CONCLUSION

Various studies have established the fact that many psychological factors influence health and well-being. Though the different psycho-social predictors have been studied separately, but there are only a few studies which have investigated the relative contribution of different psycho-social factors in hypothyroidism. Therefore, in the present investigation the researcher has investigated the psychological predictors of hypothyroidism among female patients. The findings of the present study showed that the Psychological Variables i.e. Dietary Habits (Life Style Domain-I), Stress and Sleeping Behavior (Life Style Domain-II) contribute towards Hypothyroidism of Women.

Further, the results revealed that there exist a significant difference in Lifestyle, Level of stress, Personality traits and Brain dysfunctions of hypothyroid and non hypothyroid women. Hypothyroid women proved to have comparatively sedentary lifestyle particularly unhealthy dietary habits, low level of sleeping behavior and poor physical activity; high level of stress; brain dysfunction or cognitive impairments and neurotic personality characteristics in comparison to their normal counterparts. All of these psycho-somatic symptoms are common among women who experience stress, but can be severe/compounded with a hypothyroid disorder.

Results of part-II of the study lead us to conclude that psychological intervention consisting of biofeedback-assisted progressive muscular relaxation, behavioral and cognitive strategies based counseling is very effective in reducing the stress level and improving the sedentary life style of hypothyroid patients. Reduction in stress leads to high level of relaxation, which maintains the healthy bodily functioning. These findings will be helpful in the prevention and psychological treatment of hypothyroid conditions. The findings also seem to have implications for developing effective programmes for the prevention of stress-related ailments.
LIMITATIONS OF THE STUDY AND SUGGESTIONS FOR FURTHER RESEARCH

➢ The study has been conducted on a limited sample of 100 female hypothyroid patients selected from Agra city only. A more exhaustive study needs to be conducted on a larger sample selected from other cities.

➢ The study is limited to hypothyroid patients of 30-50 years of age only. Subjects of other age groups i.e. young (aged 18-30 years) and elderly people (aged above 50 years) etc. can also be included in the sample for future studies.

➢ The study is limited to female hypothyroid patients only. Further research may to be conducted on male patients also.

➢ To make comparison among patients suffering from sub-clinical features of hypothyroid disorder, different groups may be clustered as per the severity of the symptoms for further research.

➢ Psychological intervention programme has been given to a small group of 10 hypothyroid patients only. The same should be tried on larger groups of patients with various sub-clinical features of hypothyroidism.

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