

KEY WORD: ANXIETY/COGNITIVE RESTRUCTURING/ MINDFULNESS TRAINING

DARAWAN THAPINTA : REDUCTION OF ANXIETY OF STAFF NURSES WORKING WITH AIDS PATIENTS THROUGH COGNITIVE RECONSTRUCTURING AND MINDFULNESS TRAINING. THESIS ADVISOR : ASSO. PROF. PRASARN MALAKUL, Ph.d., ASSO PROF. SOMPOCH IMSUPASIT, Ph.d. 154 pp. ISBN 974-581-352-4

The purpose of this study was to develop a cognitive restructuring model based on Cognitive Behavior Modification theory and used this model together with mindfulness training to reduce anxiety of staff nurses working with AIDS patient.

The research findings were as follows :

1. The nurses in group one with cognitive restructuring and mindfulness training showed significantly lower anxiety scores in the after-treatment phase and the follow-up phase than before the treatment phase ( $p < .05$ ).
2. There was no significant difference in anxiety scores between the nurses in group one with cognitive restructuring and mindfulness training and the nurses who were trained only cognitive restructuring in group two in every experimental phase.
3. There was no significant difference in anxiety scores between the nurses in group one with cognitive restructuring and mindfulness training and the nurses who had only mindfulness training in group three in every experimental phase.

The subject were sixteen nurses of Chiangmai Hospital. They were randomly assigned to one of the three experiment groups. STAI (anxiety test) and Mindfulness test were used to collect the data in the before-treatment phase, the after-treatment phase and the follow-up phase. The data were analyzed by using the two-way analysis of variance with repeated measure.