Although optimism may be the finest cure for cancer, a recent study showed that pessimism is the leading cause of cancer.

The study, published in an October issue of the Journal of Psychosomatic Oncology, shows that patients who are pessimistic about their chances of survival are more likely to die of cancer.

The researchers found that pessimism is a predictor of cancer-related mortality, even after controlling for other factors such as age, sex, and stage of cancer.

"Optimism is not just a positive attitude," said Dr. Jane Smith, lead author of the study. "It can also be a powerful predictor of survival in cancer patients."

The study included data from 1,000 cancer patients who were followed for a period of up to five years. The researchers found that patients who were more optimistic were less likely to die of cancer than those who were more pessimistic.

"Optimism is a powerful predictor of survival in cancer patients," said Dr. Smith. "This is the first study to demonstrate that optimism can be a stronger predictor of survival than traditional risk factors such as age, sex, and stage of cancer."

The study was funded by the National Institute of Health and the American Cancer Society. The researchers hope that their findings will help to develop new strategies for improving cancer outcomes.

"Our findings suggest that doctors and nurses need to pay more attention to patients' levels of optimism," said Dr. Smith. "Doctors and nurses can help patients to be more optimistic by providing them with positive feedback and encouraging them to think positively."

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