

عنوان مقاله:

Effect of cognitive behavioral therapy in hastening recovery of women after hysterectomy surgery

محل انتشار:

مجله بین المللی علوم رفتاری، دوره 4، شماره 2 (سال: 1389)

تعداد صفحات اصل مقاله: 5

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خلاصه مقاله:

Introduction: Hysterectomy surgery is one of the most common women's surgeries. The purpose of this research was to examine the role of cognitive behavioral therapy (CBT) in accelerating the physical recovery of patients after hysterectomy surgery. Method: In this clinical trial study, ۲۰ subjects candidate for hysterectomy surgery were randomly selected and divided into in two groups of experimental and control. Cognitive behavioral therapy (CBT) was instructed before surgery during ۸ sessions for experimental group and after surgery both groups were examined in terms of accelerating the physical recovery, i.e., amount of sedatives dose, duration of hospitalization and return to daily activities Results: Cognitive behavioral therapy (CBT) significantly accelerated the process of physical recovery, relieved pain and lowered sedatives consumption for patients of the experimental group. Conclusion: Cognitive behavioral therapy (CBT) acts in accordance with the recognition and changing the negative cognitions and causes .the acceleration of recovery, reduction of pain and consumption of pain after Hysterectomy surgery

کلمات کلیدی:

Keywords: Cognitive Behavioral Therapy (CBT), Hysterectomy Surgery, Women

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<https://civilica.com/doc/1731677>

