

Glossary

- Absorption** Ability to concentrate in the performance of specific tasks.
- Acquired immune response Antigen-specific immune defence mechanism.
- Acupoint Specific points in the skin through which acupuncture needles are inserted. This activates specific nervous pathways in the peripheral and central nervous systems.
- Adaptive response Behavioural or physiological response that is functional in increasing survival and or reproductive success of organisms. Adaptive responses are likely to have evolved by natural selection.
- Adipsia Reduction of drinking.
- Adjustment disorder A condition whereby the individual reacts emotionally or otherwise behaviourally to a specific stressor in a manner that is considered excessive.
- Adjuvant therapy Any type of therapy that is given after or concomitantly to the main treatment to aid in the effectiveness of treatment and also to decrease the probability of cancer recurrence.
- Advance directives A process by which patients together with their families and health care practitioners, consider their values and goals and articulate preferences for future care; which may include written wishes expressed by a person regarding medical care in the eventuality that she or he may become incapable of deciding on her or his own, possibly including “do-not-resuscitate” orders.
- Aetiology Causal mechanisms of a disease.
- Affiliative humour** Style of humour based on the use of jokes to enhance affiliative/cooperative relationships with others.
- Agency** It refers to the degree of autonomy instrumentality and separation of one individual compared to others. When the focus is exclusively on the self, *unmitigated agency* is manifested.
- Agentic power An actor’s ability to act independently of the constraining power of social structure (Campbell 2009: 407).
- Ageusia Elimination of taste perception capabilities.
- Agraphia Inability to write.

- Agreeableness** A type of personality that characterises people who are approachable, forgiving, and generous.
- Alexia** Inability to read.
- Alexithymia A difficulty in experiencing and identifying feelings.
- Alogia Poor ability to speak.
- Alopecia Loss of hair.
- Alpha waves** These are the dominant frequencies recorded in electroencephalogram (EEG) measurements from the scalp, and they reflect the coordinated activity of groups of neurons. When the mental demand in the performance of a task is high, alpha waves desynchronise.
- Amygdala** Area of the limbic system situated in the mediotemporal lobes of both hemispheres of the brain. It is mainly involved in processing mnemonic information and also emotions.
- Anchor points** Strong values and beliefs that serve as stabilisers of identity.
- Androgens Steroid hormones such as testosterone that broadly have masculinising effects.
- Angiogenesis Process through which new blood vessels are grown from pre-existing ones.
- Anhedonia Incapacity to experience pleasure. Or loss of interest or pleasure in the things of life.
- Anorexia Loss of appetite and therefore of body mass.
- Anosmia Inability to smell.
- Anosognosia A variable level of denial of being ill.
- Antagonistic coevolution In the context of cancer it refers to a hypothetical evolutionary process by which increased competition for nutrients to be used for cell reproduction may favour the success of cancerous mutants.
- Anticipatory grief A form of grief that is expressed by family and friends before a person is actually dead.
- Anticipatory nausea** Association of an initial experience of nausea (during chemotherapy for instance) with specific aspects of the environmental setting (hospital) which become the conditioned stimulus that will elicit nausea on the next occasion the patient comes to the clinic, before any drug is administered.
- Anxiety** A psychological reaction to a stressful situation characterised by feelings of fear and concern.
- Aphasia Speech difficulties.
- Apoptosis Programmed cell death.
- Aromastick A small tube with an opening at the top and a cap that is removed when inhalation is required. Inside the tube there is an absorbent material that contains a blend of essential oils for aromatherapy.
- Aromatisation Chemical reaction that produces oestrogens from androgens.
- Asthenia Lack of energy.
- Ataxia Dysfunction of voluntary muscle coordination.
- Autoimmune paraneoplastic disorder Immune response against a developing tumour that eventually leads to an autoimmune reaction.

- Avoidance** A tendency not to talk about a reality of illness of which one is perfectly aware.
- Avolition** Lack of motivation.
- Benefits finding** Attitude that emphasises the positive aspects brought to the individual—in terms of personal growth for instance—by the disease.
- Bereavement** The set of experiences that an individual goes through after the loss of a loved one.
- Bipolar disorder** A chronic mood disorder characterised by recurrent episodes of mania with or without interspersed spells of depression (Miovic and Block 2007).
- Blastogenic response** Changes over time in the ability to respond immunologically to an antigenic challenge by altering the levels of immune cells in circulation: T lymphocytes, T-cell subsets, and NK cells for example. The blastogenic response is a common experimental paradigm to measure immunocompetence, involving the immune changes measured in control and intervention individuals after challenging the immune system with antigens such as phytohaemagglutinin and concavalin A.
- Blunters** Patients who prefer to have only minimal knowledge of their disease in consultations with their doctor.
- Cancer** Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues (National Cancer Institute 2010).
- Carcinogenic** Any factor (compound, radiation, virus, bacteria, and so forth) that can cause cancer.
- Catastrophising** A tendency to focus on and exaggerate the threat value of painful stimuli and negatively evaluate one's own ability to deal with pain or other causes of discomfort.
- Central nervous system** The brain and the spinal cord.
- Chemo brain (chemo fog)** A degree of cognitive impairment caused by chemotherapy.
- Chemokines** Small cytokines that control chemically guided cell movement or chemotaxis.
- Coalitions (in doctor–patient communication)** Cooperative relationships between a sub-sample of a triad in a doctor–patient consultation (e.g. doctor-companion “against” cancer patient) formed with the objective of strengthening the decision in favour of a specific course of action against an alternative one. Coalitions may be formed during the process of decision-making, but the final say is ultimately in the hands of the patient: whether to accept or not this or that course of action.
- Cognitive schemata** Perceived images of the salient characteristics of specific objects or events.
- Colostomy** Intervention involving the removal of part of the colon and the reattachment of the remaining organ to the abdominal wall with an opening provided for the discharge of faeces to the exterior into a bag held attached to the body.
- Communication** The modification of behaviour in an individual (the receiver) by the behaviour produced by another individual (the sender).

- Complementary psychological therapies** Adjuvant therapies to main cancer treatment that are based on behavioural programs including: social interactions, various forms of meditation, artistic creativity, but also exercise, diet, and others.
- Conscientiousness** A type of personality that characterises people who are respectful of authority, efficient, reliable, and self-disciplined.
- Conservation-withdrawal response** A reactive form of coping characterised by a low degree of aggression and also by avoidance.
- Construals** Mental constructs through which an individual perceives, understands, and interprets life experiences, social interactions with others in particular.
- Contemplators** Cancer patients or survivors who regard particularly important asking themselves the question “Why me?” (Ferrucci et al. 2011).
- Coping** Thoughts and behaviours used to manage the internal and external demands of situations that are appraised as stressful (Folkman and Moskowitz 2004).
- Creativity** As it can be used in cancer psychological therapies is a process of thinking and acting in original ways, being inventive, imaginative, and finding new and original solutions to needs, problems, and forms of expression. Its processes and outcomes are meaningful to its user and generate positive feelings (Schmid 2005).
- Critical discourse analysis** Analysis of discourse that emphasises the construction of reality through language under a social influence including the social effect of the researcher. The researcher does not take a neutral stance but assumes an ideological position in the analysis of the text. This approach to analysis of medical discourse, however, may miss the richness of the overall interaction.
- Culture** The set of explanatory models, beliefs, values, and customs that are expressed materially (as in diet, dress, or ritual practices) or non-materially (as in language, social or political order, or kinship systems).
- Cytokines** Cell signalling proteins that have various intercellular communicative functions.
- Damocles syndrome** Introduced by Koocher and O’Malley (1981) it refers to the continued fear that (some) survivors of cancer may have of the disease returning at any moment.
- Decentering** A phase in the translation of a medical (or any other) text whereby the original translation is subsequently translated back to the first language and then both original and back-translation are rated in terms of consistency by several independent individuals.
- Delirium** A state of severe confusion that is of rapid onset. Two major states of delirium are recognised: hyperactive delirium (known in ancient times as phrenitis), which is a cognitive and behavioural disturbance characterised by restlessness agitation and disruption of sleep, and hypoactive delirium (known in ancient times as lethargus), which is a state of sleepiness and memory deficit.
- Demoralisation** A protracted failure to cope with the stresses of life leading to an incapacity to act, social isolation, and eventually despair.

- Denial** A cognitive measure used to reduce a threatening aspect of reality in order to allow functioning under less psychological stress. A person in denial does not accept reality as it is.
- Depression** A mood state of aversion to activity.
- Dereflection** It involves taking the focus of thoughts off oneself, decrease excessive self-reflection that may interfere with action, loosen up, and thus be better able to perform specific tasks. This contrasts with hyper-reflection.
- Diaschisis** Effect of a brain tumour on the activity of distal cerebral areas causing mental malfunction.
- Discourse analysis** The term *discourse* refers to both the structural semiotic understanding of language and the language as a dynamic process being affected by specific social and also political influences. In discourse analysis the focus is on the social construction of reality and all its many perspectives, through language. Such construction, in turn, influences our understanding of new life experiences (cancer, for instance).
- Discursive analysis** An approach to discourse analysis that focuses on the social actions unfolding between communicating people in a local interactional context.
- Disease** A series of abnormalities in the function and/or structure of body organs and systems.
- Dispositional hope** A sense of determination in achieving specific goals through the production of clear plans.
- Dissimulated optimism** External expressions of optimism produced under the pressure of family or others that is not reflective of the true mood state of the patient.
- Distress** Pathogenic form of stress in which life experiences become unsettling causing mental confusion and anxiety.
- Divide et impera** In triadic oncological consultations (oncologist, patient, patient's companion) the concept describes a situation whereby a third person could actively increase the tension within the dyad to its own benefit. For instance, doubts of patients regarding conventional anti-cancer therapies offered by the doctor may be exploited by the companion to advocate for the use of unproven "alternative" therapies.
- Dysgeusia** Changes in the sense of taste.
- Dysosmia** Distorted perception of odours.
- Dyspareunia** Feeling of pain during sexual intercourse.
- Dysphoria** The experiencing of intense feelings of discomfort anxiety and restlessness.
- Dyspnoea** Shortness of breath.
- Dysregulation** Disruption of regular patterns of functioning.
- Dysthymia** Condition of depressed mood that is protracted for no less than 2 years.
- Effect size** Statistical tool used in meta-analyses to determine the effect of a specific treatment on a variable of interest as obtained through a series of independent empirical studies. The effect size is calculated as the mean value of the variable of interest for the intervention group minus mean value for control group divided by the pooled standard deviation.
- Ego development** As envisaged by Loevinger (1976) it is defined by three major stages: the pre-conformist stage characterising the young ages with a preponderant

focus on self, the conformist stage developing later and characterised by social conformity, and the post-conformist stage when the individual develops a concept of self in a dynamic interaction with others.

Emesis Vomiting.

Emotion A reactive state that is adopted in response to certain external circumstances.

Emotional decathexis Emotional withdrawal commonly described in dying individuals.

Emotional expression disorder A condition characterised by excessive emotional expression.

Emotional intelligence The capacity to reason about emotions and of emotions to enhance thinking (Mayer and Salovey 1997).

Emotional repression Inability of a person to remember or be cognitively aware of disturbing wishes, feelings, thoughts, or experiences.

Emotional restraint Inhibition of current emotions with the purpose of achieving specific objectives.

Emotional suppression Awareness of experiencing negative affect followed by active suppression of its external manifestations.

Emotional ventilation Expressive disclosure of personal feelings.

Empathy The show of concern for other people's needs listening to them and trying to understand their plea.

Environment of evolutionary adaptedness Hypothetical ancestral environment that produced the selective pressures for the evolution of specific traits still retained until present. The adaptiveness of such traits can be understood if a reference is made to the ancestral environment even though in the modern environment they may seem paradoxically maladaptive.

Epigenetic mechanisms Mechanisms that affect gene expression that are not directly dependent on nucleotide sequences. DNA methylation, hypomethylation, and hypermethylation are examples of epigenetic mechanisms.

Ethnicity The social grouping of persons on the basis of historical or territorial identity or by shared cultural patterns.

Ethnocentricity Interpreting the culture that is the object of our interest using the same norms that characterise our own culture.

Euthanasia Active and deliberate termination of a patient's life by a physician on the patient's request. This is achieved through direct administration of lethal drugs or by allowing the patient to take the lethal drugs himself or herself. Euthanasia is only legal in a small number of countries.

Exaptation A trait evolved under a specific selective regime that is subsequently co-opted for other adaptive purposes: for instance the emotion of disgust that originally may have evolved in the context of poisoning prevention and alerting witnesses about this potential danger was subsequently adopted as a display of social disapproval in various cultures.

Executive function A set of cognitive processes that regulate and control other cognitive processes.

Existential anxiety In the context of cancer patients it refers to anxiety produced by thoughts about the past that may be associated with feelings of a "wasted life" or

- by thoughts about the present, where dignity may be threatened by the disease condition, or thoughts about the future and the possibility of impending death.
- Existential distress** Suffering caused by life challenges that threaten the intactness of a person. A poor sense of life meaning may conduce to existential distress in some individuals (Chochinov et al. 2005a: 5521).
- Existential hermeneutics.** A method of analysis of text that aims at unravelling the meaning of the narratives produced by patients beyond what is directly expressed. See also the related concept of “lexical leakage”.
- Existential loneliness** An intolerable emptiness, sadness, and longing that results from the awareness of one’s fundamental separateness as a human being (Ettema et al. 2010: 142).
- Existential well-being** A subjective sense of happiness and vigour in life.
- External locus of control** The tendency to attribute the course of one’s life to chance, fate or an uncontrollable cause.
- Extraversion** A type of personality that characterises people who are active, assertive, and outgoing.
- Face** The positive social value a person effectively claims for himself by the line others assume he has taken during a particular contact (Goffman 1967: 5).
- Familial dysautonomia (or Riley-Day syndrome)** A congenital inability to feel pain.
- Fatalism** Patient’s view that he/she is powerless in the face of the disease and its effects.
- Fight–flight response** A proactive form of coping that involves a certain degree of aggression and activity.
- Fitness** Although this concept is routinely used in everyday language to mean “physical condition”, in evolutionary biology it indicates both the physical condition that favours survival and also the ability to reproduce over the lifespan. In short, it could be roughly equated to the number of offspring (or gene equivalents) produced throughout a lifetime. Greater fitness (Darwinian fitness, to be more precise) can be achieved by producing more offspring that in turn are capable of reproducing and also help close relatives do the same.
- Five-factor model** Personality model proposed by Paul Costa and Robert McCrae that includes five major personality traits: neuroticism extraversion, openness to experience, agreeableness, and conscientiousness. These are colloquially referred to as the “Big Five”.
- Flow** An optimal experience associated with vital engagement, a deep involvement in activities that are significant to the self and that promote vitality and feelings of aliveness.
- Fourth wall** This is a technique used in role play methods of teaching doctor–patient communication that is inspired by theatre traditions. The fourth wall is the imaginary separation between the actors on stage and the audience whereby the actors live their story as if there was an opaque separation between them and the audience, but the audience experience the wall as transparent, being obviously able to witness the story unfolding on stage. In this case the actors are a simulated patient, a doctor, and there is also a moderator who links the events of the simulated medical visit with the audience. The audience are trainee doctors.

- Functional magnetic resonance imaging (fMRI)** An analytical procedure that measures the activity of the brain areas through the detection of changes in blood flow.
- Future memories** A concept introduced by Little et al. (2002) to refer to those future life plans that become abruptly disrupted by a life-changing event such as cancer.
- Gender** Some current usages of the term encapsulate all aspects of behaviour expressed by males and females. However, it was originally intended to highlight the feminine, masculine, or androgynous roles that individuals may express within a given cultural context (see *gender role* and *gender identity*).
- Gender identity** The personal definition of one's own gender.
- Gender role** Set of psychological traits that characterise masculinity, femininity, or androgyny.
- Gender schemata** The ways of behaving, thinking, and feeling that characterise males or females in a society and that the individual learns throughout development.
- Gender scripts** Specific activities that are socially expected to be performed by each sex.
- Generativity** Link between dignity and both meaningfulness and transcendence leading to the ability to guide the next generation through legacy.
- Genre** The style of text produced under specific circumstances according to an expected script.
- Geomancy** The belief that where people live may influence their life and future. In Chinese the term used is *feng-shui*.
- Gray (Gy)** A unit of measurement of absorbed radiation.
- Grief** A set of emotions such as sadness, guilt and anger that are manifested following a loss of a dear one.
- Guided imagery** A relaxation technique in which the individual is invited to visualise relaxing scenes and experiences whilst other exercises (such as deep breathing) may be also performed.
- Health literacy** The capacity of individuals to apply literacy skills to enhance their health. This includes the ability to read and also those cognitive and social skills which help individuals and communities gain access to and understand information in ways which promote good health (Smith et al. 2008).
- Hegemonic masculinity** Extreme form of masculinity.
- Histrionism** A personality trait characterised by attention-seeking behaviour, flamboyance and audacity, along with inappropriate sexualization of social relationships.
- Homeostasis** Regulation of the internal environment of an organism.
- Hopelessness** A form of "giving-up", the awareness of own inability to cope with an actual or fantasised problem. Giving-up may be also associated with frustration, self-blame, and feeling trapped in a situation.
- Hormones** Chemicals that are produced in specific tissues and that may exert an action on the same or different tissues within the same organism or they may be excreted into the environment to affect other organisms.

- Humour orientation** A personality trait found in people who are naturally funny (Wanzer et al. 1995).
- Hyperalgesia** Increased sensitivity to pain.
- Hypermnestic (characteristic of dreams)** Capacity of dreams to recall events that were apparently forgotten in our conscious life.
- Hyperosmia** Increased sensitivity to odours.
- Hypersomnia** Increased time spent sleeping.
- Hyperthermia** Fever (high temperature).
- Hypogeusia** Decrease in taste perception capabilities.
- Hypomotility** Slowness of movement, lethargy.
- Hypophagia** Loss of appetite leading to anorexia.
- Hyposmia** Decreased sensitivity to odours.
- Hysterectomy (radical)** Removal of the uterus including the cervix.
- Illness** It is the experience of negative changes in states of being (health) and social function as they are experienced by the individual.
- Illness intrusiveness** Observable effects of the illness and its treatment in terms of body and behavioural changes.
- Inbreeding** Result of matings between closely related individuals. Such matings increase homozygosity in the offspring which is associated with a greater probability of expression of recessive alleles some of which may cause health problems.
- Innate immune response** This is a non-specific function of the immune system that is mediated by immune cells.
- Interaction rituals** The set of verbal and non-verbal behaviours performed in face-to-face interactions in natural settings.
- Internal locus of control** The perception that one is personally capable of controlling events.
- Internet paradox** Potentially seen in online communities where individuals although fostering virtual social links, may in fact become more physically socially isolated, which could potentially lead to lower psychological well-being.
- Intertextuality** A production of discourse in relation to other discourses affecting each other over time. Different discourses may compete for hegemony in shaping reality (e.g. the discourse of hope vs. the discourse of despair).
- Intrusion** Recurrence of thoughts and impressions associated with the cancer experience.
- Intrusiveness** With regards to cancer it refers to the observable effects of the illness and its treatment in terms of body and behavioural changes.
- Ischaemic damage** A potential mechanism of tumour regression in which lack of oxygen and nutrients - due to interruption of blood supply - causes tissue damage leading to necrosis.
- Karma** Concept of causation common to eastern religions such as Hinduism and Buddhism that may involve both divine intervention and natural laws.
- Kinesics** Communication achieved through non-verbal means by using one or more parts of the body: gestures, facial expressions, the way we dress, smell, cut our hair, and so forth.

- Legacy** This is the result of a life review process in which a terminal cancer patient looks back to life and finds meaning in those past achievements that give worth to her/his existence.
- Lexical leakage** A situation whereby the information transmitted by a message contains meanings that go beyond what is most immediately apparent.
- Lexicon** The words used in any given language.
- “Lie”** In Hans Eysenck’s *three-factor model*, it is an estimate of the degree of social conformity or the tendency to respond to questions in a manner that is socially expected.
- Liminality** A state of suspended identity in which a cancer patient still stands on the threshold reality between full health and incorporation into social life and full departure from life.
- Locus of control** Perception of control over own life and actions.
- Lumpectomy** Surgical removal of a tumour from breasts that also includes the removal of a limited amount of surrounding tissue. In this intervention the breast is retained.
- Lurkers** Individuals who visit a Web site, read the posts available there but do not submit a contribution themselves.
- Lymphadenectomy** Removal of one or more lymph nodes.
- Lymphocytes** A type of white blood cells found in vertebrates that have immune functions.
- Lymphoedema** Swelling of the arms or other parts of the body caused by fluid retention due to a lymphatic system that is functionally compromised.
- Lymphoid organs** Tissues that produce and transport lymphocytes (e.g. lymph nodes).
- Mania** A state of elevated or expansive mood, pronounced irritability, pressured speech, decreased need for sleep, grandiosity, racing thoughts, distractibility, increased goal-directed activity, and excessive involvement in pleasurable activities, such as shopping, gambling, or sexual activity (Miovic and Block 2007).
- Mantra** A simple and meaningful word continuously repeated in order to achieve relaxation.
- Meaning** Meaning can be defined on the basis of three dimensions: a cognitive one (that includes beliefs and making sense) an emotional one (involving feeling good and alive), and also a motivational one (goal striving, incentive values) (Wong 1997).
- Meditation** The self-regulation of attention and awareness involving a state of mind where focus is on the present and such present is accepted without judgment (Tacón 2003).
- Meta-analyses** These are statistical techniques used to test hypotheses based on the results of a number of independent studies usually accessed through a literature search via electronic databases.
- Metachronous tumours** Tumours that develop after the development of the primary tumour. They can be detected in follow-up visits.
- Metastasis** Spreading of the cancer cells beyond their original location thus establishing new cancer foci.
- Methyltransferase** Enzyme that regulates the methylation of DNA. Methylation in turn, modulates the expression of genes.

- Microsatellite** Regions of DNA that contain repeated sequences of short 2–6 base pair motifs.
- Minstrelization** The performance of ingratiating acts in the presence of others with the objective of increasing social acceptance. This may lead to the expression of clownish behaviours.
- Monitors** Patients who are proactive in seeking medical information in consultations with their doctor.
- Mood** A proactive state of mind adopted by the individual irrespective of external circumstances.
- Mourning** Culturally specific practices of demonstrative sorrow observed by people emotionally connected to a person who has died (Schoulte 2011).
- Multiculturalism** A concept of societal organisation whereby internal cultural diversity is acknowledged and respected.
- Myofascial trigger point** Areas targeted by massage for muscle relaxation.
- Narcissism** A psychological trait manifested as an intense focus on self.
- Narrative** A representation of connected events and characters that has an identifiable structure, is bounded in space and time, and contains implicit or explicit messages about the topic being addressed. In medical discourse Arthur Frank classified illness narratives into *restitution* (a recount of the progression from health to sickness, and then to restoration of health some time into the future), *chaos* (disjointed, often pessimistic texts), and *quest* (optimistic views interpreting illness as an opportunity for personal growth).
- Narrow sense heritability** The extent to which specific phenotypes or characteristics are determined by genes transmitted from parents to offspring.
- Natural selection** Evolutionary process producing adaptations in a population: better ability to survive and reproduce under specific environmental conditions. Such a process usually unfolds over a timescale of various generations.
- Negative affect** It defines a subjective state of psychological distress and aversive mood states.
- Neocortex** Outer section of the brain that is of more recent evolutionary development than the rest of the brain. It is also known as isocortex. This is the structure crucially responsible for the more complex mental processes.
- Neoplasm** Abnormal proliferation of cells producing abnormal tissue growth.
- Neural progenitor cells** Undifferentiated cells that give rise to new lineages of neuronal and glial mature cells.
- Neuropathic pain** Pain sensations produced by the effects of disease on peripheral nervous tissue. It is often described in terms of electric shocks, coldness, itching, or numbness.
- Neuroticism** A type of personality that characterises people who are anxious, unstable, and self-pitying.
- Neurotransmitter** Chemicals that transmit signals between a neuron and a target cell through a synapse.
- Nutritional pharmacology** Research field devoted to the study of the specific role of nutrients on tumour growth. Such knowledge is subsequently used in the design of novel food supplements for cancer patients.

- Objective structured clinical examinations (OSCE) Doctor–patient communication teaching techniques in which individuals are trained to play a specific “patient role” in a standardised manner and the performance of trainee doctors attending such simulated patients is rated through a checklist.
- Obsessive compulsive disorder A situation in which the belief in the “curative effectiveness” of specific behaviours make the patient repeat them endlessly no matter what the actual results are.
- Oesophageal reflux Back flow of oesophageal and stomach contents often leading to regurgitation.
- Oestrogens Steroid hormones that primarily (although not exclusively) act as female sex hormones.
- Oncogenes Genes that could potentially cause cancer.
- Oncogenesis The initiation and progression of molecular and cellular changes that culminate in the production of malignant neoplasms (abnormally growing cells) and eventually malignant tumours.
- Onconeural antigens Proteins that are expressed by cancer cells and that are similar to proteins normally expressed in neurons. An immune reaction against cancer cells that recognises the onconeural antigens, may then also turn against the healthy neurons of the patient, causing a paraneoplasia.
- Oncoviruses Cancer-causing viruses.
- Openness to experience A type of personality that characterises people who are imaginative and curious.
- Opioids (endogenous) Peptide molecules such as endorphins that are produced in various tissues of the body (brain, immune cells) and that can regulate various behaviours, including sexual behaviour, appetite, pain sensations, and some positive emotions.
- Optimism A belief that the outcome of a specific action will be positive rather than negative or a broader expectation that future events in life will be positive.
- Orchiectomy Removal of one or both testes.
- Orthonasal olfaction The process of smelling directly through the nostrils.
- Overdiagnosis The diagnosis of a “cancer” that would otherwise not go on to cause symptoms or death (Welch and Black 2010).
- Oxidative stress** Damaging effects of reactive oxygen species such as peroxides and free radicals, on cell functioning (via DNA damage, for instance).
- Pairing phenomenon In doctor–patient communication it is an aspect of the doctor’s discourse where good news follows the relatively bad news. This helps in raising the patient’s hope. The pairing phenomenon results in the stronger memory of the last part of the discourse (the more positive one) as compared to the initial (more negative) one. Therefore if the last topic is hopeful and optimistic the patient will tend to retain a relatively more optimistic memory.
- Palliative care Medical care for terminal patients that has the objective of aiding them in dying with dignity protecting them from pain and suffering.
- Paraneoplasia Side effects of the primary tumour on other tissues. Some of those side effects may be caused by autoimmune reactions.
- Paranoid ideation Exaggerated belief of being persecuted or harassed.

- Paresthesia** An abnormal performance of the sense of touch.
- Patient-centred medical care** Medical care based on respecting and responding to patients' wants, needs, and preferences, so that they can make choices that best fit their individual circumstances.
- Pelvic exenteration** Radical removal of various internal organs of the reproductive system.
- Penetrance** Degree of expression of an allele or gene.
- Peripheral nervous system** The network of nerves and ganglia beyond the brain and the spinal cord.
- Personality** The enduring patterns of perceiving, relating to and thinking about the environment and oneself.
- PET scan** The positron emission tomography (PET) scan is a gamma rays-based imaging technique that produces detailed internal images of the body.
- Phantosmia** Experience of particular smells when thinking about specific past events.
- Phytohaemagglutinin** An immunogenic plant compound used in tests of immune competence.
- Positive affect** Indicates the degree of feelings of enthusiasm, activity and alertness experienced by the patient.
- Posters** Individuals who actively contribute to online exchanges.
- Post-traumatic growth** Attribution of meaning to health-compromising life events.
- Post-traumatic stress disorder** A severe and disabling anxiety that also includes phobic reactions manifested after a traumatic experience.
- Power of agency** An actor's ability to initiate and maintain a program of action (Campbell 2009: 407).
- Prefrontal cortex** Anterior part of the brain frontal lobes that is involved in the control of complex and integrative cognitive behaviours including personality, modulation of emotions, sociality, decision making, and goal-oriented behaviours.
- Prodromal dreaming** Dreams that contain information suggestive of a developing disease of which we are still unaware.
- Prognosis** Estimate of the possible outcomes of an illness based on previous clinical knowledge and the current condition of the patient.
- Progressive narrative** A form of narrative that transforms negative events in life into positive ones (through humour for instance) such positive events are then incorporated within a new form of identity. A sad experience may be turned into a funny one, which can usually happen once the immediate threat is over.
- Prospective studies** Studies that involve the following up of control and experimental patient populations for variable periods of time. Relevant measurements are taken and then compared at the beginning and at the end of one or more stages throughout the intervention.
- Psychoticism** Referred to a personality characteristic that displays aggressiveness and also interpersonal hostility.
- Quality of life** A perception of an individual's position in life in the context of the culture and value systems in which the individual lives and in relation to the goals, expectations, standards, and concerns that she/he regards as important.

- Race** Set of characteristics that identify human groups on the basis of both biological traits and shared culture.
- Rapport** This concept “implies the existence of a mutual responsiveness such that every member of the group reacts immediately, spontaneously, and sympathetically to the sentiments and attitudes of every other member” (Park and Burgess 1924: 893).
- Rashōmon effect** A situation whereby different people express a diversity of views regarding a specific event, process or object that is of interest. In this case, it could be the emotional state of a cancer patient that could be described differently by doctors, nurses, family, and the patient him/herself.
- Reactive oxygen species** Molecules that contain oxygen and that are chemically highly reactive. They can cause cancer through producing mutations in the DNA but they can also protect against cancer by controlling the process of apoptosis in cancer cells.
- Reciprocal altruism** Social interaction whereby aid provided to somebody else at a cost to the donor of such help is subsequently reciprocated.
- Reflexology** A massage technique that involves applying hand pressure on feet, ears, or hands.
- Reification** The treatment of a mental construct as if it were an objective external physical reality.
- Relaxation response** Often described as the opposite of the stress response it is associated with decreased levels of metabolism, blood pressure, heart rate, and also lowered brain activity. Relaxation is achieved physiologically by decreasing the activity of the sympathetic nervous system.
- Religiosity** Participation in the particular beliefs, rituals, and activities of traditional religion. It can serve as a nurturer and channel of expression for spirituality (Brady et al. 1999: 418). Religiosity can be either *intrinsic* (associated with both religious practices and also the more individualised spiritual aspects of religion) or *extrinsic* (more specifically associated with the rituals and practices of institutionalised religions).
- REM** Rapid eye movement phase of sleep when dreaming occurs. REM phases of sleep are controlled by the activity of the pontine brain stem.
- Remission** A state in which a patient is declared free of disease. This, however, does not guarantee that the disease will not recur at some point in the future.
- Repression** A personality characteristic defined by a “tendency to inhibit the experience and the expression of negative feelings or unpleasant cognitions in order to prevent one’s positive self-image from being threatened” (Garssen 2007: 471).
- Repressive coping** Denial, suppression, repression, minimisation, avoidance, or tendency to rationalise away specific anxiety-provoking events.
- Retching** Spasmodic movement of the diaphragm and abdominal muscles.
- Retronasal olfaction** The process of smelling through the mouth by pushing chemicals—those present in the food for instance—towards the olfactory receptors through the action of chewing and swallowing.
- Retrospective studies** Studies in which the patients are interviewed for the first time after they have developed cancer and are asked to recall past events. The same questions are also asked to a control sample of healthy individuals for comparison.

- Ritualisation** A process whereby patterns of behaviour that were originally selected in one context (threat for instance) may then be used in a different one at a later stage (social cohesion, for instance). In the case of laughter and humour, from their initial evolution in an aggressive social context they could have subsequently derived a function as markers of social cohesion rather than aggression, thus helping in the process of lowering distress through social contact. Ritualised behavioural patterns are usually more or less stereotyped and they should be regarded as exaptations (see above).
- Role play** Teaching technique used in medical training where a medical student learns doctor–patient communication through visiting a simulated patient.
- Role taking** Situation in which the doctor tries to imaginatively experience what the patient is going through, feels and thinks.
- Rumination** Persistent thoughts about a specific issue. Excessive rumination may be a manifestation of depression.
- Schema** A cognitive structure that represents a synthesis of previous experiences.
- Schizophrenia** Mental condition characterised by the presence of two or more of the following symptoms identified in the individual for a significant amount of time during a 1-month period: delusions, hallucinations, disorganised speech (e.g. frequent derailment or incoherence), grossly disorganised or catatonic behaviour (e.g. motor abnormalities), negative symptoms (such as affective flattening, alogia [poor ability to speak], or avolition [lack of motivation]).
- Self-awareness** Our own recognition of self as distinct from our surroundings and as an agent in life.
- Self-efficacy** The conviction to be capable of achieving a specific goal.
- Self-enhancing humour** Also known as “gallows humour” is a style of humour used to keep a positive stance in the face of adversity.
- Self-esteem** The degree of worth, value, respect, and love that individuals hold for themselves.
- Self-identity** Following Bailey (2003: 385), self-identity is a system of values, concepts, and aspirations that are built by the individual over time and that shape our philosophy of life and life decisions. Feedback from the outside world further modifies our self-identity.
- Self-transcendence** Capacity to find meaning in life under various circumstances.
- Semantics** The study of the meaning of words, signs and symbols.
- Sense of coherence** A broad feeling of self-confidence derived from a perception of predictability in life and the ability to access the resources to overcome potential life circumstances that may challenge the status of wellness. Greater sense of coherence comes with greater life comprehensibility, meaningfulness and greater ability to manage life events.
- Sex steroids** Steroid hormones mainly produced by the gonads and that can interact with brain receptors to activate various processes including behaviour, sexual behaviour in particular.
- Sexual orientation** Expressed as heterosexuality, homosexuality, bisexuality, or asexuality, it refers to the specific sexual attraction of an individual towards members of the same or another biological sex, or, as for asexuality, no sexual attraction for anybody at all.

- Sexual selection** Evolutionary process of selection for high reproductive success through mate choice or mate control.
- Sickness syndrome** Adaptive set of responses released in animals as a result of a sick state (caused by an infection for instance). These include: lethargy, depression, anorexia, fever, hypophagia, adipsia, lack of sexual activity, and lack of social interest.
- Skene's gland** Human females' gland that is homologous to the male prostate gland.
- Social Darwinism** A political ideology that although motivated by the application of evolutionary knowledge to human social interactions it is currently understood as a biased view of evolution that emphasises competition and elimination of undesirable characteristics in humans, paving the way for a pseudo-scientific justification of racism, eugenics, laissez-faire capitalism, and totalitarianism.
- Somatization** Complaint of physical problems resulting from psychological distress.
- Spirituality** The search a human being undertakes to find a sense of peace, satisfaction and meaning in life.
- Stereotypies** Verbal or non-verbal behaviours that are ritualised and often repetitive.
- Stigma** A mark (physical or behavioural) that establishes the social identity of an individual. Such identity is given to him/her by the rest of the social group and it determines the individual's position within such a group as "a tainted, discounted one", in the words of Erving Goffman.
- Stoic disposition** Coping strategy implying acceptance of hardships, forbearance, and emotional control under stress.
- Stress (behavioural/psychological)** A negative emotional experience accompanied by predictable biochemical, physiological, cognitive, and behavioural changes that are directed either towards altering the stressful event or accommodating to its effects.
- Stress response** It is an organism's reaction to external (or even internal) stimuli producing an adaptive response of the organism that involves "intense nervous arousal with consequent stimulation of the hypothalamic-hypophyseal-adrenocortical axis and generalised adrenergic responses" (Selye 1976: 54).
- Stroop task** Test used to measure the ability to control and regulate cognitive processes also known as executive function. In the Stroop task, interference between word production and colour perception, for instance, is measured by providing individuals with a series of words of colours that are printed in a different colour (e.g. the word RED printed in blue) and subjects are asked to read the words as fast as they can.
- Subjective cognitive dysfunction** Alterations of cognitive abilities as they are perceived by the patients themselves and their personal satisfaction with such levels of cognitive capacities.
- Syntax** The set of principles and rules that govern the construction of sentences in a language.
- Telomere** A region of DNA composed of repetitive nucleotide sequences that is located at both ends of a chromosome. The telomere protects the end of the chromosome from damage. Telomeres are shortened after each replication but are re-established by the action of the enzyme telomerase.

- Temperaments** An old term referring to personalities. In the old Hippocratic medical tradition four major types of temperament were distinguished: choleric phlegmatic, melancholic, and sanguine.
- Template approach** Technique used in the analysis of discourse in which the discourse is screened for those elements that are of interest: words or expressions indicating optimism or pessimism for instance.
- Tertius gaudens** In triadic oncological consultations (oncologist, patient, patient's companion) the concept describes a situation whereby a third person could passively exploit the competition within a dyad to its own advantage: a companion trying to take advantage of discrepancies between doctor and patient to further his/her own agenda, for instance.
- Three-factor model** A personality model proposed by Hans Eysenck that includes three major personality traits: extraversion-introversion neuroticism-stability and psychoticism, to which it was subsequently added "lie" (i.e., an estimate of the degree of social conformity or the tendency to respond to questions in a manner that is "socially expected"). Jeffrey Gray subsequently extended Eysenck's model to also include anxiety and impulsivity.
- Tinnitus** Spontaneous sounds perceived in one or both ears.
- Transculturalism** A concept of societal organisation whereby those cultural aspects that are shared by different groups of people are emphasised and the differences minimised or ignored.
- Tumour** Localised abnormal cell growth that may be either benign or malignant (cancerous) or pre-cancerous.
- Type 1 personality** This is characterised by suppressed emotional expression.
- Type 5 personality** People with this personality are rational/anti-emotional.
- Type A personality** Personality characterised by behavioural patterns of hostility tension, aggressiveness, and also tendency to control.
- Type B personality** It is defined as the opposite of Type A characterising relaxed and easy-going individuals.
- Type C personality** Personality characterised by conformity and acquiescence. People with such a personality are co-operative, patient, not assertive, compliant to authorities and not expressive of negative emotions, and they tend to respond to stress with depression, helplessness, and hopelessness.
- Type D personality** Personality characterised by distress, depression/pessimism, introversion/being a loner, and suppressed emotions.
- Ulcerative colitis** Inflammatory disease of the colon that produces ulcers and bleeding.
- Umami** Meat-like taste given to food by the addition of monosodium glutamate.
- Ventriloquising** Repetition of what another person has just said.
- Verifying** In doctor-patient communication it is the ability to determine own degree of understanding of the information provided by the doctor. Such ability can be improved in patients by encouraging them to ask questions and request the doctor to summarise the often lengthy information provided.
- Vulvectomy** Removal of clitoris and labial tissues as part of cancer treatment.
- Yoga** A system of meditation exercises originated in India.

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