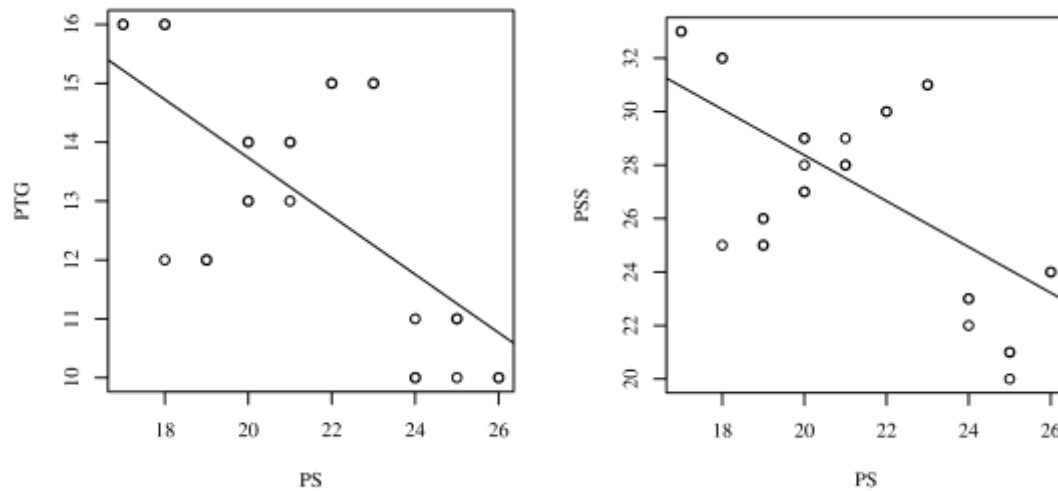
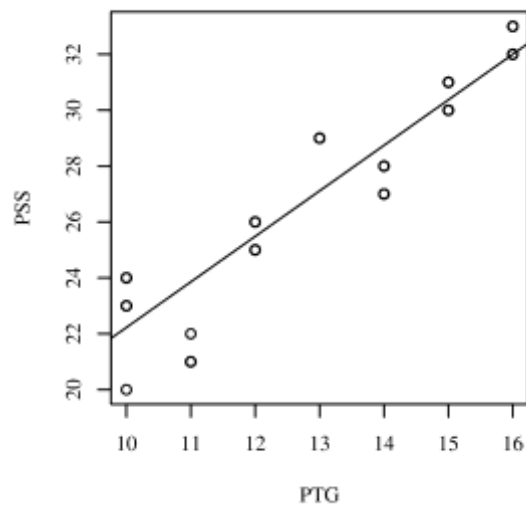
Variable	B	SE	95.00% CI	$\beta$	t	p
(Intercept)	0.91	1.22	[-1.50, 3.32]	0.00	0.75	.456
PS	-0.07	0.03	[-0.13, -0.003]	-0.09	-2.08	.039
PSS	0.50	0.02	[0.45, 0.55]	0.87	20.69	< .001

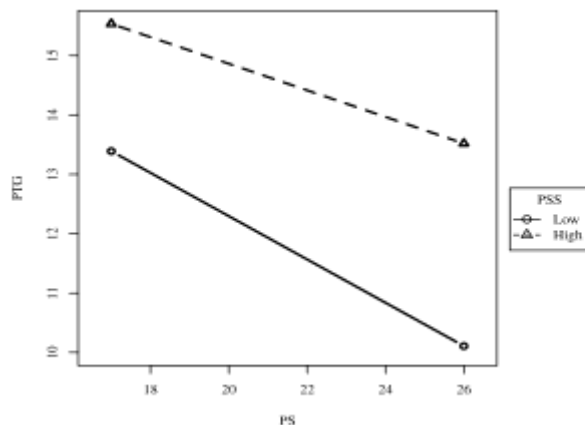
**Table 5 : Results for Bootstrapping the Regression Coefficients.**

Variable	B <sub>0</sub>	SE	95.00% CI
(Intercept)	0.91	0.91	[-0.73, 2.90]
PS	-0.07	0.03	[-0.12, -0.010]
PSS	0.50	0.02	[0.46, 0.54]

**Table 6 : Moderation Analysis Table with PTG Predicted by PS Moderated by PSS**

Predictor	B	SE	$\beta$	t	p
(Intercept)	13.14	0.08	0.00	167.59	< .001
PS	-0.07	0.03	-0.09	-2.10	.037
PSS	0.50	0.02	0.88	20.58	< .001
PS:PSS	-0.002	0.006	-0.01	-0.36	.722

**Figure 1 : Scatterplots with the regression line added for PS and PTG (left), PS and PSS (right)****Figure 2 : Scatterplots with the regression line added for PTG and PSS**

**Figure 3 : Regression lines for PTG predicted by PS for the High and Low categories of PSS****Conclusion:-**

This study emphasises the pivotal function of social support in alleviating stress and fostering post-traumatic growth among caregivers of cancer patients in Morocco. The findings underscore the necessity of developing culturally sensitive interventions that amplify caregivers' access to social support and address their psychological needs. By cultivating supportive environments and equipping caregivers with the resources to manage stress, healthcare providers and policymakers in Morocco can help promote positive psychological outcomes and enhance the overall well-being of caregivers.

Future research should continue to investigate the intricate interplay between social support, stress, and growth in this population, with a focus on longitudinal designs, mixed-method approaches, and diverse cultural contexts. By doing so, researchers and practitioners can develop more effective, culturally relevant interventions to support caregivers in their vital role, ultimately contributing to better outcomes for both caregivers and cancer patients in Morocco and beyond.

**Declarations:-**

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

**Funding:**No funding was received for this work.

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