

P02-328 - EFFECT OF GROUP THERAPY ON ANXIETY AND DEPRESSION IN DIALYSIS PATIENTS

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Objectives: Hemodialysis as a treatment manner in chronic renal failure is a stressful process and has several various psycho-cognitive and social complications. This procedure can made mental disorder in these patients. Therefore it is better that moreover prescription of medication in hemodialysis centers, psychological interventions is done for patient's rehabilitation too.

Methods: This research is a quasi experimental and clinical trial study. Samples were young adults who were 18- 45 aged. The Beck depression & anxiety inventories were used as a measure of psychological symptoms at pretest and post test. Cognitive-behavioral group therapy as intervention was done at 12 week. Information **were** analyzed with SPSS-16 and Paired t-test and Analysis variance one way.

Results: The result showed a significant difference between anxiety and depression before and after intervention in case group ($p=0/0001$) and there was not a significant difference among variables such as: age, sex, education and economic level, dialysis long time with anxiety and depression among in studied group.

Conclusions: This research shows that group therapy (cognitive- behavioral) has been decreased depression and anxiety remarkably in dialysis patients. Therefore it is suggested that moreover description of medication, psychological interventions are done for this patients.

Keywords: Dialysis, Group therapy, anxiety, Depression.