

The effectiveness of Cognitive-behavioral stress management intervention on general health & quality of life of patients with cardiovascular diseases

Mahnaz Mehrabizadeh Honarmand

Shahid Chamran University of Ahvaz, Iran

Abstract

The purpose of this study was to evaluate the effectiveness of cognitive behavioral stress management intervention on general health and quality of life in patients with cardiovascular diseases in Ahvaz. The available samples were used for selecting the subjects so that 30 individuals from the cardiovascular patients were selected to participate in the survey and were divided randomly into two groups, experimental and control every 15 persons. All the participants answered the General Health Questionnaire (GHQ-28) and the World Health Organization Quality of Life Brief Questionnaire (Who-QOL-BRIEF). The experimental group received 10 sessions of stress management training by the cognitive-behavioral method. At the posttest stage, the responses of both groups to the questionnaires were recorded again. The data was analyzed using MANCOA. The results showed that cognitive-behavioral stress management intervention had a positive significant effect on the general health and the quality of life of the treatment group. The findings show that cognitive-behavioral stress management intervention can be effective as a selective psychotherapy method and also as a supplement in the medical treatment of the cardiovascular patients.



Biography:

Mahnaz Mehrabizadeh Honarmand is currently working as a faculty at Shahid Chamran University of Ahvaz, Iran.

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