

#1813 - The effect of quality of life therapy on reducing depression and anxiety of Hemodialysis patients in Isfahan

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Body

Background and purpose

Quality of life is nowadays one of the main consequences of health issues used for examination of health interventions. It is necessary for most of health studies to evaluate it. Chronic kidney disease is a widespread health issue nowadays. At the final stages of chronic kidney diseases, the patient needs Hemodialysis. This can take years causing feeling of anxiety and depression.

Methodology

A quasi-experimental pretest posttest control group design was used in this study. The statistical population included all the Hemodialysis patients on 2017 in one of Isfahan Hemodialysis centers. Simple random sampling was used. The depression questionnaire was distributed among the patients. Those who scored less than average on depression scale (less than 30) entered into the study. Forty patients were selected and divided into experimental (20 patients) and control (20 patients) groups. The experimental group received training on quality of life in 8 sessions of 90 minutes and there was no intervention in the control group. The posttest followed and the delayed posttest was conducted one month after the end of the study. Beck Anxiety/depression Inventory were used to collect data. The depression inventory has 21 items in 5 subscales of failure feeling, sinfulness feeling, excitability, insomnia and lack of

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appetite. The cronbach alpha for this questionnaire was 0.90. The anxiety scale included 21 items in 4 sub-scales (emotional, cognitive, behavioral and physical). The cronbach alpha was 0.92 for this questionnaire. Multivariable Analyze of Covariance was used for statistical analysis in SPSS 19.

Results

The mean of posttest and delayed posttests scores was lower in the experimental group compared to the control group. This showed the effectiveness of quality of life intervention on depression and anxiety of Hemodialysis patients ($P < 0.05$).

Conclusion

Considering mental health and effective training on quality of life of Hemodialysis patients make this section a more favorable training-centered place, increase their life expectancies and help them put away negative thoughts. So, it is suggested that psychological counseling on practical strategies should be provided in the Hemodialysis sections of hospitals. They should be considered by policy makers at the same time.

Keywords: quality of life therapy, depression, anxiety, Hemodialysis patients

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