

## عنوان مقاله:

The effectiveness of dialectical behavior therapy on adherence to treatment and self-caring behavior in patients with coronary heart disease

## محل انتشار:

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## نویسندگان:

Fatemeh Tavakoli - *Department of Clinical Psychology, Khomeinishahr Branch, Islamic Azad University, Khomeinishahr, Isfahan, Iran*

Hamid Kazemi-Zahrani - *Assistant Professor, Department of Psychology, Payame Noor University, Tehran, Iran*

Masoumeh Sadeghi - *Professor, Cardiac Rehabilitation Research Center, Cardiovascular Research Institute, Isfahan University of Medical Sciences, Isfahan, Iran*

## خلاصه مقاله:

**BACKGROUND:** The aim of this study was to investigate the effectiveness of dialectical behavior therapy (DBT) on adherence to treatment and self-caring behavior in patients with coronary heart disease (CHD). **METHODS:** This was an experimental study based on control and experimental groups with pre-test and post-test. ۳۲ male and female patients with CHD having at least high school diploma, referring to Isfahan cardiovascular research institute, Isfahan, Iran, were selected and placed randomly in two groups of control and experimental. Pre-test stage was done for both two groups by ۸-item Morisky Medication Adherence Scale (MMAS-۸) and Self-Care of Coronary Heart Disease Inventory (SC-CHDI). The experimental group was placed under the intervention of DBT for ۸ sessions of ۲ hours (once a week). Afterwards, the post-test was done for both groups. **RESULTS:** It was shown by analyzing results from t-test that adherence to treatment and self-care behavior significantly increased in experimental group comparing to control group [(1.۸۱ ± ۰.۷۵ vs. ۵.۱۹ ± ۱.۲۲,  $P < ۰.۰۰۱$ ) and (۷۲.۵۰ ± ۴.۳۸ vs. ۵۵.۵۰ ± ۷.۴۲,  $P < ۰.۰۰۱$ ), respectively]. Also results showed that self-caring and adherence to treatment significantly increased after being adjusted for baseline measurement ( $P < ۰.۰۰۱$ ). The findings showed that DBT had effect on adherence to treatment and self-caring behavior of patients with CHD. **CONCLUSION:** On the basis of results, it could be said that DBT intervention can have positive impact on adherence to treatment and self-caring behavior of patients with CHD.

## کلمات کلیدی:

Coronary Disease, Dialectical Behavior Therapy, Treatment Adherence, Self-Care

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