The Effectiveness of Reality Therapy on Anxiety and Increase of Hope in Patient with HIV-positive Referred to the Disease Behavioral Center Shemiran’s Health Network

Soheila Asadi¹, Parivash Vakili²*

1. Master of Counseling, Department of Counseling, Rudehen Branch, Islamic Azad University, Rudehen, Iran
2. Assistant Professor of Counseling, Department of Counseling, Rudehen Branch, Islamic Azad University, Rudehen, Iran

*Corresponding Author: Parivash Vakili; Department of Counseling, Rudehen Branch, Islamic Azad University, Rudehen, Iran. Email: Pvakili@riau.ac.ir

Abstract

Background and Objective: AIDS is disease that can to have various psychological problems. However, reality therapy is amongst therapies that were used for treatment of behavioral disease patients. So, the aim of present study was determinant of effectiveness of reality therapy on reduce of anxiety and increase of hope in patient with HIV-positive refereed to the disease behavioral center Shemiran’s Health Network.

Materials and Methods: The study Done Semi experimental in partnership with population the patient with HIV-positive refereed to the disease behavioral center Shemiran’s Health Network that their anxiety range is middle anxiety (22 and above) and upper who in this population. 30 individual was selected by voluntary available sampling and were replaced randomly 15 individual in experimental group and control group. The experimental group was received reality therapy during 10 sessions and per week one session, but control group wasn’t received any intervention. Both experimental group and control group was collated to the Miller Hope Questionnaire and Beck Anxiety Inventory. Collected data were analyzed used covariance analysis (ANCOVA) and by SPSS-16.

Results: The mean (SD) of participants age in experimental group equal to were 38.9 (6.9) and in control group equal to were 39.5 (5.2). The mean (SD) of anxiety of pretest in experimental group(16.5 (7.5)) was lower than control group(24.0 (2.8); p<0.001) and Hope of pretest in experimental group(122.5 (14.7)) was higher than control group(98.9 (13.3); p<0.001)

Conclusion: The Study showed Reality Therapy Training had effects on reduce of anxiety and increase of hope patient with HIV-positive in experimental group.

Keywords: HIV, reality therapy, anxiety, hope