

# **ABSTRACT**

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*From Sri Ramakrishna Hospital, Coimbatore, Tamil Nadu, 32 patients with renal failure, who had just started dialysis, were selected by Purposive Sampling method. There were 20 male and 12 female in the age range of 28-55 years. The entire sample was assessed using Case Study Schedule (Hemalatha Natesan, 2003), SI (Hemalatha Natesan and Nandini Menon, Revised, 2005), BDI (Beck, 1971) and WBI (WHO, 1998) (Assessment I). Positive Therapy (Hemalatha Natesan, 2004) was administered on the entire sample individually for 8 sessions, 4 sessions before dialysis and 4 sessions after dialysis. They were re-assessed using the same tools soon after 8 sessions of Positive Therapy (Assessment II). The subjects practiced Positive Therapy using Positive Therapy Handbook (Hemalatha Natesan, 2004) and Relaxation Therapy Cassettes (Hemalatha Natesan, 2000). After 4 months, Assessment III was done using the same tools with Case Study Re-assessment Schedule. Only 30 subjects were available for Assessment III as one had passed away and one was not available after transplantation. The results of the study revealed that the mean SI score reduced from 22.56 to 18 at the end of the psychological intervention and to 15.04 at a 4 month follow-up, indicating both a significant and sustained reduction in stress. Though the subjects had 'Moderate to Severe' depression in all the 3 assessments, the differences in mean BDI scores of the subjects (Assessment I=28.26, Assessment II=23.62 and Assessment III=20.56) were statistically significant, indicating a significant reduction in depression. The mean WBI score (M=9.56) indicated 'Low' well-being before the psychological intervention and it improved to 'Moderately Low' after treatment (M=11.12) with a further significant and sustained improvement (M=14.90) in the follow-up.*