

## عنوان مقاله:

Effects of Group Training on Depression and Anxiety among Patients with Type I Diabetes: a Randomized Clinical Trial

## محل انتشار:

مجله بین المللی کودکان، دوره 4، شماره 5 (سال: 1395)

تعداد صفحات اصل مقاله: 10

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## خلاصه مقاله:

Background Depression and anxiety can have a significant impact on prognosis in diabetic patients. In this study we evaluate how the effect of group learning on anxiety and depression in adolescents with type 1 diabetes at clinics of Ahvaz Jundishapur University of Medical Science. Materials and Methods This study was carried out via a pretest-posttest design on the adolescent 11-21 ages with type I diabetes. 74 patients were randomized in education group (n=37) either to the control group (n=37). Data collection tools included demographic and clinical status questionnaires, and the Beck anxiety and depression inventory. Group training intervention was done for intervention group and three months after study two groups filled questionnaires and inventories. Data analyzed using chi-square test and t-test using SPSS- 22 software. Results Findings showed that there was a significant difference between patients mean of depression in intervention group before and after intervention ( $P < 0.05$ ). Also there was a significant difference between the patients mean of anxiety in intervention group after group training ( $P < 0.05$ ). Conclusion Results indicated group training of adolescents with type I diabetes caused reducing in depression and anxiety them. So it would be useful considering training programs in pertinent care plan

## کلمات کلیدی:

Adolescents, Anxiety, Depression, Diabetes, Group training

## لینک ثابت مقاله در پایگاه سیویلیکا:

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