

## عنوان مقاله:

The Effect of Psychological Training with Progressive Muscle Relaxation on Serum Levels of Cortisol and HbA1c Levels in Diabetes Mellitus, Type 2 Patients

## محل انتشار:

سومین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1399)

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## خلاصه مقاله:

**Introduction and Objective:** Diabetes is one of the most common diseases in the world in which the body cannot regulate blood sugar levels. The present study was aimed to determine the effect of psychological training with progressive muscle relaxation on serum levels of Cortisol and HbA1c in Diabetes Mellitus, Type 2 patients **Materials and Methods:** In this study, the clinical trial control group included 60 patients with Diabetes Mellitus, Type 2. Who were affiliated with Diabetes Clinic of Rafsanjan University of Medical Sciences and entered into the study according to entrance criteria and systematically random sampling method. This randomized trial participants were divided into two groups of experimental group ( $n = 30$ ) and control group ( $n = 30$ ). For the former, 12 sessions of psychological training with progressive muscle relaxation technique were performed two sessions each two weeks, Data were analysed using Chi-square, Fisher s, independent t-test and two-way ANOVA with Repeated Measurements. **Findings:** The results of the study showed that there was a significant difference between the studied groups and the different time intervals for HbA1c and serum levels of cortisol ( $p = 0.001$ ) and the two groups did not have a statistically significant difference in terms of demographic characteristics regarding their general characteristics and were homogeneous. **Conclusion:** Psychological educational intervention and the use of psychological education along with progressive muscle relaxation technique have been able to improve serum levels of cortisol and HbA1c levels in Diabetes Mellitus, Type 2. Patients who were considered in this study

## کلمات کلیدی:

.Psychological Education, Progressive Muscle Relaxation, Cortisol, HbA1c, Diabetes Mellitus, Type 2

## لینک ثابت مقاله در پایگاه سیویلیکا:

