



الجامعة الإسلامية - غزة
عمادة الدراسات العليا
كلية التربية
قسم علم النفس

فاعلية برنامج إرشادي مقترح لتخفيف حدة الاكتئاب لدى مرضى الفشل الكلوي

إعداد الطالبة

ريم محمود يوسف أبو فايد

إشراف الدكتور

عاطف عثمان الأغا

قدمت هذه الرسالة استكمالاً لمتطلبات الحصول على درجة الماجستير في قسم علم النفس من
كلية التربية في الجامعة الإسلامية - غزة

1431هـ - 2010م

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

"وَإِذَا مَرَضْتُ فَبُهِرَ اللَّهُ بِمَا يَشْفِينِ"

صدق الله العظيم

(الشعراء: 80)

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166		(1)
167		(2)
177		(3)
178		(4)

مشكلة الدراسة وخلفيتها

- المقدمة
- مشكلة الدراسة
- أهداف الدراسة
- أهمية الدراسة
- تعريف المصطلحات
- حدود الدراسة

مقدمة:

(70:) .

(122:2000)

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(6:2006) .

(34:1985)

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(Leavitt,1988:23) .

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(1936-1856) " "

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. (26:1991)

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(WHO,2009)

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(40: 1995 Beck)

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(449:1998)

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(41 :2001) .

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.(79:2001) - ()

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Depression :

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.(201 :1997) .

.(Lemma,1996:77) .

(514 :1997)

(141 :1998)

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(340: 1990) .

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(Ingram)

(60 :2004) .

Depression Rating Scales

Clinical Diagnosis

(Terhi, 2002:21) .DSM-IV

(87 :1997)

:1988)

(21

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(Beck, 1997:6)

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(295 :2002)

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.(87:1984) .

Mood Disorder-

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(31 :1998) .

- (302 :1990)

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(450)

(Homer) ()

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(Hippocrates) ()

(1037-980) ()

1854

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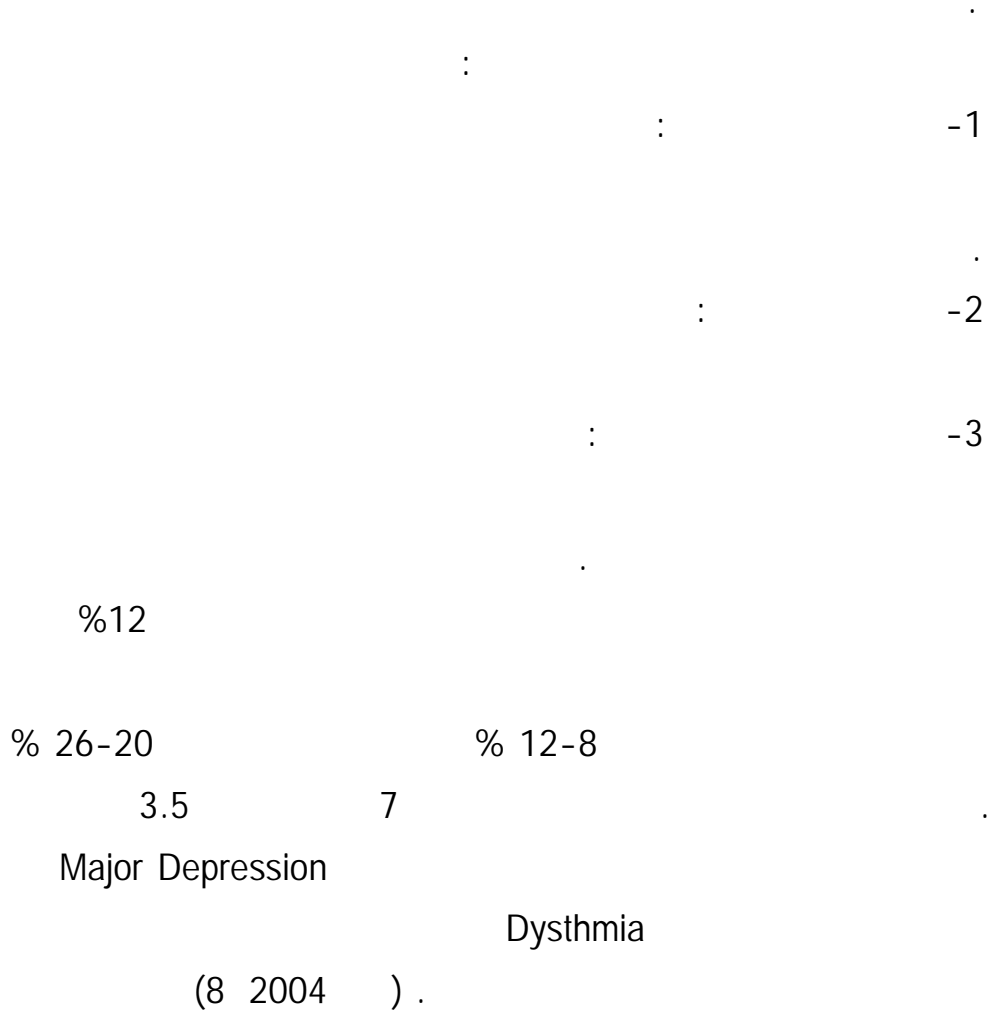
.(Involutional melancholia)

(Beach 1998:91)

The

المنارة للاستشارات

.Common cold of Mental Illness



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(15:2000)

%4.15

(32 :1998) (205 :1997)

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(332-331 :1990)

(%20) (4.5- 2.9) (%10)
-2.3) (%5-3) (%3.2)

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(332 :1990)

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1988

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(352 :1998) .

(77 :1996)Lemma

(515 :1997)

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.Hypertensive

Phenothiazines

(44 :2001)

Symptoms of Depression

(1998)

(Suo&Suo,1997)

(1997)

(2004)

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Mood Symptoms

-1

Physiological Symptoms

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Loss of Appetite and Weight

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Constipation

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Sleep Disturbance

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Hypersomnia

Cognitive Symptoms

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(strongman)

Behavioral Symptoms

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.Psychomotor Retardation_

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(1997:40) BECK

Pessimism

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Sadness

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Lack of Satisfaction

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Feeling of Failure

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Punishment

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Guilt

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Sense of

Self accusation

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Self dislike

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Crying spells

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Suicidal wishes

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social

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irritability

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withdrawALr

- 16 -

- Body Distortion •
- Indecisiveness •
- insomnia •
- Work inhibition •
- Loss of appetite •
- Fatigability •
- Somatic_n •
- Loss of weight •
- Loss of Libido •

(DSM IV)

- Restlessness -
- hyper Somnia -
- Insomenia -
- Restlessness) -
- Fatigue -
- Worthlessness -
- Concentration -
- Indecisiveness -
- Incoherence -

(1988 : 33) .

(1983) WHO

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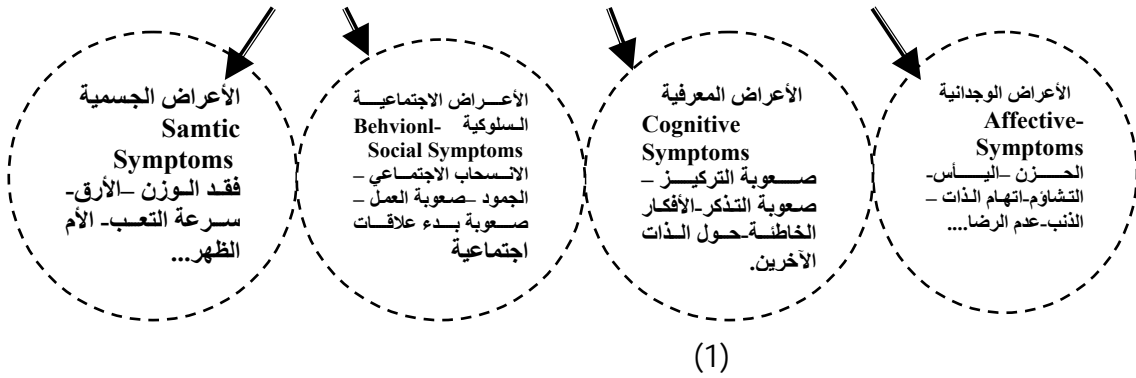
%75 %51 (2)

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(392 :1998) (1)

أعراض الاكتئاب Symptoms of Depression



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(16 :1998)

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(413:2008)

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(395 :1998)

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.(Halgin&Whitbourn,1993:62)

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.(Phillips,2004:77) .

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Classification

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.Severe

Moderate

Mild

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Pleralistic

Dualitic

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: (393 :1998)

: Mild Severity

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:Moderate Severity

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Sever Episode without Psychotic

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Symptoms

Sever Episode with Psychotic

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Symptoms

: (514 :1997)

Mild Depression

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Simple Depression

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Action Depression:()

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Chronic Depression -
Reactive Depression () -

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Involutional Depressive Reaction -

Involutional Melancholia
Neurotic Depression -
Bychotic Depression -

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-:
(Normal Depression)

Reactive

Depression
(Subclinical Depression)

(DSM-

(III- R, 1987

(69-67 :2004) .

[Clinical Depression]

(DSM-III-R)

.(DSM-IV)

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(117 :1998) .

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Unipolar Disordr

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(317 :1990) .DSM III (1)
unipolar
Major depression Depression
(.....)
Seasonal Affective- Disorder]

(19 :1998) .
(Dysethymia)

(76 :2004)

Bipolar depression ()
Major depression

...

(78 :2004)

[Cyclothymia]

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Psychotic depression ()

(10 :2003) ...

Neurotic depression ()

(Reactive depression)

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Endogenous

Prevalence

(75-74 :2004) .

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(88 :2004)

Dementia

() (95:2004)

(1)
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Clinical Depression	Subclinical Depression	Normal Depression	
		Reactive- depression	(1)
Severe with orv without psychotic symptoms	Moderate severity	Mild Severity	
-	-	-	(2)
-	-	-	
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			(3)
	Bipolar depression	Unipolar depression	
	cyclothymia	Seasonal affective disorder Dysthymia	(4)

Diagnosis of depression

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(76:2001)

(172 :1988)

DSM-IV- "

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Step by

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Bipolar I Disorder most recent episode depressed

Bipolar I unspecified

Disorder most recent episode

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(56:2000)

(329-307 1990)

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(Differential Diagnosis)

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Major Depressive Episode

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Major Depression Disorder()	-2
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Major Depression Disorder,_recurrent	•
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Dysthymic disorder	-2
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(54:1999)	
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Bipolar II Disorder	-5
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(43:1995)	-
cyclothymia disorder ()	-6
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Observe rating scales ()

Hamilton Rating Scale (HRS) -

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(Williams, 1988: 742-747)

Inventory of depressive Symptomatology (2)

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0.61 "
(78:2002) 0.78

Beck Depression Inventory (BDI)

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1961 21 :
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(63-30) (29-19)

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Zung self-rating depression

(2)

scale

1965

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" " "I still enjoy sex

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(..."My life is pretty full

I

" " I have crying spells or feel like it

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("get tired for no reason

80

69 -50

(Zung, 1965:63-70) .

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Reinforcement

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Psychoanalysis Theory

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Repression of instincts

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.Aggression turned inward

Mourning & Melancholia "

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1955

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(Champion, 1992:36).

.(232: 1985)

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Introjection

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retroflexed anger

(Champion, 1992:36).

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.(71 :1988)

Behavioral theory

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(Lewinsetm,2001:81)

desphoria

Material burden
(1988 : 47)

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Low

High Levels of punishment

Levels of reward

(2000 : 37)

(1998 : 396)

(1997 : 51)

" Reinforcer "

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Self -

Self-reward

punishment

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(Champion, 1992:35) .
Operant

Behavior

(51 :1997) .
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(65:1999)

Learned helplessness theory of

Attribution model

depression

Abramson, et al

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.A maladaptive Attributional- Style

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(Champion, 1992:35-36) .

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(234 :1985) .

Cognitive theory (3)

: (Beck,)
1967 (:)

Cognitive distortionin

depression

(Cognitive triad)

⋮

⋮

⋮

Negative view of world	Depression Mood
Negative view of self	Avoidance wishes
Negative view of future	Suicidal wishes
	Increased dependency

(2)

(Beck, 1997: 255 -256)

Information) " " Processing

" " -:
Associative " " ()
network

Depression network "

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Depressing information

()

(83- 82 :2000

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(260 :1997)Beck

Cognitive Schemata

(58-53 :1988)

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Effects of Success and Failure

Perceptual Distortion

Integrate

Negative Expectancies

Rehm,2003) (Beck,1997)

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Existential theory

(4)

(Frankl)

Logotherapy

(46 :1997) .

(58:1990)

Meaning of life

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(200 199 :1988) .

(220- 219 :1997)

(235 : 1985)

Biological Explanations (5)

Genetic explain of depression ()

(29 :1988)

(53:2001) .

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(%50)

(35 :2004) . %60
 (332 :1990)

(% 70 - 50) (%27)

(%20) (%67)

Physiological explain ()

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(Oster& Montgomery, 1995:54-57)

Meuroendo- crine- system

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Hypothalamic- pituitary-adrenal

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(HPA)

Hypothalamic – Pituitary – thyroid (HPT) axis

Hypothyroidism

L-thyroxine (T4) " - "

(93 :2000)

(77:2004) .

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(206: 1992) .

Treatment of Depression -

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(518 :1997) .

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Antidepressive drugs

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(Tryptizol Tofranil)

(Amphetamine)

(Caffen)

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Psychotherapy -2

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Psychoanalysis theory -

- Behavioral theory -
- Humanistic theory -
- Cognitive theory -
- Social therapy -3

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(338 :1990)

(1)

(Fluoxetine) Selective Serotonin reuptake inhibitors)

(Citalaparm)

Adrenergic-) (-)

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(383 :1998)

(...) -1

Marplan Niamid . Nardil -2

Noveril . -3

PSYCHOTHERAPY :

(1990:71)
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(1998:177)
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Systematic Desensitization
Behavioral assertion training

Modeling

(1997 : 52)
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Selective- Abstraction (

Minimization

Magnification

Arbitrary Inference

Over- and Undergeneralization

(Rehm,2003:189-191) .

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.(50 :1997)

(Young & Beck 2002: 181)

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Information Processing

Cognitive triad -

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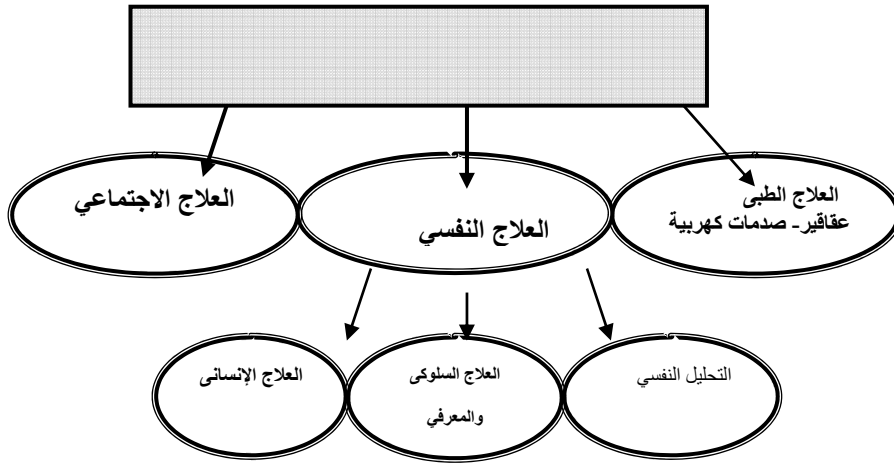
:of depression

Early Schemas

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(Rehm,2003:194) .



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(44:2004)

(Kelly,1996:96)

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.(Botman,2007:112).

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(30:2003).

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(33:2006) .

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(53:2002) .

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(15:1994)

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(1994:52) .

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(1994:74) .

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(1995:87) .

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(1998:77) .

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" وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ "

(56)

" قُلْ إِنْ صَلَّيْتُ وَنَسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ " . (: 163)

" إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ مَا لَا تَعْلَمُونَ " (86 :)

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" الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ " (28 :)

-2

" رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ذَلِكَ لِمَنْ خَشِيَ رَبَّهُ " (8 :)

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" () :165)

" وَأَنَا لَمَّا سَمِعْنَا

الهُدَى آمَنَّا بِهِ فَمَنْ يُؤْمِنُ بِرَبِّهِ فَلَا يَخَافُ بَخْسًا وَلَا رَهَقًا (: 13)

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(132:2004) .

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(:125:1996).

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.(28:1998)

Maults

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(266:1995)

(17:2000)

(76:1993)

(1994)

(peter,nicky1994:36)

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Cognitive Restructuring -1

(Ellis)

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(Beck)

((Beck,1995:230)

Problem Solving Therapies -2

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.(Rush, &beek,2004:104)

Coping. Skills Therapies

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Hyper Active
(176:1994)
SOLF- instruction

(50:1994)

Homework

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(Ellis,1987:37)

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(Beck) (Ellis)
(Ellis)
1955

(Ellis)

(Beck) .(68:1981)

(Beek)

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.(Kelly,1996:28)

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Counter conditioning .	-	
Systematic desensitization :	-1	
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.(Makowski, 2004:76).		
Muscle relaxation :	-2	
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Assertiveness ()	-3	

(

.Harvey,et. al, 2000:353)

(Beack,1993:98) .

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(367:1996)

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(Ellis,1997:68).

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"Ellis "

(A)

D.E.F.

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Activating Event

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(B)

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(iRational) (IB)

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Consequence

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(-) () Effect (E) .

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New Feeling

.(233: 2001)

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(172:1999)

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(45:2001)

(Walen&Susann,1997:150).

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(ibid,1998:15).

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(34:1995)

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"Clark.I & Robb,J" "

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Ellis

Cognition

1995

. (Ellis,1987:93)

Ellis

Cognitive Restructuring

(195:2003)

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(296:1994)

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over Generalization -

Magnification and minimization : -

Personalization : -

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(PBIQ) .(CBT)
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(BDI)

: (2007) Daniel et. Al, -7
:
(CBT)
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": (2007) Lynne et, al.

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TITLE: "The proposed counselling programme to alleviate depression among renal failure"

**BY
Reem m. abu fayed**

**SUPERVISION
DR.Atef Agha**

ABSTRACT:

This study aims to assess "the effectiveness of the proposed Counselling Programme to alleviate depression among renal failure of patients." The Researcher tried to test the following hypotheses:

- There is a statistical significance (P value 0.05) among the average of experimental group on the severity of depression among patients before and after the implementation of the Counselling Programme by the Researcher.

- There is no a statistical significance (P value 0.05) among the average of experimental group on the severity of depression and the control group before the implementation of the Counselling Programme by the Researcher.

- There is no a statistical significance (P value 0.05) among the female of experimental group between the implementation of "the after" and "the sequential" application of the experiment.

- To test the hypotheses, the Programme was set up to relieve the depression according to the sessions that were prepared and undertaken by the Researcher. The sample of the study comprised 30 female. The study population was distributed to two groups; one (15PT.) experimental and another (15PT.) as control.

- The experimental group and the control group have undergone the Beck Scale for Depression before and after the implementation of the Programme. One month after the completion of the Programme, the Mann-Whitney Test was undertaken to independent variables of the two samples, and Wilcoxon Statistical Test was done to dependent variables.

-The results showed a statistical significance (P value (0.05) among the experimental group.

- The results showed that there is statistical significance among " the post" and "the sequential" application of the experiment. It can be inferred that the sequential application of the experiment disclosed improvement of depression symptoms among the experimental group provided to them by the Counselling Programme.

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