

3rd World Congress on
MENTAL HEALTH
&
8th International Conference on
BRAIN DISORDERS AND THERAPEUTICS

February 03, 2022 | Webinar

The effect of resilience training on Stress, Anxiety, Depression and quality of life of hemodialysis patients: A randomized controlled clinical trial

Nasrin Shokrpour and Mehdi Amirkhani

Shiraz University of Medical Sciences, Shiraz, Iran

Background: Today, the prevalence of psychological problems such as stress, anxiety and depression in hemodialysis patients has increased and affected their quality of life.

Objectives: Given the relationship between resilience interventions and psychological problems, this study aimed to investigate the effect of resilience training on stress, anxiety, depression and quality of life of hemodialysis patients.

Methods: This was a controlled clinical trial study of 57 hemodialysis patients referred to Fasa city hemodialysis centers from October to December 2019. Patients were selected using simple sampling method and divided into two groups of intervention (n=29) and control (n=28), using the block randomization method. In 12 sessions of a 90-minute workshop, the intervention group was taught resilience skills by a clinical psychologist. Before and after the intervention, stress, anxiety, depression, and quality of life were measured using the DASS-21 and SF-36 questionnaires. Data were analyzed through SPSS software version 20, using t-test, Kolmogorov-Smirnov, and Chi-Square tests. $P < 0.05$ was statistically significant.

Results: According to the paired t-test, the patients' mean score of stress, anxiety and quality of life in the intervention group decreased significantly ($P < 0.001$), but its depression score did not change significantly after the intervention ($P = 0.689$). The mean score of stress, anxiety, depression and quality of life of patients in the control group before and after the intervention was not significant ($P > 0.05$).

Conclusion: Resilience training reduced stress and anxiety in hemodialysis patients and improved their quality of life, so using resilience intervention programs along with other methods for hemodialysis patients' care and treatment programs is recommended as a non-invasive, non-pharmacological, inexpensive and cost-effective method without complications complementary measure

Keywords: resilience, education, quality of life, depression, anxiety, stress.

shokrpourn@gmail.com