

عنوان مقاله:

The Effectiveness of Logotherapy Training on Psychological Well-Being and Life Expectancy in Patients with Diabetes Type ۲

محل انتشار:

مجله دیابت و چاقی ایران، دوره 13، شماره 4 (سال: 1400)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Objective: In daily life, logotherapy is one of the skills that can be taught to increase the levels of psychological well-being and hope. The purpose of this study was to evaluate the effectiveness of meaningful psychological skills in promoting psychological wellbeing and life expectancy in patients with type ۲ diabetes in the city of Salas city of Kermanshah province. Materials and Methods: The present study is an experiment with a pre-test-post-test design with a control group. The statistical population of the study was all patients with type ۲ diabetes in Salas city of Kermanshah province. Thirty people were randomly divided into two groups of ۱۵ experimental and controlled by sampling. After that, the experimental group was trained in logotherapy skills and meaning for ۲ months in a total of ۸ sessions of ۹۰ minutes. After completing the training and after one month, the post-test was performed simultaneously and under the same conditions for both experimental and control groups. Data were analyzed by multivariate analysis of covariance (MANCOVA) with SPSS ۱۸ software. Results: Results of analysis of covariance on post-test means, there is a significant difference between logotherapy and control groups in psychological well-being and life expectancy variables ($P\text{-value} < ۰.۰۰۱$). The value of squares indicates that about ۷۷% of the variance of the well-being score and about ۸۱% of the variance of the life expectancy score is explained by the difference between the two methods. Conclusion: Logotherapy training is effective on psychological well-being and life expectancy of diabetic patients.

کلمات کلیدی:

Logotherapy, Psychological well-being, Life expectancy, Diabetes type ۲

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