

عنوان مقاله:

The Effectiveness of Cognitive-Behavioral Stress Management Training on the Resilience of Patients with Multiple Sclerosis

محل انتشار:

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خلاصه مقاله:

AbstractObjective: Multiple sclerosis is a chronic and disabling disease. The purpose of the present research was to examine the effectiveness of cognitive-behavioral stress management training on the resilience of patients with multiple sclerosis.
Method: This research was a quasi-experimental design with pre-test, post-test and follow-up, and a control group. The statistical population included female patients with MS referred to the Dr. Shahbigi Neurology Clinic in Tehran. ۳۰ patients were selected by purposeful sampling method and assigned to the two groups experimental and control group randomly. The experimental group underwent ten sessions of stress management training based on the Cognitive Behavioral Model. Data were collected using the Connor Davidson Resilience Scale. Research data were analyzed using Mixed Repeated Measures ANOVA. **Results:** The results revealed that cognitive-behavioral stress management training can significantly enhance the resilience of patients with MS.
Conclusion: Therefore, the use of cognitive-behavioral stress management training can be effective in improving the resilience of patients with MS

کلمات کلیدی:

"multiple sclerosis", "Resilience", " stress management"

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