

Efficacy of Mindfulness-Based Cognition Therapy on Corona Anxiety and Distress Tolerance in the Patients Recovered from Corona Virus

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Introduction

The global epidemic of coronavirus has attracted widespread attention around the world. In this disease, most patients experience symptoms of fever and respiratory problems. Recently, several unusual manifestations such as gastrointestinal complications, heart accidents, kidney failure, and neurological defects have been reported. Concerns about the impact of the virus epidemic on people's mental health have led to psychological damage such as anxiety and depression. Coronavirus causes a lot of stress and anxiety among patients and patients recovered from Corona Virus to its high physiological effect and also the wide pandemic power because the patients of this disease are exposed to re-infection and also the persistent complications of the disease such as lung and respiratory problems are exposed to stress and There is a lot of anxiety that this process leads to a decrease in their anxiety tolerance. Therefore, the present study was conducted with the purpose of investigating the efficacy of mindfulness-based cognitive therapy on Corona anxiety and distress tolerance in patients who recovered from the Coronavirus.

Method

It was a quasi-experimental study with a pretest, posttest, control group, and three-month follow-up period design. The statistical population included the patients who recovered from Corona in the city of Shiraz in the autumn and winter of 2020. 40 patients recovered from Covid-19 were selected through the

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purposive sampling method and randomly accommodated into experimental and control groups. These people were infected and recovered at the peak of the delta virus corona. The experimental group received mindfulness-based cognition therapy (Cabat-Zin, 2003) during eight seventy-five-minute online sessions during a month. After the intervention, 3 people in the experimental group and 6 people in the control group withdrew from the study. Accordingly, the final sample size was 31 people. The applied questionnaires in this study included Corona Disease Anxiety Scale (Alipour, et.al, 2019) (CDAS) (Alipour, et.al, 2019) and Distress Tolerance Questionnaire (DTQ) (Simons and Gaher, 2005). The data from the study were analyzed through mixed ANOVA and Bonferroni post hoc test. The applied software was SPSS23 software.

Results

The results showed that mindfulness-based cognition therapy has had a significant effect on Corona anxiety and distress tolerance in the patients who recovered from Corona Virus ($p < 0001$) and could lead to the decrease of Corona anxiety and the improvement of distress tolerance. In addition, the results showed that the effect of mindfulness-based cognition therapy was stable on the Corona anxiety and distress tolerance of the patients in the follow-up stage. Carefully in the descriptive findings, it was found that mindfulness-based cognitive therapy reduced coronary anxiety and improved the distress tolerance of patients who recovered from Corona Virus in the pre-test and post-test stages.

Conclusion

According to the findings of the present study, it can be said that mindfulness-based cognitive therapy can be used as an effective intervention to decrease Corona anxiety and improvement of distress tolerance in patients who recovered from Coronavirus through employing a mindful attitude, mindful activities, addressing problem-making feelings and emotions and breathing exercises. In addition, mindfulness-based cognitive therapy influences cognitive elements, thoughts, and feelings of individuals to reduce their anxiety.

Keywords: Mindfulness-based cognition therapy, Corona anxiety, distress tolerance, Corona virus

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