PSYCHOLOGICAL PERSPECTIVES ON THE MANAGEMENT OF HYPOTHYROIDISM

ABSTRACT

The present research is designed to study the psychological determinants of hypothyroidism and their management. The study is conducted in two parts: Part-I and II. Part-I of the study deals with the relative contribution of variables viz. life style, stress, personality traits, and brain dysfunction in determining hypothyroidism among female patients. Part-II of the research deals with the study of effectiveness of psychological intervention in managing the level of stress and in modifying poor/unhealthy lifestyle of hypothyroid female and its effects on subjects having high level of stress. Total 200 women (100 hypothyroid patients and 100 Non-hypothyroid women) were assessed on self constructed Life-Style Scale, ICMR Stress Questionnaire, NEO-Personality Inventory and PGI Battery of Brain Dysfunction. Correlational design was employed. Data were analyzed in three ways: Product Moment Coefficient of Correlation, Stepwise Multiple Regression Analysis and Mann Whitney U. Case study was also done for in-depth analysis. 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 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. Results of part-II of the study showed that psychological intervention consisting of bio-feedback-assisted muscle relaxation, behavioral and cognitive strategies based counseling is very effective in reducing the stress level and improving the sedentary life style of hypothyroid patients. It can be conclude that with effective treatment plan and techniques of behavior modification, hypothyroid patients can achieve healthy levels of psychosocial functioning. Reduction in stress leads to high level of relaxation, which maintains the healthy bodily functioning. These findings will be helpful in the prevention and treatment of hypothyroid conditions. The findings also seem to have implications for developing effective programmes for the prevention of stress-related ailments.

Supervisor

Dean

Head

Department of Psychology

Faculty of Social Sciences
Dayalbagh Educational Institute
Dayalbagh, Agra