



The Effect of Educational Intervention on Spiritual Health and Life Satisfaction of Patients with Gastrointestinal Cancer in Ilam

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Abstract

Introduction & Aim: Cancer is one of the chronic diseases that reduce the spiritual well-being and life satisfaction. Therefore, this research aimed to determine the effect of educational intervention on spiritual well-being and life satisfaction of patients with gastrointestinal cancer in city of Ilam.

Methods: The present quasi-experimental study was conducted on 60 patients with gastrointestinal cancer who were randomly assigned to experimental and control groups in Ilam in 2015. The intervention included 9 spiritual counseling sessions that were run in 3 months. Paloutzian & Ellison the spiritual health questionnaire and life satisfaction questionnaire were used. Surveys were done in intervals of before, immediately after and two months after intervention. The data were analyzed using spss 16 statistical software and descriptive statistics (mean & standard deviation) and inferential tests (independent t-tests).

Results: The results showed that spiritual health and life satisfaction of studied patients was low. Before the intervention, the experimental and control groups showed no significant difference in spiritual well-being and life satisfaction ($p > .05$). But after the intervention, spiritual health and quality of life were increased significantly within two months ($p < .05$).

Conclusion: Due to the effectiveness of educational interventions on improving patients' spiritual well-being and life satisfaction, performing these types of interventions in nursing care is recommended for these patients.

Key words: gastrointestinal cancer, mental health, life satisfaction, intervention