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The effect of cognitive behavior group therapy for rumination on psychiatric nurses

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Purpose: The purpose of this study was to explain the effect of developed “Cognitive Behavior Group Therapy for Rumination (CBGT-R)”.

Method: The subjects were ten psychiatry nurses. The program was conducted once every week for eight weeks. It took 30 minutes per session. The program consisted of “Psychological education” and “exercise of mindfulness mainly on breathing methods” there were five people per group. The homework was to perform the breathing method (for more than five minutes) as much as possible in daily life and record the results. The outcome measures were recorded according to the Rosenberg Self-Esteem Scale (RSES), Profile of Mood States (POMS), Cognitive Bias Scale(CBS) and Negative Rumination Scale(NRS). A pre and post design was conducted with a single group of ten nurses. The measurement times were taken- before(T0), at four weeks (T1), at the end of the program(T2), after one months(T3), and three months(T4). The results were analyzed using Bonferroni's multiple comparison tests.

Result: Rumination, self-esteem, cognitive bias and mood were all significantly improved after the program. Although the effects are shown from the early stage (four week) by programming, it was suggested that at eight weeks program was desirable to obtain better results.

Conclusion: Rumination may affect the mood and cognition has been suggested. Decreases in rumination cause improvement in mood, cognitive bias, and self-esteem.

Biography

Eguchi Miki has Nursing Master, expertise in cognitive behavior therapy and psychiatry nursing passion in improving the health and wellbeing. In particular, she is studying programs against ruminants by using mindfulness.

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