

## عنوان مقاله:

Effectiveness of Self-compassion Group Training on the Reduction of Anxiety, Stress, and Depression in Type ۲ Diabetic Patients

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** Type ۲ diabetes is one of the common acute diseases that should be controlled; otherwise, it leads to inevitable consequences for the patient. The aim of the present study was to evaluate the effect of self-compassion training on the reduction of anxiety, stress, and depression of patients with type ۲ diabetes referring to the Taleghani Diabetes Clinic in Kermanshah City. **Methods:** In the present semi-experimental study, ۲۰ types ۲ diabetes patients referring to the Taleghani Diabetes Clinic in Kermanshah City were enrolled through a simple randomized sampling method in ۲۰۱۷. The selected subject was divided into two treatment and control groups (۱۰ subjects in each group). The treatment group participated in a self-compassion training class for ۸ sessions (۹۰ min), but the control group did not receive any training. In order to collect data, Depression Anxiety Stress Scales (DASS) was used. In addition, to analyze data, ANOVA and t-test methods were done using SPSS V.۲۲ software. **Results:** The results showed that in the treatment group, the mean score of anxiety, stress, and depression was significantly reduced compared to the control group ( $P < ۰.۰۰۱$ ). **Conclusion:** In diabetic patients, self-compassion group training is one of the effective method on the reduction of anxiety, stress, and depression. Therefore, it is suggested employing self-compassion group training method to the reduction of anxiety, stress, and depression in patients suffering from type ۲ diabetes by .therapists, counselors, and psychologists

## کلمات کلیدی:

Keywords: Self-compassion Training, depression, Anxiety, Stress, Type ۲ diabetes

## لینک ثابت مقاله در پایگاه سیویلیکا:

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