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The effect of coping skills training on depression, anxiety, stress and self-efficacy in adolescents with diabetes: a randomized controlled trial

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Background & Aim: Diabetes patients are at risk of psychosocial problems. Some interventions might decrease these problems. This study aimed to evaluate the effect of coping skills training on depression, anxiety, stress and self-efficacy of adolescents with type-I diabetes.

Methods: This randomized controlled trial with pre-and post-test design was performed in the diabetes clinic in Shiraz from June to November 2015. This study was conducted on 100 adolescents with type-1 diabetes who were randomly divided into an intervention (receiving coping skills training in groups for eight sessions) and a control group (usual care). Depression, anxiety and stress scales (42-items, scores=0-42) and general self-efficacy questionnaire (17-items, scores=17-85) were used. The variables were measured at baseline and two months after starting the intervention. Data were analyzed using SPSS, version 16 through Chi-square test, independent t-test, and paired t-test. $P < 0.05$ was significant.

Results: After the intervention, the mean scores of depression, anxiety and stress in the intervention group were 5.41 ± 4.58 , 6.44 ± 7.01 and 7.46 ± 7.01 , and in the control groups they were 19.73 ± 11.80 , 18.28 ± 10.51 , 21.10 ± 10.94 , respectively. Moreover, after the intervention, the mean scores of self-efficacy were 70.82 ± 10.84 , and 50.13 ± 15.42 in the intervention and control groups, respectively. The results showed differences between the two groups regarding depression, anxiety, stress and self-efficacy after starting the intervention ($P < 0.001$).

Conclusion: As coping skills training reduced depression, anxiety and stress and improved the patients' self-efficacy, the use of this intervention could be a part of community-based nursing practice for adolescents with diabetes and more research for improving evidence-based practice in this regard are warranted.

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