

Abstract

Background: Hemodialysis is the most efficient treatment at the end stage of renal failure which causes patients to prolong their life span, but it leads to various physical and mental side effects. The aim of this study was to determine the effects of emotional intelligence training on anxiety in hemodialyzed patients' in Khorramabad.

Materials and Methods: This Semi experimental study was administered on 74 patients who had been consulted to go to the hemodialysis ward of Shohadaye Ashayer and Shahid Rahimi Hospitals during the year of 2014. The patients were randomly divided into two the experimental and control groups. The emotional intelligence training was given by the trained and skilled researchers to the experimental group during two months and within 8 sessions. The data collecting devices consisted of three sections including demographic data, Spielbergers' anxiety questionnaire, and Bar-On's emotional intelligence questionnaire filled out by the researcher's assistant through having interview with the patients. Data analysis was conducted by applying SPSS (19) software, statistical tests such as independent and paired t-test, and covariance analysis.

Results:. Before training intervention, the independent t-test indicated that there was no difference on the amount of emotional intelligence in hemodialysis patients between two experimental and control groups, but after conducting the training intervention, the amount of emotional intelligence increased in the experimental group ($p=0.01$) in comparison to before intervention. The covariance analysis(Considering the pre-test scores) indicated mean of (state and trait) anxiety was not different in the samples before training intervention between two experimental and control group, but there was a decrease in the experimental group after training intervention($p<0.001$).

Conclusion: Emotional intelligence training causes to decrease anxiety in hemodialysis patients; therefore, it is recommended that emotional intelligence training be implemented for the abovementioned statistical community as a strategy for better adaption.

Keywords: Hemodialysis, Anxiety, Emotional intelligence, Training