

عنوان مقاله:

Effectiveness of Cognitive Existential Approach on Decreasing Demoralization in Women with Multiple Sclerosis

محل انتشار:

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خلاصه مقاله:

Objectives: Multiple Sclerosis is the most prevalent central nervous system diseases that due to being chronic, frequent recurrence, uncertainty about its progress, and disability, can lead to various distresses as well as demoralization. Rehabilitation method based on Cognitive-Existential therapy is an integrated approach which can help to decrease demoralization syndrome in these patients. This study aimed to exploring effectiveness of rehabilitation method based on Cognitive-Existential approach on decreasing demoralization syndrome in patients with MS. Methods: Single subject design is used in this study. Among women who had referred to Tehran MS Association, 3 women (aged between 20-40) were selected through purposeful sampling and separately participated in 10 sessions (90 minutes). Participants were assessed during 7 phases of intervention (2 baselines, 3 measurement during intervention, 2 follow-up) through Demoralization Syndrome Scale (2004) and Cognitive Distortion scale (2010). Data were analyzed by calculating process variation index and visual analysis. Results: Comparing patients with MS scores on the diagram during 7 time measurement and calculating recovery percentage, represent decreasing in demoralization syndrome score scale. Discussions: Findings showed that rehabilitation method based on Cognitive Existential approach can decrease demoralization syndrome in patients with MS.

کلمات کلیدی:

Cognitive distortion, Cognitive-existential therapy, Multiple sclerosis, Demoralization syndrome

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