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### Is hope therapy increases the quality of life among Iranian diabetic patients?

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Hope is defined as a cognitive process through which individuals pursue their goals. Hope is one of important factors in quality of life in diabetic patients. Because of chronic status of diabetes disease, it is clear that the level of hope may be variable among the patients who suffer from diabetes. If the level of hope increases among them, they may provide some adaptation mechanism to control some physical and psychological complications of diabetes, therefore, the quality of life may increase. The aim of this study was to define the efficacy of hope therapy on quality of life. This was a quasi-experimental study conducted on 40 diabetic patients referring to one of Iranian diabetic center in Tehran. The subjects were selected based on the goals and inclusion criteria of the study and then were

randomly assigned to study and control groups. Herth Hope Index (HHI) was completed by both groups before, after, and 1 month after intervention. Also, Farsi version of HRQoL questionnaire used to measure the quality of life. In the study group, 120-min sessions of hope therapy were held twice a week for 4 weeks. According to data analysis, results showed that hope therapy increased the level of hope in diabetic patients in experimental group in comparison to control group. Also, the scale of the HRQoL significantly increased in the experimental group ( $P < 0.001$ ). In Iranian patient, Hope therapy may increase the quality of life of diabetic patient via increase of the level of Hope, therefore, the Hope therapy may suggest for diabetic patients.

#### Biography

Maryam Babaei Khomeini has completed the Postgraduate degree in nursing at the age of 30 years from Azad University of Iran. She is working as Educational Supervisor of Nursing Department in the, Nursing Office, EmamReza Psychiatric Hospital of Lorestan University of Medical Sciences, Khorramabd, Iran. She has more than 18 years of experiences.

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