

## عنوان مقاله:

The Effectiveness of Cognitive Therapy on Hope and Pain Management in Women with Chronic Pain

## محل انتشار:

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## خلاصه مقاله:

Background: Chronic pain is a debilitating situation associated with some psychological variables. Objectives: This research was conducted to evaluate the effectiveness of cognitive therapy on hope and pain management in women with chronic pain. Methods: The present research was a quasi-experimental study with a pretest-posttest design and a control group. The study population included women living in region one of the city of Rasht referring to Guilan Pain Clinic in ۲۰۱۷-۲۰۱۸, of which ۲۰ people were included in the study by convenience sampling method and were divided into two experimental (۱۰ people) and control (۱۰ people) groups by random assignment method. Before training, both groups completed the Miller Hope Scale (۱۹۸۸) and the McMillan Pain Management Questionnaire (۲۰۰۰). The experimental group received cognitive therapy for ۸ sessions of ۹۰ minutes, but the control group did not receive any intervention. The obtained data were entered into SPSS۲۰ software and analyzed using descriptive statistical methods and univariate analysis of covariance (ANCOVA). Results:: The mean age of participants in this study was ۴۶.۷(۸.۳۵) years. The comparison of pretest and posttest of the mean scores of hope and pain management after the intervention showed a significant increase ( $p=0.000$ ). Based on univariate ANCOVA, cognitive therapy is effective on both hope and pain management variables. Conclusion: According to the findings, cognitive therapy seems to be used by psychologists and related experts as a low-cost method by increasing hope and improving pain management in patients with chronic pain.

## کلمات کلیدی:

cognitive therapy, hope, pain management, chronic pain, women

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