



## A STUDY TO ASSESS THE EFFECTIVENESS OF COUNSELING TECHNIQUES ON DEPRESSION AMONG PATIENTS WITH CANCER AT SELECTED HOSPITAL, CHENNAI

Dr V.Hemavathy and M.Dhatchayani

College Name Sree Balaji College of Nursing, Chrompet

### ARTICLE INFO

#### Article History:

Received 6<sup>th</sup> March, 2019

Received in revised form 15<sup>th</sup>  
April, 2019

Accepted 12<sup>th</sup> May, 2019

Published online 28<sup>th</sup> June, 2019

#### Key words:

Depression, counseling techniques,  
cancer patients.

### ABSTRACT

Depression a change of affect is regarded as the central clinical features of the mood disorders and in depression, the mood is often depressed, loss of interest, guilt and suicide are among the important symptoms of depression. It affects roughly 25% of women and 10% of men at some point in their lifetime. It's estimated that 16.2 million adults in the United States, 6.7% of American adults, have had at least one major depressive episode in a given year. From 2013 to 2016, 10.4% of women were found to have depression, compared with 5.5% of men, the WHO estimates that more than 300 million people worldwide suffer from depression. Cancer is the second leading cause of disease globally and is estimated to account for 9.6 million affected in 2018. This study aimed to assess effectiveness of counseling techniques on depression among patients with cancer in Sree Balaji medical college and hospital at Chennai. The main purpose of the study was to assess the depression level among cancer patients before and after effectiveness of counseling techniques on depression among patients with cancer and to associate the post test score with the demographic variables. The study method was evaluative research approach and a Pre- experimental design one group pre- test, post-test design was used. The total sample size was 30. Pre test and post test scores was assessed by using structured questionnaires. The result of the study concluded that mean and standard deviation of depression level score in pre test was 50.9 and post test score was 33.7 the calculated 't' value was 29.52 which reveals that there was statistically highly significant difference between the pre test and post test at  $p < 0.05$ . Hence, Counseling techniques was effective in reducing the level of depression among cancer patients.

Copyright © 2019 Dr V.Hemavathy and M.Dhatchayani. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

### INTRODUCTION

Depression is one of the most common psychiatric disorders chronic depression is also more likely to occur in individuals who have chronic physical illness. Mental health is the ability to cope with and adjust to the recurrent stresses of living in an acceptable way. Cancer is the second leading cause of disease globally and is estimated to account for 9.6 million affected in 2018. Lung, prostate, colorectal, stomach and liver cancer are the most common types of cancer in men, while breast, colorectal, lung, cervix and thyroid cancer are the most common among women.

#### Objectives

- ✓ To assess the pre assessment level of depression among clients with cancer in experimental and control groups.
- ✓ To assess the post assessment level of depression among patients with cancer in experimental group.
- ✓ To assess the effectiveness of counseling on depression among patients with cancer.
- ✓ To determine the association between the level of depression and their selected demographic variables of patients with cancer.

### METHODOLOGY

Evaluative research approach and Pre- experimental design one group pre- test, post-test design was adopted for the study. The research setting was at Sree Balaji medical college and hospital, Chennai and sample size was 30 cancer patients.

### RESULT

In pre-test majority of the pre test score 3 (10%) had mild depression and 27 (90%) had moderated depression among cancer patients. reveals the post test score 29 samples (97%) had mild depression and 1 sample (3%) was normal. The pre-test was mean score percentage on depression was 66.13 with mean 50.9 ranged between 42-56 and the mean post test score percentage on depression was 44.63 with mean 33.7 and ranged between 30-41. the SD between pre-test and post test score was 3.24 with a mean difference of 17.1 and paired 't' value found to be 29.54, which was higher than table value  $t = 2.042$  at  $p < 0.05$  level of significance. From this study result showed that most of the cancer patients were in mild and moderate level of depression. Counseling techniques was

\*Corresponding author: Dr V.Hemavathy

1Senior Lecturer, Institute of Dental Sciences, Sehora, Jammu.

effective in reducing the level of depression among cancer patients.

## CONCLUSION

The study concluded that most of the cancer patients were in mild and moderate level of depression. Further More the Counseling techniques were effective in reducing the level of depression among cancer patients. Counseling techniques are able to improve psychological well being of people and improvement of their daily activities, reduction of symptoms.

## References

1. Basavanhappa B.T, "psychiatric mental health nursing" 1<sup>st</sup> edition, jaypee brothers medical publishers (p) ltd, (2010), page no: 503.
2. Basavanhappa B.T, "nursing research" 1<sup>st</sup> edition, Lippincott Williams and wilkins, philadelphia (2003), page no: 49-50,730-731.
3. k. lalitha "A text book of mental health nursing" 1<sup>st</sup> edition, ananda.M and Ramesh. M V.M.G Book house, Bangalore,(2010) page no:311.
4. Louise rebrachshives " Basic concepts of psychiatric mental health nursing" 7<sup>th</sup> edition, wolters klaver published (2009) page no: 336-337
5. gabriela s hobbs, mary beth landrum, role of families in decisions regarding cancer treatments in behavior therapy 749-753, 2017.
6. leonora chiavari, sara gandini supportive role of decisional counseling among patients with cancer. *journal of personality and social psychology*.2016, 357-370.
7. <https://ori.hhs.gov>
8. <https://intelihealth.com>
9. <https://www.scrib.com>
10. <https://www.cancer/carcinogen/2006/edu>

### How to cite this article:

Dr V.Hemavathy and M.Dhatchayani (2019) ' A Study to Assess the Effectiveness of Counseling Techniques on Depression Among Patients With Cancer At Selected Hospital, Chennai', *International Journal of Current Medical And Pharmaceutical Research*, 05(06), pp 4230-4231.

\*\*\*\*\*