ABSTRACT

A randomized controlled trial on effectiveness of cognitive behavioural therapy (CBT) on anxiety, depression, adherence and quality of life among people undergoing haemodialysis was carried out in a selected tertiary care hospital of South Karnataka with the objectives of finding the effect of CBT on anxiety, depression, haemodialysis adherence and quality of life among people undergoing haemodialysis.

Background Proforma, Hospital Anxiety and Depression Scale (HADS), Haemodialysis Adherence Scale and CHOICE Health Experience Questionnaire (CHEQ) were used collect the data. The sample were screened initially for inclusion and then randomly allocated into experimental and control groups based on computer generated block randomization. A total of 67 sample participated in the study, with 33 and 34 in the experimental and control groups respectively. Ten sessions of each CBT and non-directed counselling were administered to the experimental group and control group respectively.

The findings of the study revealed that there was a significant reduction of mean anxiety (F=76.739, p=0.001) and depression (F=57.326, p= 0.001) in the experimental group when compared with the control group. The average reduction of IDWG in experimental group (from 4.47 Kg to 3.18 Kg at three month and to 3.24 Kg at six month) was higher than the control group (F= 60.417 at p=0.001). Similar way, the average reduction of systolic blood pressure (F=76.662 at p=0.001) and diastolic blood pressure (F=29.013, at p=0.001) and increase in the haemoglobin (F=44.697 at p=0.001) were significantly higher in the experimental group.
Significant improvement was found in the dialysis adherence (F=33.607 at p=0.001), fluid adherence (F=252.506 at p=0.001), diet adherence (F=1.464 at the level of p=0.001) and drug adherence (F=183.628 at the level of p=0.001) in the experimental group when compared with the control group after the intervention.

The average increase of overall quality of life in the experimental group was greater than the control group (F=308.234 at p=0.001) and further in the areas of Physical Component (F=243.796, p=0.001), Mental Component Score (F=173.322, p=0.001) and CRF related quality of life (F=163.1, at p=0.001).

Majority of the participants of experimental group expressed that CBT helped them to get control over their negative thoughts (87.88%), decide on water intake (90.91%), plan diet (75.76%), manage activities (60.61%), regulate dialysis and drug intake (63.64%), relax and sleep better (69.7%) and come in terms with the disease as a whole (87.88%). All of them (100%) expressed that they felt better after attending the CBT sessions.

Researcher concluded that CBT is effective in enhancing the quality of life among people undergoing haemodialysis. CBT can be effectively utilized in the routine care of the people undergoing haemodialysis in order to obtain control over their negative thoughts thereby reducing or preventing anxiety and depression, enhancing adherence and promoting overall quality of life.