Original Paper

Effectiveness of cognitive behavioral therapy based on religion on depression and quality of life in patients with HIV/AIDS

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Abstract

Background and Objective: Cognitive behavioral therapy based on religion can increase the religious mind. This study was done to evaluate the effectiveness of cognitive behavioral therapy based on religion on depression and quality of life in patient with HIV/AIDS.

Methods: In this quasi -experimental study with pretest, post test and follow up with control group, 30 patients with HIV were non-randomly divided into intervention and control groups. Patients in intervention group were received 12 sessions of cognitive behavioral therapy based on religion, but patients in control group did not receive any intervention. Beck depression test (BDI-II) and quality of life questionnaire (WHOQOL-Brief) were used.

Results: The rate of depression in intervention group significantly reduced in compared to controls (P<0.05). The rate of quality of life significantly increased in intervention group in comparison with controls group (P<0.05). These results significantly persisted after follow- up period (P<0.05).

Conclusion: The cognitive behavioral therapy based on religion is effective on decrease of depression and increase of quality of life in patients with HIV/AIDS.

Keywords: Cognitive behavioral therapy based on religion, HIV/AIDS, Depression, Quality of life

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