

The Effects of Psychological Capital Training on Health Promoting Behaviors and Psychological Flexibility in Autoimmune (Psoriasis) Patients

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Introduction

Chronic diseases are considered medical situations, health problems or disabilities which require long-term management and they might create mental and social problems for the people. One of the diseases which might be followed by many physiological and mental difficulties is psoriasis. Therefore, the present study was conducted to investigate the effectiveness of psychological capital training on health promotion behaviors and psychological flexibility in autoimmune (psoriasis) patients in order to make it clear if this intervention is able to significantly lead to the increase of health improvement behaviors and psychological flexibility in the patients with psoriasis.

Method

The present study was quasi-experimental with pretest, posttest, control group and two-month follow-up design. The statistical population of the study included autoimmune (psoriasis) patients in Tehran (Kelid Zibaei and Kelaroo Centers) in autumn and winter of 2019-20. 30 autoimmune (psoriasis) patients were selected by non-random volunteer and purposeful sampling method and they were randomly assigned to experimental and

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control groups (15 patients in the experimental and 15 in the control groups). The experimental group received ten ninety-minute sessions of psychological capital training during two and a half months while the control group didn't receive them during the study and waited for them. The applied questionnaires in the current study included the questionnaire of health promotion behaviors (Walker et.al, 1987) and psychological flexibility questionnaire (Denis and Wanderwall, 2010). The data from the study were analyzed by repeated measurement ANOVA. The applied software was SPSS23 software.

Results

The results showed that the psychological capital training has been effective on health promotion behaviors and psychological flexibility of autoimmune (psoriasis) patients, as this therapy has succeeded in improvement of health promotion behaviors and psychological flexibility in these patients. In addition, the results showed that the effect of psychological capitals was stable on the health improvement behaviors and psychological flexibility of the patients in the follow-up stage.

Conclusion

According to the findings of the present study it can be concluded that the psychological capital training can be used as an efficient therapy to improve health promotion behaviors and psychological flexibility in autoimmune (psoriasis) patients relying on hope, resilience, optimism and self-efficacy as training psychological capitals can influence mental status of the patients with psoriasis.

Keywords: Psychological flexibility, Health promotion, Psoriasis, Psychological capital

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