

EFFECTIVENESS OF MINDFULNESS BASED ON COGNITIVE THERAPY (MBCT) ON REDUCING SEVERITY OF SYMPTOM IN PATIENT WITH IRRITABLE BOWEL SYNDROME

Naghmeh Naderi¹, Reza Sohrabnejad², Hoda Babaei Kafaki^{3*}, Oldouz Mokhtarinejad⁴

¹Instructor, Psychology Group, Islamic Azad University Sari Branch, Sari, IRAN,
naderi.naghmeh@yahoo.com

²Neurologist, Sari, IRAN, sohrabnejad_neuro@yahoo.com

³Young Researchers and Elite Club, Sari Branch, Islamic Azad University, Sari, IRAN,
hodabk@yahoo.com

⁴Instructor, Psychology Group, Islamic Azad University Sari Branch, Sari, IRAN
o.mokhtari.n@gmail.com

*Corresponding Author

Abstract

Irritable Bowel Syndrome (IBS) is considered among the functional gastrointestinal disorders that is characterized by abdominal pain and altered bowel habits (diarrhea and constipation) and causes functional disability, affecting the life quality in a negative way and high health care costs. In addition to medications, behavioral therapies have recently been discussed. The purpose of the present study was to investigate the effect of mindfulness-based cognitive therapy (MBCT) on depression, anxiety and the severity of symptoms among patients with IBS. For this purpose, a population of 30 patients with IBS was randomly assigned into two groups of experimental and control. First, Beck Depression Inventory-II (BDI-II), Beck Anxiety Inventory (BAI) and Gastrointestinal Symptom Rating Scale (GSRS) were filled by the participants. Then, the participants in the experimental group passed eight sessions of MBCT and the duration of each session was two hours. Due to the reduction of participants to 9, the same number was chosen for the control group as well. At the end of therapy, the posttest was administered. In order to analyze data, descriptive statistics and analysis of covariance were used. After the intervention, the mean scores of depression, anxiety and the severity of symptoms were significantly decreased. In addition to medication, MBCT can be effective as a part of the treatment of patients with IBS and it decreases the severity of symptoms as well as psychological problems of patients with IBS.

Keywords: mindfulness-based cognitive therapy, depression, anxiety, irritable bowel syndrome