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Dialysis

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Effectiveness of cognitive-behavioral group therapy for enhancing mental health and quality of life in maintenance hemodialysis patients

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Background: Depression of the patients with hemodialysis (HD) can influence quality of life, dialysis compliance and medical comorbidity. In this study, we applied group cognitive behavior treatment (CBT) program to patients with HD and compared their change as a preliminary study.

Methods: We collected 7 major depressive disorder patients with hemodialysis and administrated Beck depression inventory II (BDI-II), Hamilton depression rating scale (HAM-D), Beck anxiety inventory (BAI), the perceived stress scale (PSS), WHO quality of life scale abbreviated version (WHOQOL_BREF) at baseline and 8, 12 weeks. The group CBT included 12 sessions once a week with the themes of the relaxing training, automatic/negative thinking and management, mindfulness meditation, self-encouragement, anger management, and effective communication skills. We compared the scores using the Wilcoxon signed rank test.

Results: Seven participants showed improvement of scores in BDI-II, HAM-D, BAI, PSS, and WHOQOL_BREF after CBT. The scores of 12 week showed significant improvement than those of 8 week compared baseline scores.

Conclusion: In this preliminary study, patients with HD showed improvement in most scales reflecting mood and quality of life after group CBT intervention. Based on this study, randomized study will be needed to evaluate the efficacy of our group CBT program.

Keywords: hemodialysis, Mental health, Quality of life