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Title: Effectiveness of group cognitive behavioral intervention on stress, anxiety and depression in patients with coronary artery diseases

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Abstract: Abstract

Purpose: Severe stress is significantly involved in heart attack and raises the amount of disease and mortality. In addition, there is evidence that specific treatment for severe stress can have a positive impact on the treatment results. Cardiovascular diseases are one of the most important research subjects study psychological and behavioral factors on health.

Methods: This research is an experimental one with pre test- post test design and experimental and control groups with randomly assigned 36 patients in experimental and control groups. The present aims at testing the effect of eight, 2-hour sessions of stress management training based on cognitive behavioral techniques. Subjects were tested at the beginning and at the end of the project with beck depression inventory primary care, beck anxiety inventory and depression, anxiety, stress scales. The data was analyses via covariance analysis test.

Results: Mean(average) scores showed significant.(31.83 in experimental group and 17.94 in control group). Study findings showed that the subjects of experimental group that were under the intervention(training) compared with control group showed significantly better scores and test effectiveness.

Conclusion: The subjects of the present study were homogenous in terms of age, education and socio- economic status. They were both males and females equally as well. Therefore it can be concluded that various factors affecting the dependent variables were highly controlled and therefore the observed effect on the dependent variables could be the result of the interference imposed, which is the "stress management training". The effectiveness of group interference of cognitive behavioral aspects of stress management on depression, anxiety and stress of cardiovascular patients was with in the present study. Finally the presence of a psychological within the treatment team of cardiac patients is suggested on a critical factor and recommended.

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