

## عنوان مقاله:

The Effectiveness of Cognitive Behavioral Stress Management on Health-Related Quality of Life, Diabetes Management Self-Efficacy, and Treatment Adherence in Type ۲ Diabetes

## محل انتشار:

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## خلاصه مقاله:

Objective: This study aimed to investigate the effectiveness of cognitive behavioral stress management (CBSM) on health-related quality of life (HRQOL), self-efficacy of diabetes management, and adherence to treatment of patients with type ۲ diabetes. Materials and Methods: The present study was a semi-experimental study with a control group. The research samples included ۳۰ patients with type ۲ diabetes. Data collection tools in this study included the Boyer & Earp quality of life (QOL) scale for patients with diabetes (D-۳۹), the diabetes management self-efficacy scale (DMSSES), and treatment adherence questionnaire in patients with chronic diseases. The CBSM therapy was performed in ۸ sessions for the experimental group. To analyze the data, a univariate analysis of covariance was used with SPSS-۲۳ software. Results: The results showed that the CBSM had a significant effect on the overall health-based QOL ( $F=۸.۶۲۰$ ;  $P=۰.۰۰۷$ ), diabetes management self-fficacy ( $F=۱۲.۰۲۱$ ;  $P=۰.۰۰۲$ ), and treatment adherence ( $F=۸۳.۲۵۳$ ;  $P=۰.۰۰۰۱$ ). In addition, the CBSM has a significant effect on diabetes control ( $F=۸.۹۳۲$ ;  $P=۰.۰۰۷$ ), anxiety and worry ( $F=۵.۰۲۳$ ;  $P=۰.۰۳۵$ ), and sexual functioning ( $F=۷.۶۱۱$ ;  $P=۰.۰۱۱$ ), diet ( $F=۱۰.۰۴۱$ ;  $P=۰.۰۰۴$ ), therapeutic regimen ( $F=۲۴.۲۵۰$ ;  $P=۰.۰۰۰۱$ ), making effort for treatment ( $F=۲۲.۹۸۷$ ;  $P=۰.۰۰۰۱$ ), intention to take the treatment ( $F=۱۰۸.۰۰۱$ ;  $P=۰.۰۰۰۱$ ), adaptability ( $F=۲۸.۷۰۴$ ;  $P=۰.۰۰۰۱$ ), and integrating illness into life ( $F=۳۸.۲۶۳$ ;  $P=۰.۰۰۰۱$ ). Conclusion: The CBSM intervention can be used to improve health-based QOL, diabetes management self-efficacy, and treatment adherence in type ۲ diabetes patients.

## کلمات کلیدی:

Cognitive-behavioral therapy, Stress reduction, Quality of life, Adherence to treatment, Self-efficacy, Diabetes

## لینک ثابت مقاله در پایگاه سیویلیکا:

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