

Efficacy of Positive Psychotherapy on Health Promotion Behaviors and Psychological Capitals among Type 2 Diabetes Patients

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Extended Abstract

Aim

According to the World Health Organization, diabetes is one of the most prevalent chronic diseases, and its incidence is rising in all nations, particularly developing countries. Population growth, rapid social changes such as urbanization, alterations in people's lifestyles, and the protracted survival of patients with chronic diseases as a result of advances in medical knowledge and disease control all contribute to this increase. Diabetes, which is characterized by elevated blood sugar, impaired metabolism of carbohydrates, fats, and proteins, and consequently, defects in insulin secretion or insulin action, is, in fact, the most prevalent metabolic disease. This disease's chronic nature places a substantial financial strain on the affected individual, family, society, and country. Additional complications, including retinopathy, peripheral neuropathy, nephropathy, myocardial infarction, peripheral vascular issues, depression, and amputation, can result in significant morbidity and mortality, as well as a reduction of patients' life expectancy by as much as eight years. A review of studies conducted in Iran reveals that diabetic patients' noncompliance with treatment doubles the incidence of complications associated with the disease and raises treatment expenses. Additionally, hospital admissions resulting from non-compliance with medication regimens, hygiene practices, and health-related behaviors exceed one-third. An imperative requirement for these patients, in light of this, is an augmentation of health-promoting behaviors. The purpose of the current study was to investigate the efficacy of positive psychotherapy in influencing health promotion behaviors and psychological capitals among individuals diagnosed with type-2 diabetes.

Methodology

A quasi-experimental design comprising a pre-test, post-test, control group, and a two-month follow-up period was utilized for the study. The statistical population for the summer of 2021 in the Shahreza city comprised individuals diagnosed with type-2 diabetes. A total of 34 individuals diagnosed with type-2 diabetes were chosen using a purposive sampling technique. These patients were then allocated at random into two groups: an experimental group consisting of 16 patients and a control group of 18 patients. Over a period of two and a half months, the experimental group participated in ten positive psychotherapy sessions, each lasting seventy-five minutes. The applied questionnaires utilized in this research comprised the Health Promotion Behaviors Questionnaire (Walker et Al., 1987), and Psychological Capitals Questionnaire (Luthans & Aliyev, 2007). The data obtained from the research were subjected to analysis using mixed ANOVA in SPSS-23.

Findings

The results showed that positive psychotherapy significantly influences the health promotion behaviors and psychological capitals of patients with type 2 diabetes ($p < 0.001$). By implementing this intervention, the mean scores of health promotion behaviors and psychological capitals among patients diagnosed with type-2 diabetes increased significantly. These outcomes remained consistent throughout the follow-up phase.

Conclusion

According to the findings of the present study, positive psychotherapy can be an efficient treatment to improve health promotion behaviors and psychological capitals in patients with type-2 diabetes. This is achieved through the use of techniques such as positive life vision and the instruction of optimism and hope for the future. Thus, by means of positive psychotherapy, individuals diagnosed with diabetes are taught to cease rigid thinking associated with the condition that engenders negative emotions, and substitute positive and efficacious thoughts and cognitions for the negative ones that occupy their cognitive space. As a result of attaining greater mental, cognitive, and emotional tranquility, diabetic patients engage in an increased number of health-promoting activities with a more receptive and unburdened mindset, liberated from concerns.

Keywords: Health Promotion Behaviors, Positive Psychotherapy, Psychological Capitals, Type-2 Diabetes.