

## عنوان مقاله:

Effect of Participation in Peer-Support Groups on Happiness and Life Orientation in Mothers of Children Undergoing Hemodialysis

## محل انتشار:

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## خلاصه مقاله:

Background: Problems associated with the conditions of children undergoing hemodialysis (HD) have significant effects on maternal physical and mental health status. Therefore, the provision of information and support to mothers of children receiving HD can have a profound impact on the health status of mothers. Aim: The present study aimed to investigate the effect of participation in peer-support groups (PSGs) on happiness and life orientation in mothers of children undergoing HD. Method: This longitudinal single-group study with interventional study design, with a pre/post-test research design, was conducted on ۲۷ mothers who were referred to Dr. Sheikh Hospital, Mashhad, Iran, during ۲۰۱۹-۲۰۲۰. The mothers were divided into six groups and attended PSG sessions. The data were collected using demographic characteristics/ medical history questionnaire, the Oxford Happiness Inventory (OHI), and the Revised Life Orientation Test (LOT-R) three times before and three times after the intervention. The data analysis was performed using the SPSS software (version ۲۵). Results: In this study, the mean±SD age of participants in the PSG was ۳۸.۰۰±۵.۵۰ years. A significant difference was observed in the mean±SD scores of happiness at the pre-and post-intervention stages ( $P < ۰.۰۰۱$ ). Moreover, there was a significant difference in the mean±SD scores of life orientation before and after intervention ( $P < ۰.۰۰۱$ ). Implications for Practice: Participation in PSGs can boost levels of happiness and positive life orientation in mothers of children receiving HD. Therefore, nurses are suggested to practice this intervention as an effective strategy.

## کلمات کلیدی:

Happiness, hemodialysis, Life Orientation, Mother, Peer-support group

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