

Implications Of Stress Management Program Among Patients with Chronic Conditions: Non- Randomized Clinical Trial

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Abstract

The purpose of the study is to examine the effects of stress management program on patients with chronic conditions through pre-experimental research design. The patients with type II diabetes mellitus or hypertension, both genders, age range from 30 to 60 years and who had not attended any psychological intervention or stress management program were included in the study. The exclusion criteria of the study was the patients who had diabetes or hypertension with other physical diseases or mental disorders, had both chronic illnesses together, patients with type I diabetes, gestational diabetes or hypertension, less than 30 year or above 60 and who did not sign the inform consent to take participation in this program. The eclectic approach of stress management program (ten sessions) was applied on 110 patients with chronic conditions to see its efficacy on the level of Patient's perceived stress and the way of coping to handle it. Perceived Stress Scale and Coping Strategies Questionnaires were administered to measure stress and coping strategies at pre and post level of program. Statistical Package for social sciences 21 (SPSS 21) was used to run the paired sample t test. It reported that stress management program is very useful to reduce the stress level and improved the way of coping to fight it among patients with chronic conditions. To improve the mental health of the patients, this program is very cheap which can be applied in group setting easily.

Keywords: Coping Strategy Questionnaires; Diabetes mellitus; Eclectic approach; Hypertension; Perceived Stress Scale