



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 فَبُهِرْتُ بِشَفِیْمٍ"

صدق الله العظيم

(الشعراء: 80)

..

...

..

..

..

..

..

..

..

..

..

..

..

2	
4	
4	
4	
5	
5	
7	
8	
9	:
9	
12	
15	
19	
22	
30	
37	:
38	

39	
43	
46	
47	
49	:
51	
53	
53	
53	
53	
54	
55	
56	:
56	
57	
57	
58	
58	
59	
59	
62	:
63	
64	
67	
68	
76	

83	
85	
86	:
86	
92	
98	:
111	
116	
116	
117	
118	
123	
120	
120	:
124	:
125	:
130	
130	
132	
133	
133	
136	
139	
141	

144	
147	
147	
148	()
149	()
150	
158	
166	

28		(1)
35		(2)
119		(3)
119		(4)
123		(5)
124		(6)
133		(7)
136		(8)
139		(9)

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)

" " "

:

(6:2006) .

(34:1985)

" "

(Leavitt,1988:23) .

" "

(1936-1856) " "

" "

. (26:1991)

3

(WHO,2009)

•

:

-1

-2

-3

()

:

:

(0.05)

-1

(0.05)

-2

:

(0.05)

-3

:

:

-1

-2

-3

:

:

•

•

:

(40: 1995 Beck)

•

:

:

:

:

(449:1998)

)

.(

:

:

(41 :2001) .

:

. (253:2000)

:

.(79:2001) - ()

:

:

:

:

(1)

.(2009)

(2)

(3)

(4)

(5)

2010 _2009 :

:

:

:

:

:

Depression :

" " "

"

-

:

-

"

.(201 :1997) .

.(Lemma,1996:77) .

(514 :1997)

(141 :1998)

)

(

(340: 1990) .

"

(Ingram)

(60 :2004) .

Depression Rating Scales

Clinical Diagnosis

(Terhi, 2002:21) .DSM-IV

(87 :1997)

:1988)

(21

.)

(Beck, 1997:6)

:

:

:

:

:

:

:

:

:

:

(295 :2002)

"

:

"

)

.(87:1984) .

Mood Disorder-

"

:

."

:

-

(31 :1998) .

(302 :1990)

-

(450)

(Homer) ()

()

(Hippocrates) ()

(1037-980) ()

1854

()

()

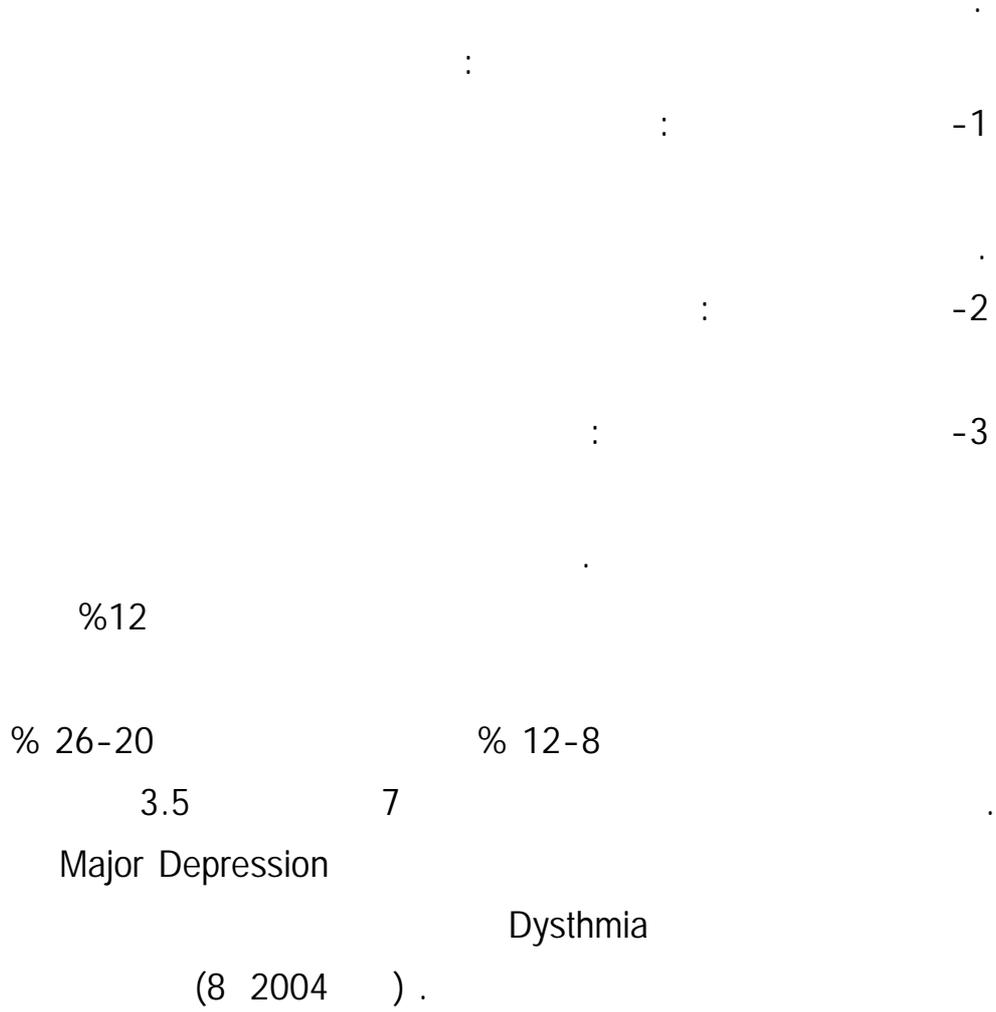
.(Involutional melancholia)

(Beach 1998:91)

The

المنارة للاستشارات

.Common cold of Mental Illness



%17
(15:2000)

%4.15

(32 :1998) (205 :1997)

- -

(332-331 :1990)

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

(%50)

(40)

(332 :1990)

%5

1988

2010

(352 :1998) .

(77 :1996)Lemma

(515 :1997)

()

(20 :1988)

:

.Hypertensive

Phenothiazines

(44 :2001)

Symptoms of Depression

(1998)

(Suo&Suo,1997)

(1997)

(2004)

-:

Mood Symptoms

-1

Physiological Symptoms

-2

Loss of Appetite and Weight

•

Constipation

•

Sleep Disturbance

•

Hypersomnia

Cognitive Symptoms

-3

(strongman)

Behavioral Symptoms

-4

.Psychomotor Retardation_

: 21

(1997:40) BECK

Pessimism

•

Sadness

•

Lack of Satisfaction

•

Feeling of Failure

•

Punishment

•

Guilt

•

Sense of

Self accusation

•

Self dislike

•

Crying spells

•

Suicidal wishes

•

social

•

irritability

•

withdrawALr

- 16 -

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

(DSM IV)

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

(1988 : 33) .

(1983) WHO

(%41.1 %58.9) 573

70 10

= () (107=)
 (114 = 108=) (136=) (108

- :

% 100 % 76 (1)

%75 %51 (2)

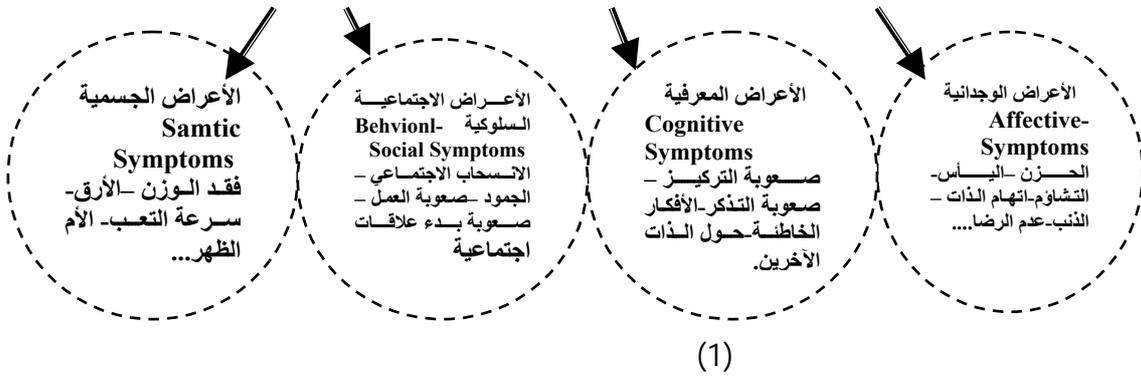
: %50 %26 (3)

: %25 %1 (4)

....

(392 :1998) (1)

أعراض الاكتئاب Symptoms of Depression



..
(16 :1998)

-:

(65:2004)

()
()

()

% 50

%30-25

.%60

:

(413:2008)

-:

(395 :1998)

: (1)

(1983)

%48

%19.7

%28.3

: (2)

-

: (3)

:

....

: (4)

(515 :1997)

-: -

-) -

. (...) -

. . -

. -

. -

. () -

. (...) -

. -

. -

. " "

:1998) (75 :1990) (334-332 :1990)

: (76 :2004) (353

: -1

. (50%)

(%70-50) (%27)

..

. (%67)

. (%20)

.(Halgin&Whitbourn,1993:62)

: -2

-:

•

•

)

(

()

...

.(Phillips,2004:77) .

:

:

-

()

-

Classification

-

.Severe

Moderate

Mild

:

Pleralistic

Dualitic

.....

: (393 :1998)

: Mild Severity

•

:Moderate Severity

•

Sever Episode without Psychotic

•

Symptoms

Sever Episode with Psychotic

•

Symptoms

: (514 :1997)

Mild Depression

-

Simple Depression

-

Action Depression:()

-

Chronic Depression -
Reactive Depression () -

: -
Involutional Depressive Reaction -

Involutional Melancholia
Neurotic Depression -
Bychotic Depression -

-:

-:
(Normal Depression)

Reactive

Depression
(Subclinical Depression)

(DSM-

(III- R, 1987

(69-67 :2004) .

[Clinical Depression]

(DSM-III-R)

.(DSM-IV)

:

-
-
-

(117 :1998) .

:

Unipolar Disordr

()

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

(19 :1998) .
(Dysethymia)

(76 :2004)

Bipolar depression ()
Major depression

...

(78 :2004)

[Cyclothymia]

)

..

:

Psychotic depression ()

(10 :2003) ...

Neurotic depression ()

(Reactive depression)

:

-:

Endogenous

Prevalence

(75-74 :2004) .

()

(88 :2004)

Dementia

() (95:2004)

(1)
(1)

Clinical Depression	Subclinical Depression	Normal Depression	
		Reactive- depression	(1)
Severe with orv without psychotic symptoms	Moderate severity	Mild Severity	
-	-	-	(2)
-	-	-	
-	-	-	
-	-	-	

			(3)
	Bipolar depression	Unipolar depression	
	cyclothymia	Seasonal affective disorder Dysthymia	(4)

Diagnosis of depression

-

- :

.

-

-

-

-

-

-

-

-

-

(76:2001)

(172 :1988)

DSM-IV- "

"

Step by

"

1994

" step Method

-:

**

**

"

"

"

)

**

(

:

■

●

" "

"

"

"

(1)

●

●

:

Bipolar I Disorder most recent episode depressed

Bipolar I unspecified

Disorder most recent episode

(2)

"

●

"

:

"

"

"

"

"

(56:2000)

(329-307 1990)

●

:

....

(Differential Diagnosis)

:
Major Depressive Episode

-1

()

(1)

.()

(2)

%5

)

(

)

(3)

(

(4)

(5)

(6)

.()

(7)

(8)

(

)

(9)

()

()

)

()

.()

()

-:

()

:()

•

()

()

:

•

) :	•
	(:	•
	•
	:	•
Major Depression Disorder()		-2
		-
		-
		-
Major Depression Disorder,_recurrent		•
		()
		()
		()
Dysthymic disorder		-2
		()
	-:	()
	-4	-1
	-5	-2
	-6	-3
()	()	()
()		- ()

	- ()
(54:1999)	
()	- ()
()	- ()
()	- ()
Bipolar II Disorder	-5
	-
	-
	-
()	-
(43:1995)	-
cyclothymia disorder ()	-6
	-
	-
	-
()	:
(II)	()
()	()
	-
	-
	-

Observe rating scales ()

Hamilton Rating Scale (HRS) -

21
:
- - - - -
- (... -) - - -
- - - - -
- () - -
" "

0.90

(Williams, 1988: 742-747)

Inventory of depressive Symptomatology (2)

" "
28 " "
0.61 "
(78:2002) 0.78

Beck Depression Inventory (BDI)

" "
1961 21 :
13

:

) : ()
(18 - 10) ()
(63-30) (29-19)

(1993)

(1996)

)

.(

Zung self-rating depression

(2)

scale

1965

" "

" " "

" "

":

4 3 2 1

" " "I still enjoy sex

":)

" :)

(..."My life is pretty full

I

" " I have crying spells or feel like it

" "

("get tired for no reason

80

69 -50

(Zung, 1965:63-70) .

:

-

Reinforcement

....

-:

Psychoanalysis Theory

(1)

" " " "

"

Repression of instincts

" " " "

.Aggression turned inward

Mourning & Melancholia "

"

1955

"

"

1917

(Champion, 1992:36).

.(232: 1985)

.1

.2

Introjection

.3

retroflexed anger

(Champion, 1992:36).

" " ()

- -

)

(

.(71 :1988)

Behavioral theory

(2)

()

(Lewinsetm,2001:81)

desphoria

Material burden
(1988 : 47)

:

-:

-

Low

High Levels of punishment

Levels of reward

(2000 : 37)

(1998 : 396)

(1997 : 51)

" Reinforcer "

()

-:

-:

()

-:

-:

Self -

Self-reward

punishment

()

-

(Champion, 1992:35) .
Operant

Behavior

(51 :1997) .
" "

()

(65:1999)

Learned helplessness theory of

Attribution model

depression

Abramson, et al

:

)

.(

.A maladaptive Attributional- Style

"

"

(Champion, 1992:35-36) .

"

"

()

15 10

(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 "

()

Depressing information

()

(83- 82 :2000) .

(260 :1997)Beck

Cognitive Schemata

(58-53 :1988)

()

Effects of Success and Failure

Perceptual Distortion

Integrate

Negative Expectancies

Rehm,2003) (Beck,1997)

()

Existential theory

(4)

(Frankl)

Logotherapy

(46 :1997) .

(58:1990)

Meaning of life

() ()

"

":

(200 199 :1988) .

(220- 219 :1997)

(235 : 1985)

Biological Explanations (5)

Genetic explain of depression ()

(29 :1988)

(53:2001) .

()

% 50

(%50)

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

(% 70 - 50) (%27)

(%20) (%67)

Physiological explain ()

()

()

(Oster& Montgomery, 1995:54-57)

Meuroendo- crine- system

- :

- -

-1

Hypothalamic- pituitary-adrenal

- -

(HPA)

Hypothalamic – Pituitary – thyroid (HPT) axis

Hypothyroidism

L-thyroxine (T4) " - "

(93 :2000)

(77:2004) .

17

(206: 1992) .

Treatment of Depression -

6

-:

()

()
(518 :1997) .

.()

-
-
-
-
-

()

Antidepressive drugs

...

(Tryptizol Tofranil)

(Amphetamine)

(Caffen)

-

() -1

Psychotherapy -2

:

Psychoanalysis theory -

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

() :

(338 :1990)

(1)

(Fluoxetine) Selective Serotonin reuptake inhibitors)

(Citalaparm)

Adrenergic-) (-)

(orserotonergic

(2)

() :

(383 :1998)

(...) -1

Marplan Niamid . Nardil -2

Noveril . -3

Tofranil

-4

Pertofram

()

-5

8-6

-6

ECT

(129-121 :1992)

80

antidepressants

% 90

%70 60

()

()

(57 :2004)

1991

(18.000)

1993

(130)

()

- - :

3

PSYCHOTHERAPY :

(1990:71)
:

(1)

(1998:177)
(2)

Systematic Desensitization
Behavioral assertion training

Modeling

(1997 : 52)
(3)

() .(1997 :201)

" "

: (4)

()

)

Selective- Abstraction (

Minimization

Magnification

Arbitrary Inference

Over- and Undergeneralization

(Rehm,2003:189-191) .

" "

" "

.(50 :1997)

(Young & Beck 2002: 181)

()

Information Processing

Cognitive triad -

-

-

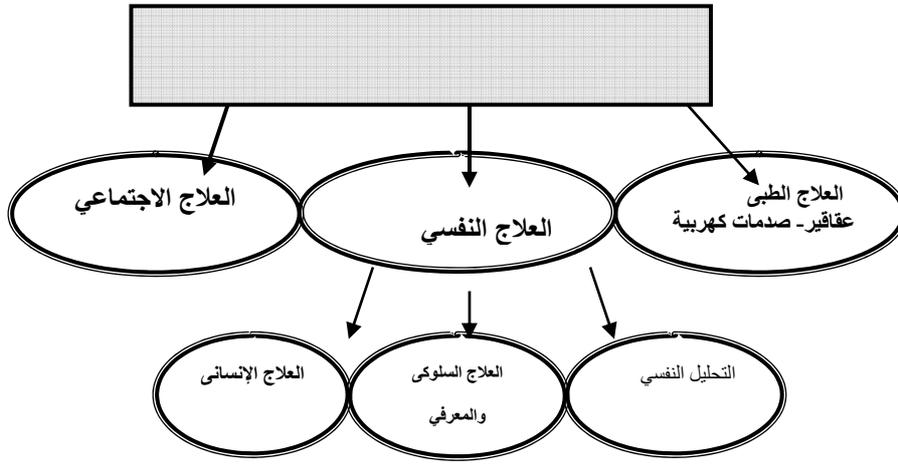
:of depression

Early Schemas

:

:

(Rehm,2003:194) .



(3)

:

()

%75

.....

(2:2009) .

:

(10:1994) .

:

()

:

-

-

-

-

-

(24:2000) .

:

(66:2004)

:

(44:2004)

(Kelly,1996:96)

:

:

:

-

)

.(24:1998

()

:

-

()

:

-

:

-

.(19:2003)

:

-

(2)

(1)

:

-1

- -

- -

-

-

-

-

-

.(Botman,2007:112).

:

-2

- -

- -

-

- -

-

-

-

-

-

:

:

:

:

:

-

(30:2003).

:

:

:

:

()

(

)

:

()

:

()

:

()

(33:2006) .

: ()

(53:2002) .

: ()

(15:1994)

:

..

.

.

.

.

.

:

.

:

-

(1994:52) .

:

-1

-2

-3

(1994:74) .

-2

-3

-4

-5

-6

-7

(1995:87) .

:

-

(1998:77) .

:

" 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 :)

" :

"

:

-1

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

-2

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

-3

-4

" "

(22 :)

:

-1 :

.1

" (165:) "

" وَأَنَا لَمَّا سَمِعْنَا

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

-2 :

" :

" (155 :) "

(132:2004) .

" "

(125:1996) .

: -3

-1

(106 :) "

"

"

(33:)

"

" :

)"

"

:

(

"

"

.(334:2004)

:

-

.(28:1998)

Maults

-1

-2

-3

-1

-2

-3

-4

-5

(266:1995)

(17:2000)

(76:1993)

(1994)

(peter,nicky1994:36)

:

(- -)

:

:

Cognitive Restructuring

-1

(Ellis)

()

(Beck)

((Beck,1995:230)

Problem Solving Therapies

-2

:

.(Rush, &beek,2004:104)

Coping. Skills Therapies

-3

Hyper Active
(176:1994)
SolF- instruction

(50:1994)

Homework

-4

:

-

-

-

-

(Ellis,1987:37)

: -5

:

-6

: -7

(Beck) (Ellis)
(Ellis)
1955

(Ellis)

(Beck) .(68:1981)

(Beek)

/

” ”

” ”

.(Kelly,1996:28)

:

-1

-2

-3

-4

-5

-6

-7

:

:

-1

(

.Harvey,et. al, 2000:353)

(Beack,1993:98) .

-1

-2

-3

(367:1996)

:

:

()

(Ellis,1997:68).

:

"Ellis "

(A)

D.E.F.

.A.B.C

Activating Event

() Belief System

(B)

(Rational

()

(iRational) (IB)

)(RB)

Consequence

(C)

(A)

(D)

(- -)

(- -)

()Disputing

(-) ()

) Effect (E) .

(F) (-)

New Feeling

.(233: 2001)

:

()

()

()

(172:1999)

:

()

(45:2001)

(Walen&Susann,1997:150).

-1

(ibid,1998:15).

-2

" "

(34:1995)

-3

-4

"Clark.I & Robb,J" "

"

:

()

()

()

()

Ellis

Cognition

. (Ellis,1987:93)

Ellis

Cognitive Restructuring

1995

(195:2003)

(321 :2001)

(296:1994)

(367:2000)

over Generalization -

Magnification and minimization : -

Personalization : -

() " "

" "

()

:

()

:

:

:

:

: (1997) -1

(60)

(400)

(30)

(21-17)

(92

()

()

%35

: (1997) -2

(10) (490) (31)
(10)
(5)
(6)
(31)
(TAT) ()
()

(2003)Olesovesky -3

: :

81)

(

:

(-)

()

-

:

: (2005) Emling

-4

(83)

(40)

(43)

(BDI)

: (2006) Anderw et al,

-5

:

(144)

.()

(72)
(72)
(PBIQ) .(CBT)
(6) (3)
(12)

": (2006) Hiwel et al, -6
"

(51)
(26)
(12) (25)
(BDI)

: (2007) Daniel et. Al, -7
:
(CBT)
(35)

": (2007) Lynne et, al.

-8

."

()

(79)

": (2007) Tatiana & Paul

-9

"

(CBT)

(88)

(RSES)

18-13

(CBT-P)

" (2008) Mehmet

-10

"

(46)

(27)

(19)

(PST)

BDI

(27)

(22)

()

21.1%

:

: (1)

" (1991) .1

" -

:

:

()

()

()

3

3) (9)

:

(3

:

:

.() -

-

-

:

- - - - -)

.(

" (1992) .2

"

:

(6) (6) (31) (19) (7) :

9 : :

(%72)

)

.(

" (1992) .3

"

(21) (9) (30) :

9 (13 - 5.5)

:

) () Kovacs .(

:

	(%45.3)	
(%72.2)	(%86.2)	
"	" (1995)	.4
	(300)	
	(500)	
	:	()
		()
		()
%75		
	%41.7	()
	(%85)	()
	(60-30)	
%60.7		()
	%39.3	

"

"(1998)

.5

(170) :

(75)

(- -)

-
-
-
-
-

"(1999)

.6

"

(124)

:

15-12

:

(1960)

-

(1994)

-

:

"(2000)

.7

"

:

-1

-2

(69)

(100)

:

(31)

-1 :

:

) :

.(

-20

:

(40

9- (2007): "برنامج لتحسين الحالة الانفعالية والمعرفية لدى المرضى
الخاضعين للاستشفاء الكلوي"

.1

.2

.3

: (80) :

(40)

) (40)

.(

:

:

	:	-
" (1991) Driessen		.1
"		
	:	
(109)	:	
(41)	(43)	(25)
48.2	(65-20)	
	:	
The Freiburg Personality Inventory..		(1)
The Standardized Aggression Questionnaire..		(2)
The Clinical Self-Rating Scales..		(3)
	:	

"(1991) Altschuler .2

"

:

2

6)

:

(

:

:

" (1994) Fernandez .3

"

:

(6)

:

70 46

30

:

:

"(1998)Postlethwaite .4

"

:

(28)

(30)

:

:

%41

%91

" .(2000) Kimmel .5

"

:

(295) :

BDI

" "

:

PCR

-

-

60

20

:

"(2001)Matthews .6

"

(

)

:

(95) :

6 :1

(

10

10)

20

:

:

.7 ":(2001) Wuerth & Toto,

"

:

(136)

:

()

:

11

(67)

11

(22)

(23)

:

.8 "(2001) Mok & Tam

"

:

(50)

:

(JCS)

(HHS)

()

:

()

- :

"(2001)Danecker, et, al.

.9

"

:

.()

(55)

:

()

.(BDI)

:

)

(

" (2001)Van-Manen

.10

"

:

18 65

(659)

:

12

:

11. vitri (2001): "

"

()

(97) (93) (190) :
(100) (Moos) :
(6)
(2) (1)
(4) (3)
(5)

12. Keeping (2001)."

"

(2) (6) (8) :

"(2002) Kovac .15

"

:

(79)

:

:

"(2002) Bakewell .16

"

:

%70)

(88)

:

(

(53)

(35)

.

:

(KDOOL-SF))

:

()
(SGA)

) .17 Faber (2002).
(:

:

-
(4) :

:

:

".(2002) patel .18

"

:

(53)

:

()

.()

(Pack) :

()

%87

:

:

)

(

(1992)

Altschuler

(1991) Driessen

(2000)

(2002) Bakewell

(1991)

Vitri.

(2001) Keeping.

(2001) Mok& Tam

(2001)

(JCS)

(HHS)

)

(2001) Danker et, al.

(

(2002)Patel,

(2001)Matthews.

(2001) Van-Manen

(2000) Faber

(2002) Christensen.

(2000) Kimmel

(2002) Koutsopoulou

(EPQ)

(2000)

(1992)

(1991)

(2001) Mok&tam

(2001) Wuerth

(2000) Kimmel

(2002) Patel

(2001) Danker

()

(1998)

Toto

(2001) Wuerth&

(1995)

.(1992)

(1994) Fernandez

(2002) Kovac

(1999)

:

:

: ()

(2001) (2000)

.(1991) (2001)

.(2000)

.(1992)

.(2002)

.(2002) (2001) (1992) (1991)

.(2001) (1991)

.(2000)

.(1995)

() :

(109)

(136) (75) (170)

(103) (295)

(50)

(1992)

(2000)

(1991)

(2001) (2001) (2001) (2000)

(109) (1991)

(136) (2001)

(800) (1995)

(659) (2001)

(55) (2001) (9) (1991) (8) (1991)

(19) (50) (1992) (4) (2000)

(1991)

(2002) (2001) (1995) (1991) (1991)

(2000)

() (2001) (2000)

(1998)

(1991)

(2000)

(1992)

(2001)

(2001)

(2002)

(2000)

.

(1991)

(2001)

(2002)

(1992)

(2000)

.

(1991)

(1995)

(2001)

()

:

(1998)

(1991)

(2000)

(1992)

(2001)

(2001)

(2002)

(2001)

(2001)

(1995)

(2001)

(2000)

(2001)

(2002)

(1992)

(1991)

(1991)

()

:

(1992)

T-Test

(2001) (2000) (1992) (1991) (2000)

(2002)

:

(1992) (1991)

(2002) (2001)

(1991)

(2001) (1995)

(2000)

:

()

(2001) (1991)

(2000)

.

(2002)

.

(2001)

.

(2000)

(1992)

.(1991)

(1995)

(1992)

.(2000)

.(2001)

.(2001)

-
-
-
-
-
-
-

:

(spss)

:

:

(83:2003)

55_13
(2009)

(135)

:

:

: -1

(60)

: -2

(30)

(60)

(15)

(30)

(15)

: -3

:

-1

35

25

-2

-3

-4

-5

(3)

%64	17	30_25
%36	13	35_30

(4)

%62	17	
%16	6	
%22	7	
%100	30	

(5)

..

0.61	0.74	408	2705	15	
		401	26.3	15	

: -

4

5

: :

:

-1

-2

.() -3

:

)

, (1993) (1991)

:

: -

13

21

:

- - - - -
- - - - -
- - - - -

: -

1961

1974 1972

.

: -

12

.

:

(6)

**0.787	15	**0.750	8	**0.664	1
**0.744	16	**0.802	9	**0.795	2
**0.753	17	**0.687	10	**0.785	3
**0.737	18	**0.653	11	**0.749	4
**0.809	19	**0.797	12	**0.826	5
**0.508	20	**0.797	13	**0.561	6
**0.795	21	**0.787	14	**0.699	7

** (0.01)

: -2

.(123:2003)

: (60)

: -

(165:2006)

(0.955)

(150:2006)

: -

(.959)

(o.921)

(0.966)

(7)

0.966	-	
0.921	-	
0.959	0.977	
0.956	-	

:

.(35:2001) .

:

.(65:1987) .

:

:

-

:

:

-

- :

- :

- :

(2000).

:

- :

4 :

-1 :

-

-

-

:

-

-

-

-

-

-

-2

"

-3

-1

-2

-3

-4

-4

: -

.() -

: -

: -

: -

: -

: -

: -

: -

: -

: -

: -

: -

.

: -

: -

: •

: -2

: ()

: -1

-2

-3

-4

-5

-6

: ()

:-

() :

: ()

:

(90)

(2)

: -5

(19)

: -

:

: -1

(5)

(3)

(4,7,12)

%80

:

-

:

:

:

t-test

-

-

()

-

MAN-WHITNEY

-

WILCOXON

-

:

-1

-2

-3

-5

-6

-7

-
-
-
-
-
-
-
-
-
-
-

()
()

: :
: :
" "

(0.05)
"

.(8)

(8)

Z

	Z						I
0.001	3.41	6.026	18.	0.00	0.00	0	
		5.13	42.40	180.80	8.00	15	
						0	
						15	

(Z=3.41. P value =0.001)

()

(2004)Horny

(1992)

خضر (1991)

(2001)

(2000)

(1992)

(1991) altschuler

(2000)

(1997)

(1999)

.(1992)

2005)

(2006, shea)

(Freeman,2003)

(Bogden,

()

(2000)

(1991)

(1992)

(0.05)

(9)

MANN-WHITNY

(30=)

	z						
0.001	-3.31	15.63	28.35	308.00	20.53	15	
		.82	2.00	157.00	10.47	15	

(Z=-3.31, P-Value =0.001)

(10.47)

(20.53)

()

Van-Manen(2001)

Altschuler)

(1991

(Danker et al,2001)

()

(Matthews2001)

(Patel,2002)

(Kovac2002)

(Vitri2002)

(0.05)

"

(10)

" "

(15=)

	Z						/
0.05	3.30	5.03	13.	0.00	0.00	0	
		6.02	18.800	105.00	7.50	14	
						1	
						15	

(Z= 3.30. p-value=0.05)

(0.05)

()

(0.05)

21

(1998)

(Fernandez,1994)

(Kahen et al,1995)

(Mathews,2001)

(Harvey,2000)

(2003)

(1997)

)

(1995

(1991)

"

"

:

:

.case study

():

5 (29):

:

29 /

-
-
-

21

:

(1988)

(1991)

) .

.(174:2000

caste(2001)

. (2003) hiwel

:

:

-1

..

-2

-3

-4

-5

-6

-7

-8

-9

-10

-11

:

-1

-2

-3

-4

:

(0.05)	:	-1
(0.05)	:	-2
(005.)	:	-3

(30)

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.

:

()

1. (2001) 1

2. (1994) 1

3. (1998) .239

4. (2002)

5. (2008)

6. (2008) !

7. (2008)

8. (2002)

.573

9. (1992) 3 :
10. (2006) :
11. (2001) 1 :
12. (1995) :
13. (2000) :
14. اسماعيل، عزت سيد (1984). **الاكتئاب النفسي**، الكويت : وكالة المطبوعات.
15. (1994) 1 :
16. (2003) :
17. (1997) :
18. (2003) :
19. (2000) 3 :
20. (1981) 8 :
21. (1990) 1 :
22. (2004) 2 :
23. (2000) 1 (13) - :

2010/6/12

25. توفيق ، عبد المنعم توفيق (1997) .
بدوله البحرين ، المجلة التربوية جامعة قطر ، مجلد 13 ، العدد 52 ،
175 – 195 .

26. توفيق، حسين محمد (1999). التوافق النفسي والاجتماعي لدى الأطفال
المصابين بالفشل الكلوي، معهد الدراسات العليا للطفولة، رسالة ماجستير غير منشورة، جامعة
عين شمس.

26. (2000) :

27. (1985) :

28. الحفني ، عبد المنعم (1992). موسوعة الطب النفسي. ج2. القاهرة : مكتبة مدبولي.

29. (1995)

30. (1990) :

31. (1991)

.54

32. (1994) :

33. (2000)

34. (1998)

35. (2000) - -

1 :

36. (1999)

37. (2000)

128_126 (53)

- 38 .(1996)
- 39 .(1980) (2)
- 40 .(1994)
- 41 .(1997)
- 42 .(1998) 3
- 43 .(2001) حامد
- 44 .الزيات ،فتحى مصطفى (1996) .علم النفس العام، القاهرة: دار الوثائق القومية.
- 45 .(1999)
- 46 .(1995)
- 47 .(1999) 131 45_43 19
- 48 .(1999) 17_15
- 49 .(2002)
- 50 .(1990) 344-311
- 51 .الشريبي، لطفى (1991) . الإكتئاب النفسى مرض العصر . الإسكندرية : المركز العربى.
- 52 .(2003)
- 53 .(2003)

54. شقير، زينب محمد (1995). مفهوم الذات ومظاهر الصحة النفسية لدى المكتئبين من من طلاب جامعة طنطا، مجلة علم النفس، عدد 33، القاهرة، الهيئة المصرية لعامة للكتاب، 51-34.

55. () .(2000)

56. .(2003)

57. .(1998)

58. .(1994)

59. **:(1994)**

60. .(1995)

61. .(2006)

62. .(1985)

63. .(1999) 2

64. .(2000)

65. .(1991) 1

66. .(1991)

67. .(1999) 2

68. (1998) :
69. عبد العزيز ،مفتاح محمد (2001)، علم النفس العلاجي، اتجاهات حديثة، القاهرة: دار قباء.
70. (1992).
71. (2001).
- 43_35 .
72. عبد الله ، محمد، قاسم (1991)، سيكولوجية الذاكرة (قضايا واتجاهات حديثة)، عالم:
73. منى محمد(1992). دراسة لبعض الاضطرابات النفسية فى الأطفال المصابين بالفشل الكلوى المزمن، رسالة ماجستير غير منشورة، معهد دراسات الطفولة، جامعة عين شمس.
74. (1994) .
- (
75. (2000).
76. (1998)
- (25)
- 41-37.
77. (2001) 1 :
78. (1989). (11).
79. (1988) :
80. (1999)
81. (2001) :

82. (2003).
- 54 .
83. عكاشة، أحمد (1998). علم النفس الفسيولوجي ، القاهرة : دار المعارف .
84. عكاشة، أحمد (2008). الطب النفسي الحديث . القاهرة : الانجلو المصرية.
85. (2006) .
86. (1995) .
87. (2000)
- (53)
88. (1993)
89. (1987)
90. (2004)
91. (1997)
92. (1990)
93. (1997)
- ()
94. (2000) .(659)
95. (2002)
96. (2005)

	(2007)	.97
	(2003)	.98
	(2004)	.99
	(2000)	.100
	(1998)	.101
	(2000)	.102
15-1		
	(2002)	.103
	(2001)	.104
	(2000) .التوجيه والإرشاد النفس . غزة : مطبعة مقداد .	.105 محمد،
	(2000)	.106
	(2004)	.107
(20)	(2004)	.108
		.44_43
	(2000)	.109
.56_53 . 53		
	(1997)	.110
	(2000)	.111
	() .	

	.(1992)	.112
2	.(1994)	.113
:	.(2004)	.114
	.(1993)	.115
(291)		34-27
	.(1988)	.116
	.(2006)	.117
:	.(2004)	.118
	.(2009)	.119
	(2001)	.120
	:	
	:	

121. Altschuler, J. (1991). Adolescents in end-stage renal failure ,pilot study of family factors in compliance and treatment considerations. Family systems medicine, **Journal of Clinical Psychology** Vol. 9,3,213-216.

122 .Andrew, Gumley, Athanasios, Karatzias, Kevin, Power, James, Reilly, Lisa, McNay, Margaret. (2006). Early intervention for relapse in schizophrenia: Impact of cognitive behavioral therapy on negative beliefs about psychosis and self esteem. **British Journal of Clinical Psychology**, Vol. 45, 2, 247-260.

123 . Bakewell, A. B, (2002). Quality of life in peritoneal dialysis patients. Decline over time and association with clinical outcomes.**Journal Kidney, Int.**Vol. 61, 1,123-128.

124. Beach, S. (1998).Depression,Theoretical explanations . **Psychological basic** . Caleifornia : salem press , Vol. 1, 200.

125. Beck, A. (1967). **Depression, Clinical, Experimental, and Theoretical Aspects.** London: Staples Press.

126. Beck,A. (1993).**cognitive therapy of substance abuse.**new york: Guilford press.

127. Beck.J.S.(1995). **cognitive therapy**, basics and byond new York: guil for press,.

128.Beck,A.(1997).**cognitiveTherapies.**Essentialpapers psychoanalysis ,Newyork:U.S.A university press.

129. Betti, S. B. (1997). Chronic Diseases: Psychological Aspects, **Research-physiology**, Londen,Buije, Vol, 20,4-12

130. .Bogden, J. (2005). **Abnormal psychology in a changing world.** New Jersey, 3 Ed.

131 . Botman, R. Morton. (2007). **Cardiac Surgery in Chronic Renal failure**,M iami,USA.

132. Caste, D. (2001). A Theory of self esteem, **Dissertation Abstract international.** Vol. 80, 3, 1041-1068.

133. Christensen, J. (2001). Patient personality an mortality, year prospective examination of chronic renal insufficiency, **Health-Psychol.** Vol.21,4,113_117

134. Champion, A. (1992). **Adult Psychological Problems**, An Introduction. London: The Falmer Press .

135. Daneker, D. Blackburn, itwaddle,v,& Burns, D.(2001). Depression and marital dissatisfaction in patient with end-stage renal disease and in their spouses, Departments of Psychology and Medicine, George Washington University, Washington, USA,Am, **Journal Kidney-Dis**, 38,4.
136. Daniel, R. Strunk, R, Robert DeRubeis, J. Angela Chiu, W, Jennifer Alvarez, (2007). Patients' competence in and performance of cognitive therapy skills. **Journal of Consulting and Clinical Psychology**. Vol. 75, 4, 523-530.
- 137 .Driessen, M.(1991). Chronic renal failure predictors of a good adjustment to disease and treatment. Psychotherapy psychomaty,**Journal of medicine psychology**,Vol. 49 ,9,124-130.
138. DSM IV **American Psychiatric Association**. (1994).
Diagnostic and STASTICAL Manual of Mental Disorders. 4th Edition
Washington, USA.
139. Ellis, A. (1997). Rational psychotherapy and individual psychology. **Journal of Individual Psychology**, Vol 13, 38-44
140. Ellis, A.(1987). **The Evolution of Rational-Emotive Therapy and Cognitive Behavior Therapy CBT The Evolution of Psychotherapy**, New York: Beruner..
- 141.Ellis, A. (2001). **Feeling better, getting better, staying better**.New york Impact Publishers.
- 142.Emling, B. (2005). Just do it, The impact of a summer school self advocacy program on depression, self esteem, **Peer Reviewed Journal**,Vol.11,5,45-56.
143. Faber,s. (2002) . an investigation of life with end stage renal disease **original research**, 10, 3, 24-31.

144. Fernandez, & Herrera. (1994). The efficacy of psychological intervention for depression in chronic hemodialysis patients, *Revista, Journal Psychology* Vol. 1,54,78-98.

145. Freeman, A. Liese, S. Newman, T. (2001). **Comprehensive Hand book of Cognitive Therapy**. New York: Plenum Press.

146. Harvey, J. Rick, B. Hall, K. (2000). Depression, self esteem, and anger in emerging Adulthood seven – year trajectories. **Journal of Developmental Psychology** .Vol.42, 2, 350 – 365.

147. Halgin, P. & Whitbourn, S. K. (1993). **Abnormal Psychology**, The Human Experience of Psychology Disorders, New York: Harcourt Brace College Publishers.

148. Horny, K. (2004). **Major Neoanalytic Theories & Theorists**, San Diego: Prelude Press.

149. Hiwel, C. Band, R. Ju, A. Chang, Ming, D. Chu, Ru, K. Chou, (2006). The Evaluation of Cognitive Behavioral Group Therapy on Patient Depression and Self Esteem. **Archives of Psychiatric Nursing**. Vol. 20, 1, 3-11.

150. Ibid, G. (1998). Negative thinking mediates the effect of self esteem in depressive symptoms in college women, *Nursing Research*. **American psychologis**, Vol.49, 4, 201-207.

151. Ingram, Rick, E. (1995). Depression In Ramachandran. **Encyclopedia of Human Behavior**, Vol. 2, 1, 122-133

152. Kahen, N. Olson, D. & Berner, K. (1995). Mood disorders in children and adolescents, **Journal Psychiarty Neurosci**, Vol. 24, No. 3, 207-209.

153. Keeping, M. (2001). In Formal and incidental learning with patients who use continuous ambulatory peritoneal dialysis. **Journal Nursing**. 28, 3.
154. Kelly, M. (1996). Clinical Snapshot, Chronic Renal Failure. **Journal sociology** , London Vol. 96, 1.
155. Kimmel, P. (2000). Psychosocial factors in adult end-stage renal disease patients treated with hemodialysis, correlates and outcomes, **Journal of Kidney-Dis**. vol. 35, 4.
156. Koutsopoulou, A. (2002). **Personality dimensions of haemodialysis patients** related to initial renal disease. Haemodialysis. Greece: Ednta-Erca.
157. Kovac, J. (2002). Patient satisfaction with care and behavioral compliance in end-stage renal disease patients treated with hemodialysis. In American **Journal of Kidney Disease**, 39 (6).
158. Lemma ,Alessandra (1996). **Introduction to Psychopathology**. London: Cromwell Press.
159. Levy, B. (2000). **Psychiatric considerations in the primary medical care of the patient with renal failure**, U.S.A, parents press.
160. Leavitt, C. (1988). A validity study of the diagnostic series as used for assessing depression in children and adolescent. **Dissertation Abstracts International** , Vol. 49, 9.
161. Lynne, C. Mccarley,t.Aalto,w. (2007). Cognitive therapy for low self esteem in the treatment of depression in an older adult. **Journal of Behavioral and Cognitive Psychotherapy**. Vol. 35, 3, 365-369.
162. Lewis, T.(1996). Nursing role in management: Acute and Chronic Renal Failure in Lewis Medical Surgical Nursing: Assessment and Management of Clinical Problems 4th ed., Mosby St.: Louis press.

163. Lewinsetm, S. (2001). A search for meaning: Making sense of depression .**Journal of Mental Health**, Vol.4, 4, 369-382.
164. Makowski, B. (2004) .Low self esteem as it relates to Anxiety and depression .**Disertation Abstract international** Vol.42, 5.
165. Matthews, W. (2001). The effects of intercessory brayer, positive visualization, and expectancy on the well-being of kidney dialysis patients, in *Alternative Therapy Health Medication*, **England Journal** Vol. 7, 5.
166. Mehmet, E. (2008). Efficacy of a problem solving therapy for depression and suicide potential in adolescents and young adults. **Journal of Cognitive Therapy and Research**. Vol. 32, 2, 227-245.
167. Mok, & Tam, B. (2001). **Stressors and coping methods among chronic haemodialysis patients in Hong Kong**, Department of Nursing and Health Sciences, the Hong Kong University, Kowloon 10,4.
168. Oster, D. & Sarah S. Montgomery. (1995). **Helping Your Depressed Teenager**. New York: John Wiley&Sons.
169. Olesovsky, Petra. (2003). Meaning in life, and depression, A comparative study of the relation between them across the life span **Dissertation Abstracts International**, Vol.64, 972.
170. Patel, S. (2002). Psychosocial variables, quality of life, and religious beliefs in patients treated with hemodialysis, George Washington University, **jornal Kidney-Dis** ,40,5.
171. Peter, s. & Nicky,h. (1994). **astudentis dictionary of psychology a member of the hodder headlling group**, London.
172. Phillips, J. (2004). An evaluation of school based cognitive behavioral social skills training groups with adolescents at risk for depression. **Dissertation Abstracts International**. Vol. 65, 68.

173. Postlethwaite, E. (1998). **Groth in renal failure, a longitudinal study and behavioral changes during trials of growth hormone treatment**, in Archive. Disease Child, vol, 78, 3.
174. Rehm, P. (2003). **Psychotherapies for Depression**. In Kenneth D. Craig Anxiety and Depression in Adults and Children. Dobson (Ed).
175. Rush, J.&beek, (2004).**cognitive therapy** in Kaplen & sa dock's comprehensive, text book of psychiatry, lippicott .
176. Shih, j. (2006). Differential Exposure and Reactivity to interpersonal stress predict in Adolescent Depression .**Journal of Clinical psychology** ,Vol.35 , 1 , 103-115
177. Sue, David, & Stanley Sue. (1997). **Understanding Abnormal Behavior**. (5thEd) New York: Houghton Mifflin Company.
178. Tatiana, T.L & Paul, Montgomery, (2007). **cognitive-behavioral therapy increase self esteem** among depressed adolescents. Vol. 29, 7, 823-839.
179. Terhi, Aalto. (2002). Depressive Disorders among Young Adults. **Ph.D. Thesis**. National Public Health Institute, Helsinki, Finland.
180. Van-Manen, G. (2001). **Changes in employment status in end-stage renal disease patients during their first year of dialysis**, Academic Medical Center, University of Amsterdam, 2,16.
181. Vitri, N. (2001). The social climate in chronic haemodialysis units as perceived by patients and nurses. **Journal of Edtna-Ersa**, 27, 4.
182. Walen, susan, R. (1997). **a practitiner guide to rational-emotive therapy**, oxford university press, new york: oxford.
183. William's & William's Washington. (1988). A structured Interview Guide for the Hamilton Depression Rating Scale. **Arch.Gen.Psychiatry**, 45, 742-747.

184. Wuerth, D.Toto,H.(2001). Identification and treatment of depression in a cohort of patients maintained on chronic peritoneal dialysis, New haven capd, New haven, USA, **Am-J-Kidney-Dis**,Vol. 37,5.

185. World Health Organization **WHO** (2009). Fact sheet,www.who.com(accessed on 12may,2009)

186. Young, J & Beck, A. (2002).Cognitive therapy scale rating manual. University of Pennsylvania **Psychotherapy Research Unit**.

187. Zung, k. (1965).A self –rating depression scale. **Arch.Gen. Psychiatry**Vol. 12, 63-70

(1)

.....:

.....:

/

(X)

(2)

:

:

:

45:

:

-1

-2

- 3

-4

:

:

45:

:

:

- :

-

-

-

-

-

-

-1

-2

-3

-4

-5

-6

-7

-8

() -9

-10

-11

-12

-13

:

:

:

-1

-2

-3

--4

:

:

:

.() :

:

- :

-

:

:

:

:

:

- :

-

- :
-
-

(3)

	-	..
	-	.
	-	.
		.