

عنوان مقاله:

Efficacy of Cognitive-behavioral Group Therapy for Depression in Patients with Brain Tumors and Increased Hope

محل انتشار:

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خلاصه مقاله:

Aims: The purpose of this study was evaluating the efficacy of cognitive behavioral group therapy on depression and hippocampal brain tumor. **Method:** In each group, the experimental group received 4 weekly cognitive behavioral therapy sessions. The questionnaires for depression, Beck's Depression Inventory (BDI) and hope, the hope scale were used as the pre-test, post-test and follow-up. The follow-up study was conducted two months later. Patients were selected and assigned to two experimental and control groups with brain tumor patients. **Results:** After the last intervention session, the result of covariance analysis showed that the mean scores of depression in post-test were significantly lower than the control group ($P < 0.001$) and follow-up ($P < 0.001$). The result also showed that the scores of hope were higher than the control group in pre-test ($P < 0.001$) and follow-up ($P < 0.001$). It is concluded that cognitive behavioral therapy could improve the quality of life of brain tumor patients. **Conclusion:** Pharmacological interventions should be used in patients with brain tumors. The results suggest that Cognitive Behavioral Treatment could be a valuable addition to surgical and

کلمات کلیدی:

Cognitive Behavioral, group therapy, Depression, Brain Tumor, گروه درمانی شناختی رفتاری، افسردگی، امیدواری، تومور مغزی

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