



Efficacy of Mindfulness Based on Stress Reduction on Rat Disorders in Patients with Irritable Bowel

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ABSTRACT

Irritable bowel syndrome (IBS), is a recognized functional gastrointestinal disorders that are characterized by altered bowel habits with abdominal discomfort and pain without structural abnormalities. There is no clear diagnostic markers for IBS. In patients with Irritable Bowel Syndrome is the most important issue. He disease patients have always thought that this conflict is dangerous and this rumination makes for stress. The aim of this study was to evaluate the effectiveness of mindfulness-based stress reduction program on rumination and distress tolerance associated with irritable bowel syndrome Amir Alam hospital in Tehran. This study was conducted pretest-posttest with control group design study, is experimental. The study population included all patients Amir Alam hospital in Tehran during 95-94 that 30 students were selected using random sampling and were replaced in two test and control groups. Learning Tools include Nolen and Hvksma scale rumination and distress tolerance questionnaire. The experimental group were trained using mindfulness-based stress reduction in 8 sessions but the control group received no intervention. Both groups were evaluated with rumination and distress tolerance scale questionnaire at post-test after the educational intervention. The data were analyzed by descriptive statistics (mean, standard deviation, etc.) and the deduction of multi-variable analysis of covariance MANCOVA. The results showed that there were significant differences between experimental and control groups after the intervention rumination experimental variables ($F = 18/70$, $T = 3/90$) and distress tolerance ($F = 21/11$, $T = -3 / 90$) ($P < 0/01$). The data can be said that mindfulness-based stress reduction effectively. On rumination and distress tolerance in patients with irritable bowel syndrome)

Keyword:

Mindfulness-based stress reduction, rumination, distress tolerance, irritable bowel syndrome

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