

The Effect of Stress Management Training on Hope in Hemodialysis Patients

Farzad Poorgholami, Sareh Abdollahifard, Marzieh Zamani, Marzieh Kargar Jahromi, Zohreh Badiyepayma Jahromi

Abstract

INTRODUCTION: Chronic renal failure exposes patients to the risk of several complications, which will affect every aspect of patient's life, and eventually his hope. This study aims to determine the effect of stress management group training on hope in hemodialysis patients.

METHOD: In this quasi-experimental single-blind study, 50 patients with renal failure undergoing hemodialysis at Motahari Hospital in Jahrom were randomly divided into stress management training and control groups. Sampling was purposive, and patients in stress management training group received 60-minute in-person training by the researcher (in groups of 5 to 8 patients) before dialysis, over 5 sessions, lasting 8 weeks, and a researcher-made training booklet was made available to them in the first session. Patients in the control group received routine training given to all patients in hemodialysis department. Patients' hope was recorded before and after intervention. Data collection tools included demographic details form, checklist of problems of hemodialysis patients and Miller hope scale (MHS). Data were analyzed in SPSS-18, using Chi-square, one-way analysis of variance, and paired t-test.

RESULTS: Fifty patients were studied in two groups of 25 each. No significant difference was observed between the two groups in terms of age, gender, or hope before intervention. After 8 weeks of training, hope reduced from 95.92 ± 12.63 to 91.16 ± 11.06 ($P=0.404$) in the control group, and increased from 97.24 ± 11.16 to 170.96 ± 7.99 ($P=0.001$) in the stress management training group. Significant differences were observed between the two groups in hope scores after the intervention.

CONCLUSION: Stress management training by nurses significantly increased hope in hemodialysis patients. This low cost intervention can be used to improve hope in hemodialysis patients.