عنوان مقاله:

Studying the Effectiveness of Emotion Regulation Training on Illness Perception, Resilience, and Hope for Life in Patients with Osteoporosis

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خلاصه مقاله:

Osteoporosis is a skeletal disease characterized by a decrease in bone mineral density. Monitoring the mental health of patients is an integral part of their treatment process. Given the lack of studies on emotion regulation training in patients with osteoporosis, along with the high prevalence of osteoporosis, indicating its importance in society, there is a significant gap in such studies. Therefore, we aimed to design a study titled "The effectiveness of emotion regulation training on illness perception, resilience, and hope for life in patients with osteoporosis." In this semi-experimental pre-test and post-test study, participants aged ۵۰ to ۶۰ years, all of whom were female, were conveniently sampled from the Imam Khomeini Medical and Educational Center in Sari, Iran, from patients registered at the Orthopedic Research Center. Finally, ۴۰ patients who met the necessary criteria for participation and attended the emotion regulation training sessions were selected for statistical analysis. The Conner & Davidson Resilience Questionnaire, Miller Hope for Life Questionnaire, and Burden of Disease Perception Questionnaire were completed by the volunteers before and after emotion regulation training. The mean scores of the Miller Hope for Life Questionnaire for the patients included in the study were estimated to be ۱۵.۲۲ ± ۱۵۱.۵۷ before the training sessions and ۱۹.۳۷ ± ۱۸۷.۵۲ after the sessions, showing a significant difference (P≤۰.۰۵). The Conner & Davidson Resilience Questionnaire was interpreted based on the obtained scores. The mean scores of the resilience questionnaire for the patients included in the study were estimated to be ۸.۹ ± ۵۳.۸ before the sessions and ۱۶.۵ ± ۶۱.۱ after the sessions, showing a significant difference (P≤۰.۰۵). The illness Perception Questionnaire was also interpreted based on the obtained scores. The mean scores of the perception questionnaire for the patients included in the study were estimated to be ۱۱.۳۵ ± ۴۴.۳۹ before the intervention and ۱۵.۸ ± ۵۱.۵ after the sessions, showing a significant difference (P≤۰.۰۵). According to the results of this study, emotion regulation training sessions can significantly increase hope for life, resilience, and illness perception in women with osteoporosis. These findings can be used to improve the quality of life of these patients and design necessary interventions and strategies for healthcare providers.

کلمات کلیدی:
Osteoporosis, Resilience, Hope for Life, Emotion Regulation

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