

Effect of Psych Educational Intervention on the Quality of Life of Patients with Insulin Resistance Syndrome

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Psycho education is a therapeutic approach based on cognitive-behavioral theory, which involves the patients in solving their problems through communication and self-assertiveness training, lifestyle change that were efficient to achieve the proposed goals for the treatment of insulin resistance syndrome. Because of most people in rural areas in Egypt are not aware by the impact of life style on their health and follow up and also patients with insulin resistance syndrome are increased in numbers so the current study aims to examine the effect of psych educational intervention on the quality of life of patients with Insulin resistance syndrome.

A quasi experimental design was followed in the current study, Sitting; Abo Ghanema family medicine center Cidy Salem, Kafer Alshekh, The target population (30) patients with Insulin resistance syndrome, who fulfill the following criteria, Age 40 and above, Independent, Diagnosed with Insulin resistance syndrome, Diabetes, Hypertension, Metabolic syndrome. Two tools was used, A structured interview questionnaire developed by the researcher after thorough review of literature to elicit information related to, Demographic and clinical data of patients age, past & present history of illness, hypertension, diabetes, cholesterol level & Scale of comprehensive quality of life scale-adult fifth edition (com Qol-A5). Conclusion & Recommendation This study revealed that Psych educational intervention lowering blood pressure, diabetes and level of cholesterol, Also it was found that Psych educational intervention increased the effectiveness of prescribed drugs. The current study recommended that health care professionals should not just focus on objective vital signs (e.g., blood pressure), physical examination findings (e.g., retinopathy, nephropathy, heart but should also attempt to understand the subjective impact of chronic disease and its management. Ideally, patients should have both improved biomedical parameter control and better Health Related Quality Of Life (HRQOL)

Keywords (Insulin resistance syndrome, Health Related Quality Of Life (HRQOL))