

A Study of the Influence of Group-Based Learning of Stress Management on Psychology Symptoms Levels of Hemodialysis Patients

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Abstract

INTRODUCTION: Patients with kidney failure often need to change their lifestyles, which can result in various psychological-social problems. The present study aims to evaluate the influence of group-based learning of stress management on psychology symptoms levels of hemodialysis patients.

METHOD: This is a quasi-experimental, single-blind study in which 50 patients with kidney failure were randomly divided into two groups. Sampling was based on the purposeful method. Before undergoing dialysis, the patients in the experimental group were trained in stress management; the training lasted 60 minutes and was presented in 5 sessions. The patients in the control group received the standard education all the patients undergoing hemodialysis at the hospital receive. The stress levels of the patients before and after the intervention were measured by the reliable and valid questionnaire of DASS 21. To analyze the collected data, the researchers employed the statistical tests one-way ANOVA and the software SPSS 18.

RESULT: The 50 patients under study were divided into two equal groups. In terms of such demographic characteristics as age, gender, and stress level, there were no significant differences between the two groups before the intervention. However, after the 5-week education, the stress level in the experimental group decreased from 16.96 ± 0.90 to 8.36 ± 1.03 . In the control group, the stress level decreased from 15.92 ± 1.44 to 13.76 ± 1.44 . After the intervention, the difference between the means of the groups' stress scores was found to be significant ($p < 0.001$).

CONCLUSION: The result is expected to provide new knowledge to support the effective follow-up for hemodialysis patient in order to improve their emotional and health status.