

26th International

DIABETES AND HEALTHCARE CONFERENCE

November 26-27, 2018 Helsinki, Finland

The impact of group schema therapy on depression, anxiety and stress in patients with insulin-dependent diabetes**Azadeh Eghbal Manesh**

Tehran University School of Medicine, Iran

Background: Diabetes Mellitus is a serious chronic disease which hurt the patients physically and mentally due to its complications. As prior studies showed that mental changes like: depression, anxiety and stress are due to importance of mental Health of these patients, promotion of their well-being is necessary using psychological interventions for decrease of depression, anxiety and stress. Previous studies showed correlation between these mental changes and maladaptive schemas. Therefore, this study was aimed to determine the effects of group schema therapy on depression, anxiety and stress in patients with insulin-dependent diabetes mellitus.

Methods: In this randomized clinical trial, 64 eligible patients referred to Diabetes Clinic of Yasuj University of Medical Science at 2016, assigned to intervention and control groups with equal numbers using block random allocation. While the intervention group received group schema therapy in 10 sessions over 5 weeks which last 90 minutes; control group received only routine cares. Immediately and one month after research intervention, DASS-42 was completed by all cases as Post-test and follow up. Then, theses collected data were analyzed using SPSS-21 software.

Result: At the beginning of study, the intervention and control groups were similar in demographic characteristics, depression, anxiety, stress and maladaptive schemas ($P>0/05$). Between and within comparison result of analysis of variance with repeated measures showed that group schema therapy decreased depression, anxiety and stress of diabetes mellitus patients significantly ($P<0/05$).

Conclusions: According to the research findings, group schema therapy is effective for reducing depression, anxiety and stress of diabetes mellitus patients.

Biography

Azadeh Eghbal Manesh has her expertise in psychiatry of nursing and has a background of working in psychiatry ward as a nurse, expert in medication, Health provider and being able to improve people's wellbeing. I work on diabetes people, so because they have many psychophysiological problems, I decided to research about new psychotherapy helping them to promote their wellbeing, hence decreases their mental problems such as depression, anxiety and stress. I am a hypnotherapist and recommend hypnotherapy to reduce mental problems in diabetic people, too.

Notes: