

##5376552333: MAJOR CLINICAL PHARMACY

KEYWORDS: Consciousness transformation program/ HIV/AIDS

ATITA PANNANUSORN : EFFECTS OF THE CONSCIOUSNESS

TRANSFORMATION PROGRAM ON PATIENTS WITH HIV/AIDS. THESIS

ADVISOR: ASST. PROF. PHANTIPA SAKTHOG, Ph.D., 157 pp.

The purpose of this study was to examine the effects of the consciousness transformation program for stress management (CTMS) on antiretroviral therapy (ART) adherence, health related quality of life, HIV-related symptoms, symptoms of stress, Spiritual well-being and mindfulness. A randomized controlled trial was conducted with enrollment and follow-up at Bamrasnaradura Infectious Disease Institute between March and October 2012. One hundred and seven people living with HIV, forty-one subjects were randomly assigned to CTMS and 66 subjects in the treatment as usual (TAU) standard care condition group. Thai version questionnaires included ART adherence such as Self-report, Simplified Medication Adherence Questionnaire (SMAQ), Visual Analog Scale (VAS), health-related quality of life (EQ-5D), HIV-related symptoms, Srithanya test (ST-5), Spiritual well being scale of the AIDS patients and Philadelphia Mindfulness Scale (PHLMS) were administered pre-, post-intervention. Data were analyzed with repeated measure ANOVA. An intent-to-treat analysis found significant benefits of CTMS. Participants in CTMS group showed improvement in ART adherence, quality of life, Spiritual well being scale and mindfulness. The frequency of HIV-related symptoms reduced significantly in CTMS group compared to the TAU group. There were no significant differences in symptoms of stress.

Department :Pharmacy Practice.....Student's Signature.....

Field of Study :Clinical Pharmacy.....Advisor's Signature.....

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