

Title: The Impact of Group Schema Therapy on Depression, Anxiety and Stress in Patients with Insulin-dependent Diabetes.

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Introduction: Insulin-dependent diabetes as a prevalent disease, is one of the health system's priorities. Because of the prevalence of depression, anxiety and stress in patients with Insulin-dependent diabetes, an important goal in the management of this disease is providing mental health, especially the management of depression, anxiety and stress through psychological intervention.According to this and despite of relationship between early Maladaptive Schemas and three variables and also the need to reform of these schemas, this study was performed to determine the effect of Schema Therapy on depression, anxiety and stress in patients with insulin-dependent diabetes.

Materials and Methods : In this randomized clinical trial, patients with Insulin-dependent diabetes referred to Yasuj Clinic Of Medical Science in 2016 ,after written informed consent was taken , they were selected by convenience sampling method and complete the questionnaire of DASS-42 and demographic information, Out of which 64 patients were eligible for the study and at the same time, In all three measures of Depression, Anxiety and Stress in the DASS-42 questionnaire were classified as moderate to severe entered this study and then complete the short form of the Young Schema Questionnaire based on the random allocation process modules and control and experiment with equal numbers were assigned to groups. According to the approved protocol, the experimental group receive Schema Therapy interventions in 10 sessions over 5 weeks which last 90 mintues and till the completion of this study, individuals in control group receive only routine services. Immediately after the end of treatment and one month after that, DASS-42 was compeleted by two control and experimental groups respectively the Post-test and follow up. The collected data were analyzed by using SPSS version 21, descriptive and inferential statistics purchased by parametric statistical tests such as independent t-test or nonparametric equivalent, Mann-Whitney, chi-square test, Fisher's exact test and analysis of variance with repeated measures and confidence level 95% (P=0.05).

Result: The subjects aged58.7±12.8 of the 12.5±7.1 years had been suffering from diabetes and consisted of 24 men (37.5) and 40 women (of 62.5 percent); 50 (78.1 percent) of them were

married, 6 patients (9.4 percent) were single and 8 patients (12.5percent) were widowed, in terms of education, 21 patients (32.8 percent) illiterate, 14 (21.9 percent) elementary, 10 patients (15.6 percent) tips, 7 patients (10.9%) of secondary schools and 12 (18.8 percent) has a Bachelor's degree or higher. of these 31 patients (48.4%) were housewives, 13 patients (20.4%) were self-employed, and 20 patients (31.2%) of them had a government job that results of this study showed that At baseline, the experimental and control groups had no significant differences in terms of demographic and background characteristics, Depression, Anxiety, Stress and Maladaptive Schemas and the two group were similar(P>0/05). In experimental group the rates of Depression, Anxiety and Stress was respactively in Pre-Test, 18.53 ± 2.88, 14.59 ± 2.94 and 24.06 ± 3.53 that was fallen in Post-Test to 11.22 ± 3 .63,10 . 72 ± 4.71 and 10.84 ± 4.14.The rate of Depression ,Anxiety and Stress in experimental group were decresed in Post-test compared with the Pre-test(P<0.05). It is worth noting , Although this rate increased in follow up(Depression (15.4 ± 31.9), Anxiety (12.5 ± 72.19) and Stress (16.5 ± 5.16)) compared with Post-test but it is less than this rate in Pre-test(P<0.05). While in Control group, the level of Anxiety in the Pre-test 15.09 ± 3 & Post-test (15.6 ± 31.84) & Follow up (15.7 ± 97.55) increased, and rates of Depression and Stress in Pre-test, respectively 19 ± 3.57 and 24.56 ± 3.92 in Post-test with little change was 18.82 ± 9.84 and 24.34 ± 9.03 decreased and Follow-up also was 19.1 ± 9.57 and 25.03 ± 8.29 had increasing trend in follow up compared with both of Pre-test and Post-test.(P<0.05).

Conclusion: According to the research findings, it seems that Schema therapy is an effective intervention in reducing Depression, Anxiety and Stress in patients with Insulin-Dependent Diabetes, So because of the cost - effectiveness of this intervention and also if the effectiveness of that had been confirmed in other studies, it can be used as a novel approach in diabetes clinics for reduction of depression, anxiety and stress in diabetes patients.

Biography

Azadeh Eghbal Manesh has her expertise in psychiatery of nursing and has a background of working in psychiatery ward as a nurse, expert in medication , health provider and being able to improve people's wellbeing. I work on diabetes people , so because they have many psychophysiological problems, I decided to research about new psychotherapy helping them to promote their wellbeing , hence decreases their mental problems such as depression, anxiety and stress. I am a hypnotherapist and recommend hypnotherapy to reduce mental problems in diabetic people ,too

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