



Original Article

# Effects of Transpersonal Brief Psychotherapy on general state of health and quality of life in patients with Crohn's disease



Arlete Silva Acciari<sup>a,\*</sup>, Frederico Camelo Leão<sup>b</sup>, Cláudio Saddy Rodrigues Coy<sup>c</sup>,  
Raquel Franco Leal<sup>c</sup>, Cristiana Corrêa Dias<sup>a</sup>, Vera Saldanha<sup>d</sup>,  
Maria de Lourdes Setsuko Ayrizono<sup>c</sup>

<sup>a</sup> Surgery Department, Universidade Estadual de Campinas (UNICAMP), Campinas, SP, Brazil

<sup>b</sup> Institute of Psychiatry, University of São Paulo (USP), São Paulo, SP, Brazil

<sup>c</sup> Coloproctology Unit, Surgery Department, Universidade Estadual de Campinas (UNICAMP), Campinas, SP, Brazil

<sup>d</sup> Brazilian Portuguese Transpersonal Association, Campinas, SP, Brazil

## ARTICLE INFO

### Article history:

Received 24 May 2015

Accepted 8 June 2015

Available online 2 July 2015

### Keywords:

Inflammatory bowel disease

Quality of life

Brief psychotherapy

Crohn's disease

## ABSTRACT

**Introduction:** Crohn's disease (CD) is a chronic illness with continuous and longstanding treatment, which affects general state of health and life quality of patients.

**Objectives:** Evaluating the effects of Transpersonal Brief Psychotherapy (TBP) on general state of health and life quality of patients with CD.

**Methods:** Eleven people diagnosed with CD of both sexes and aged between 25 and 50 years old have been evaluated. The clinical method was used and the procedure consisted of treatment with TBP and data collection before and after psychotherapy. In data collection, the following instruments were used: Sociodemographic Questionnaire (SDQ), Crohn's Disease Activity Index (CDAI), Inflammatory Bowel Disease Questionnaire (IBDQ) and General Health Questionnaire (GHQ), with descriptive analysis of results and the statistical methodology with Wilcoxon test.

**Results:** The procedure turned out to be effective to all instruments ( $p < 0.05$ ) and the most significant result was in relation to general state of health (-40.4%) and life quality (35.3%). The disease activity has decreased by 38.1% on CDAI.

**Conclusion:** TBP has brought meaningful benefits to patients with CD, influencing the clinical picture, with reduction of the severity of the disease and, consequently, it has improved their general state of health and life quality.

© 2015 Sociedade Brasileira de Coloproctologia. Published by Elsevier Editora Ltda. All rights reserved.

\* Corresponding author.

E-mail: [arletesilvapsi@gmail.com](mailto:arletesilvapsi@gmail.com) (A.S. Acciari).

<http://dx.doi.org/10.1016/j.jcol.2015.06.001>

2237-9363/© 2015 Sociedade Brasileira de Coloproctologia. Published by Elsevier Editora Ltda. All rights reserved.

## Efeitos da Psicoterapia Breve Transpessoal sobre o estado de saúde geral e a qualidade de vida em pacientes com doença de Crohn

### R E S U M O

#### Palavras-chave:

Doenças inflamatórias intestinais  
Qualidade de vida  
Psicoterapia breve  
Doença de Crohn

**Introdução:** A doença de Crohn (DC) é uma enfermidade crônica que exige tratamento contínuo e prolongado, afetando a qualidade de vida e a saúde geral dos pacientes. Além do tratamento clínico, recomenda-se o acompanhamento psicológico para o desenvolvimento de estratégias adaptativas.

**Objetivo:** Avaliar os efeitos da Psicoterapia Breve Transpessoal (PBT) sobre a qualidade de vida e estado geral de saúde de pacientes com DC, e possível correlação com a atividade da doença.

**Métodos:** Foram avaliados 11 pacientes com diagnóstico de DC, de ambos os sexos, com idade entre 25 anos e 55 anos. Utilizou-se o método clínico e o procedimento consistiu no atendimento em PBT, com coleta de dados antes e depois da psicoterapia. Na coleta de dados foi utilizado o Questionário Sociodemográfico (QSD), Índice de Atividade da Doença de Crohn (IADC), Inflammatory Bowel Disease Questionnaire (IBDQ), Questionário de Saúde Geral de Goldberg (QSG), com análise descritiva para os resultados e estatística com o teste de Wilcoxon.

**Resultados:** A intervenção mostrou-se significativamente eficaz para todos os instrumentos avaliados ( $p < 0,05$ ), com melhor resultado para o estado de saúde geral (-40,4%) e qualidade de vida (35,3%). A atividade da doença apresentou uma redução de 38,1% no IADC.

**Conclusão:** A PBT trouxe benefícios aos pacientes com DC, influenciando seu quadro clínico, com redução da severidade da doença, e conseqüentemente, melhorando o estado de saúde geral e a qualidade de vida destes doentes.

© 2015 Sociedade Brasileira de Coloproctologia. Publicado por Elsevier Editora Ltda. Todos os direitos reservados.

## Introduction

Crohn's disease (CD) is an Inflammatory Bowel Disease (IBD), which is a chronic illness that affects life quality and life expectation of patients. At the same time, the disease activity is intimately related to impoverishment of life quality of these patients.<sup>1-3</sup>

Norton et al.,<sup>4</sup> assessing the impact of CD over patients life, have reported the following repercussions: (a) large physical impact due to abdominal and joint pain, diarrhea and flatulence; (b) impact on the diet due the removal of certain foods or food groups; (c) psychological impact with embarrassing, awkward and silent aspects of CD; (d) minuscule routine in the course of the disease, with difficulty to share fears and insecurities; (e) great concern regarding the bathroom; (f) social impact and social avoidance and withdrawal; change in circle of friends, traveling, leisure activities with children and sports activities; (g) impact on professional life with reduction of worked hours and career change; (h) impact on sexual life.

The psychosocial consequences and life quality of patients must be considered therapeutic.<sup>5</sup> Besides medical accompaniment, there must be psychological, social and educational support.<sup>3,4,6-11</sup> Psychotherapy is recommended even for periods of disease remission.<sup>12,13</sup>

Recently, the brief psychotherapies have presented great expansion as well as alternatives and techniques to attend different diseases, with themes regarding health and life quality. They allow good therapeutic results within few sessions;

it focuses on symptoms, crisis, personality characteristics or some kind of comprehension. It provides continence, comprehension of the sickening process and possible psychosomatic interactions involved; this is accompanied by relief of anxiety and symptomatic aspects.<sup>14-16</sup>

The therapist role is broader, free and responsible; it requires experience as well as combination of procedures to make the therapeutic sessions catalyzing agents that accelerate and make possible the relations and healthier experiences.<sup>15</sup>

The Transpersonal Integrative Approach (TIA), in its structural and dynamical aspects, presents theoretical and practical principles that are methodologically structured to orient and sustain psychotherapeutic process in Transpersonal Brief Psychotherapy (TBP).<sup>16,17</sup>

The main objective of this study was to evaluate the effects of TBP over the general state of health and life quality of CD patients. The secondary objective was to observe possible correlations between general state of health and life quality of patients along with disease activity. In this study, there was the participation of 11 patients with CD, who were followed in the process of TBP for 14 weeks, in individual sessions of 50 min.

## Methods

Eleven patients, of both sexes, diagnosed with CD and aged between 25 and 55 years old, followed up at the Inflammatory

Download English Version:

<https://daneshyari.com/en/article/4296978>

Download Persian Version:

<https://daneshyari.com/article/4296978>

[Daneshyari.com](https://daneshyari.com)