

عنوان مقاله:

The effect of motivational text and voice message on happiness in patients with coronary syndrome: a challenge during coronavirus

محل انتشار:

سومین همایش فناوری اطلاعات و ارتقا سلامت با محوریت پرستاری (سال: 1399)

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خلاصه مقاله:

Coronary artery disease is one of the chronic diseases and the leading cause of death and disability globally. These patients' susceptibility to coronavirus complications, the chronicity of this disease and its complications, reduces the quality of life, and causes concern in the patient. Therefore, this study was performed to determine the effectiveness of motivational text and audio messages on happiness in patients with the coronary syndrome. Method: This clinical trial study was performed on 96 patients with the acute coronary syndrome who were randomly divided into control and intervention groups. The control group received routine training only during discharge, and the intervention group, in addition to receiving routine training during discharge, formed a group on social networks and were sent the motivational text and video messages for 12 weeks. At the beginning and three months after the intervention, the Oxford Happiness Questionnaire was completed. Containing 29 questions, it was first designed by Argyle to assess happiness. The questions are scored on a four-point Likert scale (zero to 3). The range of scores varies from zero = low happiness to 87 = increased happiness. The components measured in this questionnaire are life satisfaction, self-esteem, well-being, satisfaction, and festive mood. Internal reliability of the main version of this questionnaire was reported by Cronbach's alpha method of 94%, and also its internal validity and reliability were obtained by Alipour 0.79. Data were analyzed using Mann-Whitney U, Wilcoxon, and Spearman correlation coefficients. Results: 36 of the studied units (37.5%) were female, and 55 (57.29%) were male. Their mean age was 55.98. 8.1. In terms of education, 24 (7.7%) had a diploma or lower, and 20 (41.3%) had a bachelor's degree or higher. After the intervention in the experimental group, the mean score of happiness was 38.02 /10 10.63 and in the control group was 34.73 11 11.56. The intervention group has a higher mean happiness score than the control group, and there is a statistically significant difference between the happiness scores in the two groups ($p = 0.001$). Conclusion: Sending motivational text and video messages effectively increase patients' happiness with ACS and can be considered to increase patients' quality of life with ACS. Using this technological approach, one can hope that people will be better able to prevent the decline in happiness caused by negative thoughts in a coronary crisis and increase their happiness level.

کلمات کلیدی:

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