

The Effectiveness of Counseling and Logotherapy on Reducing the Psychological Depression among a Sample of Kidney Patients

Faisal Khlaif Naser AL shraah

Department of Educational Sciences
Al-Balqa Applied University
Zarqa, Jordan

faisal_shr@bau.edu.jo

Abedalnasser A. Alazzam

Education Department
Al-Balqa Applied University
Irbid - Jordan

abed-azzam@bau.edu.jo

Nayef Fadous Alhamad

Department of Educational Sciences
Al-Balqa Applied University
Irbid - Jordan

naayef.alhamad@bau.edu.jo

The Effectiveness of Counseling and Logotherapy on Reducing the Psychological Depression among a Sample of Kidney Patients

Faisal Khlaif Naser Al shraah

Department of Educational Sciences
Al-Balqa Applied University
Zarqa - Jordan

Abedalnasser A. Alazzam

Education Department
Al-Balqa Applied University
Irbid - Jordan

Nayef Fadous Alhamad

Department of Educational Sciences,
Al-Balqa Applied University
Irbid - Jordan

Abstract

This study aimed to investigate the effectiveness of counseling and logotherapy on reducing the psychological depression among a sample of (30) kidney patients aged (45-58) years, who were non-randomly selected from those have high psychological depression after implementing the beck depression Inventory (BDI) on them. Patients were divided into two groups, one experimental group that consists of (15) patients who have been exposed to a counseling and therapeutic program using counseling and logotherapy, and a controlled group that consists of (15) patients who did not receive any counseling program. The study used the psychological depression scale and the logotherapy counseling program, according to the existential psychotherapy theory. The study results found effectiveness of counseling and logotherapy on reducing the psychological depression among kidney patients in the experimental group, and the continuity of program effectiveness after one month of follow-up.

Keywords: logotherapy; kidney patients; depression.

فعالية الاستشارة والعلاج بالمعنى في تخفيف الاكتئاب النفسي بين عينة من مرض الكلى

د. فيصل خليف ناصر الشرعة

كلية الزقاء الجامعية- جامعة البلقاء التطبيقية
المملكة الأردنية الهاشمية

د. عبد الناصر احمد العزام

كلية اربد الجامعية
جامعة البلقاء التطبيقية
المملكة الأردنية الهاشمية

د. نايف فدعوس الحمد

كلية اربد الجامعية
جامعة البلقاء التطبيقية
المملكة الأردنية الهاشمية

الملخص

استهدفت الدراسة الكشف عن فاعلية الإرشاد والعلاج بالمعنى في خفض الاكتئاب النفسي لدى عينة من مرضى الكلى، وتألفت عينة الدراسة من (30) من مرضى الكلى، تراوحت أعمارهم بين (45-55) سنة، تم اختيارهم بطريقة قصدية ممن لديهم اكتئاب نفسي مستمر مرتفع بعد تطبيق مقياس الاكتئاب النفسي عليهم، وتم توزيعهم على مجموعتين: مجموعة تجريبية تألفت من (15) مريض تعرضوا لبرنامج إرشادي وعلاجي باستخدام الإرشاد والعلاج بالمعنى، ومجموعة ضابطة تكونت من (15) مريض؛ لم يتلقى أفرادها أي برنامج إرشادي، واستخدمت الدراسة مقياس الاكتئاب النفسي، وبرنامج إرشادي علاجي بالمعنى وفق نظرية العلاج الوجودي، وتوصلت نتائج الدراسة إلى فاعلية الإرشاد والعلاج بالمعنى في خفض الاكتئاب النفسي لدى مرضى الكلى في المجموعة التجريبية، واستمرارية الأثر للبرنامج بعد مرور شهر من المتابعة.

الكلمات المفتاحية: العلاج بالمعنى، الاكتئاب النفسي، مرضى الكلى.

The Effectiveness of Counseling and Logotherapy on Reducing the Psychological Depression among a Sample of Kidney Patients

Faisal Khlaif Naser Al shraah

Department of Educational Sciences
Al-Balqa Applied University
Zarqa - Jordan

Abedalnasser A. Alazzam

Education Department
Al-Balqa Applied University
Irbid - Jordan

Nayef Fadous Alhamad

Department of Educational Sciences,
Al-Balqa Applied University
Irbid - Jordan

Introduction

Studies indicate that Kidney disability and failure is a chronic disease that affects humans and makes them exposed to many psychological pressures, such as cher(Goh & Griva, 2018). This has an impact on their health situation and their continuous distress with dialysis machines, where it's not limited to a specific group nor health or social aspects. The psychological aspect is an important factor in building the individual and society. The Fifth Diagnostic and Statistical Manual of Psychiatric Disorders (DSM-5) indicates that depression as a common mental disorder that leads to change in temperament or mood (Rush et al., 2006), and loss of attention and pleasure which last for long periods and severely obstruct individuals from performing their activities (Evans, 2004). Feeling helpless in front of the judiciary and destiny, future anxiety, and life changes are all factors that contribute to the mental depression of many people (Shaw, 2000), where the psychological depression is considered one of the mental disorders that may affect patients with moments of sadness, loss of energy, feeling of fatigue, and lack of attention, or the enjoyment of different life activities. Kidney patients may be more prone to psychological depression that affects their personal lives and leads to their withdrawal from social and family life (Theofilou, 2011), which in turn leads to loss of interest, delusion of

illness, sleep disorders, sexual disorders, and cognitive disorders. Thus the situation may develop into suicide (Goh & Griva, 2018).

Theoretical Background

Psychological depression disorder is classified as one of the mental disorder that is characterized by a temperament disorder and feeling of sadness and distress (Rush et al., 2006), and it is a temperament with a sense of worthlessness (Evans, 2004) and lack of motivation and activity. It is a disorder that prevents a person from performing his or her social role and psychological adaptation. The effects are evident in the emotional, cognitive, and physical aspects (Mark et al., 2017).

The depression is a serious disease affecting an individual's entire life-situation, which can lead to great suffering and a reduced level of activity in everyday life, is a self-conscious experience that includes loss of interest (Hersen et al., 2013), and sense of failure, dissatisfaction, a desire for self-harm, hesitation, and lack of decisions making (Muazzam & Kazmi, 2020) represented in the emotional disorder of depression, such as the continuous sadness, the desire to cry, bad temper, inability to love, self-hatred, and the suicidal thinking (Reddy et al., 2010). On the intellectual side, it is represented in the low self-esteem, distortion of perceptions, memory disorder, expectation of failure, and life disappointment (Evans, 2004), in addition to the food appetite disorder, sleep disorder, impotence, nervous system disorder, headaches, exhaustion, and energy reduction (Bernstein et al., 2009). Depression may be the result of a reduction in the positive support (Bauer et al., 2007; Lynn et al., 2013). It is considered a common mental disorder (Lynn, 2013), and it's the primary contributor to the overall global burden of disease. The worst depression may lead to suicide (Cukrowicz, 2011). The main symptoms of depression include the depressed mood and the negative thinking (Rush et al., 2006), and the negative and pessimistic way of looking into life and the future (Lynn et al., 2013).

Kidney failure is considered one of the most widespread chronic diseases (Goh & Griva, 2018), where it affects the kidneys, which are an important organ in the human body due to their important function in getting rid of

impurities and waste, and maintaining human balance (Atkins, 2005). Any disorder in the Kidney function leads to an organic injury associated with other diseases; its symptoms may increase over time, and its severity may also increase as a result of its functional disability (Glassoc et al., 2017).

Patients of Chronic Kidney Disease (CKD) are among the most vulnerable to changes in their social and psychological lives (Weening, 2004) as a result of their health status and their continuous suffering with blood purifiers or Hematology. Therefore, it is necessary to help them and educate them about the risks of this disease (Cukrowicz et al., 2011), and provide services on ways of avoiding the disease and protecting ourselves from it (Winearls, 2001).

It turns out that Kidney patients suffering is not limited to one area but it covers the health, psychological, and social aspects (Theofilou,2011), where health problems include constant tiredness, and exhaustion, and inability to move normally (Shaheen & Al-Khader, 2005). This is in addition to psychological problems, such as; depression, frustration, anxiety, frequent thinking, fear of illness, irritability, low self-esteem, isolation, and feeling helplessness (Hostetter,2004), and social problems such as the impact of marital relationship from divorce, neglect, income interruption due to leaving work as a result of illness, and early retirement which result in accumulation of burdens and responsibilities on the patient (Stanifer et al., 2017).

Logotherapy frankl describes it as the third Viennese school of psychotherapy. It is considered one of the most effective methods in the treatment of psychological disorders, which falls within the existential theory (Melton & Stefan,2008), and means the spiritual and moral counseling and therapy, which is used in the treatment of mental disorders among individuals, and is considered an effective method to improve the mental health. It's a therapeutic approach intended to deal with mental phenomena through meaning or logo (Salar & Fatehmeh, 2017). This approach focuses on the meaning of human existence, as well as human search for that meaning (Thir & Batthyany, 2016).

Therefore, logotherapy deals with a set of dimensions , one of which is self-awareness (Salar & Fatemeh, 2017), which means enabling the

individual to live and survive by increasing the individual's self-awareness, and by seeking a meaning for this life to get rid of loneliness, anxiety, and stress (Mun, 2005). The second dimension is freedom of choice which indicates that people are free to select any of the alternatives available to them, and, therefore, they take responsibility of their life (Melton & Stefan, 2008). The third dimension is identification, which indicates that individuals are in need of courage to make their identities, and create a meaning of life (Thir & Batthyany, 2016). The fourth dimension is logo formation or creation of meaning for the human need to obtain importance and purpose in life (Wihardjo et al., 2017). The last dimension is existential anxiety which calls for the resistance to preserve and identify the entity, and with the increase of individual's awareness, the existential anxiety and its source will be identified (Vos et al., 2015).

One of the studies that addressed the psychological depression, counseling, and logotherapy topics was that of (Ramely, 2019), which aimed to investigate the mental health of chronic kidney failure disease's patients. Its results indicated that mental health level among patients of chronic Kidney failure varies depending on the nature of patient's personality and the type of support received. A study by (Al-dhalafee, 2016) identified the level of future anxiety and depression among patients of chronic kidney failure. The results indicated differences in the future anxiety levels, which showed a reduction in the future anxiety levels and in the future depression levels of the study sample. The study also showed a positive direct correlation between the depression and future anxiety. In his study, Zakaria (2018) examined the effectiveness of a therapeutic psychological counseling program to improve the psychological compatibility of chronic Kidney failure patients in light of some variables. The study results found that the psychological compatibility level among patients with chronic Kidney failure is (94.4%) at a medium degree. Also, there are statistically significant differences in the effectiveness of program, in favor of post-application. Elaf (2020) studied the association between the depression and psychological hardiness of kidney failure patients in Riyadh city. The study showed that older Patients have scored higher rate of total degree of depression, These findings suggest that it is possible to

predict the degree of depression in kidney failure patients through their psychological hardiness.

A study by Bopaeda & Ahmed (2021) sought to identify the nature of the quality of life of kidney failure patients undergoing dialysis in the light of some demographic variables. The study results revealed that the quality of life for patients with renal failure, who are subject to dialysis is low. The results also showed that the physical field is considered one of the lowest fields and that there is a statistically significant effect for each age, gender, and educational level on patients' quality of physical life.

The study of Rodwan (2013), conducted in Gezira Hospital for nephrology surgery and renal diseases, which examined depression in patients with renal diseases, renal failure showed that there is a statistically significant relationship between the occurrences of depression among patients.

Fayza & Abedarazzaq (2021) studied the effectiveness of the cognitive behavioral therapy program on reducing psychological depression among patients with renal failure, at Al-Amal Hospital and Qatar Charity Center in Bahri locality. The study showed that the cognitive behavioral therapy program in reducing the level of psychological depression in patients with renal failure is effective, and there are statistically significant differences in the level of depression.

The psychological depression disorder as one of Persistent Depressive Disorder (PDD) suffered by the kidney patients group may hinder their social role and performance, and their psychological compatibility. It is a disorder that has emotional, cognitive, and physical effects on them, which may cause behavioral disorders unless they have psychological counseling and therapy to ensure their psychological and social compatibility (Goh & Griva, 2018). Through counseling and therapeutic programs, the social support can be developed and its quality services can be directed toward kidney patients, where social support and assistance can strengthen their personality and make them able to adapt constructively to the stressful life events (Tombak et al., 2019).

Study Objectives

The study aims to investigate the effectiveness of counseling and logotherapy on reducing the psychological depression among a sample of kidney patients, and to shed light on the depression and to prepare a counseling program in accordance with the fundamentals and techniques of counseling and logotherapy. The study problem seeks to answer the following question: What is the effectiveness level of counseling and logotherapy on reducing the psychological depression among a sample of kidney patients?

Study Hypotheses

- There are statistically significant differences between the arithmetic mean degrees of experimental group members and the arithmetic mean degrees of controlled group members on the psychological depression scale after implementing the counseling program, in favor of the experimental group.
- There are statistically significant differences between the arithmetic mean degrees of experimental group members, prior to implementing the counseling program and the arithmetic mean degrees on the psychological depression scale after implementing the counseling program, in favor of the post-evaluation.
- There are no statistically significant differences in the degrees of psychological depression between the arithmetic mean degrees of experimental group members in the pre, post, and follow up evaluation.

Instruments & Procedures

Study Population & Sample

The study sample consists of (30) kidney patients admitted to Hospitals at Irbid governorate in Jordan for the year 2022, within the age group (45-58) years. They were selected non-randomly from those who received the highest scores on the beck depression Inventory (BDI) for depression assessment. They were divided into two groups: one experimental and contains (15) patients, and other controlled that also comprises (15) patients.

Selecting Participants sample;

The researchers chose (53) Kidney patients, and applied beck depression Inventory onto them. Kidney patients, who received the highest score on beck depression Inventory were selected non-randomly. After data collection and statistical processing of the means, T- test value was calculated on beck depression Inventory. 30 Kidney patients had the highest score on beck depression Inventory. The results showed that the level of depression for Kidney Patients was severe. T.test value is (3.451) and the calculated 0.917 with 28 df. It is a function at the statistical significance level of ($\alpha = 0.01$).

Study Instruments

The researchers used Beck depression Inventory (BDI), translated by (Gareeb, 2000), which is appropriate for the Arab and Jordanian environment. It consists of (21) items represented in typical descriptive terms that represent symptoms and trends of depression. These items were organized according to the severity content of four alternative phrases for each item, and then arranged phrases in each item on a scale of 4 points from 0 to 4 according to the intensity of the offer it represents.

Constructive Validity

Arbitrators found that the scale is suitable for the Jordanian environment and the agreement between arbitrators amounted to (90%).

To verify the validity of the Beck depression Inventory structure, beck depression Inventory method was applied to an exploratory sample of 25 Kidney patients from inside the study population and from outside the sample. Then the values of corrected correlation coefficient were calculated for the item connection with the scale as a whole, the corrected correlation coefficient values for the Beck depression Inventory with the scale as a whole, in shown in Table 1.

Table (1)
Corrected correlation coefficient values for item
connection with the scale as a whole

Item Num	Correlation	Item Num	Correlation
1	0.51	13	0.41
2	0.46	14	0.43
3	0.67	15	0.55
4	0.36	16	0.34
5	0.47	17	0.46
6	0.58	18	0.49
7	0.47	19	0.53
8	0.59	20	0.54
9	0.51	21	0.38
10	0.69		
11	0.44		
12	0.39		

It is noticed from table (1). that all the values of corrected correlation coefficient are statistically significant at (0.01).

Discriminatory validity:

Results of T- test value is (-11.04) at the significance level of (0.001). This indicates the discriminatory validity of the Beck depression Inventory.

Reliability:

The researchers calculated the reliability of psychological depression scale in two ways: Cornbach Alpha Coefficient for all items of scale and the overall degree of scale, which amounted to (0.811).

Counseling Program

Program Validity: the researchers prepared the counseling program based on the counseling and logotherapy, and presented it to (5) arbitrators who are experts and specialists in the psychological counseling, psychology,

and mental health where they praised the content and objectives of counseling program. The agreement among the arbitrators on the validity of counseling program amounted to (80%) and the program in its final form consisted of (11) counseling sessions, with two sessions per week at an hour and a half per session.

The researcher developed the counseling program according to the theory of counseling and logotherapy by Victor Frankle (1933), which aims to raise the guided awareness about the importance of discovering the meaning of suffering in his life; discover lost meaning in his life (Close, 2001); confirm his existence; discover his being; link the freedom with responsibility; give full meaning to his life, and build the social and family support system (Thir & Batthyany, 2016). The counseling techniques and methods based on counseling and logotherapy, which were used by the researchers in the therapeutic program are as follows:

- Socratic dialogue: one of counseling method with logotherapy used with the individual in order to aggravate his meaning by asking provocative questions in a questionable dialogue framework (Thir & Batthyany, 2016).
- Artistic focus: It is the concentration with internal physical awareness or tangible feeling, which means the body's sense of a problem, experience, attitude, or situation and whenever a person learns the way to go through the experience of focus (Close, 2001). That person realizes that body has its own means to identify problems and provide solutions for it, from here comes the focus with desired modification or change (Ameli & Dattilio, 2013).
- Symbolic story: It is done by telling a story that illustrates a particular meaning, which may be difficult to express directly, and is suggested to deliver a message to the guided person that he is not the only one who has a problem, but everyone is exposed to problems like this, and that it is not the end of the world (Ameli et al., 2013).
- The art of deepening awareness of death: it is an art that emphasizes the importance and value of life, and that death in all its aspects is the truth that makes the current time something of value (Thir & Batthyany, 2016).

- Psychological plays: It is based on the imagination of the past of life to enhance a sense of responsibility towards the personal existence, where through this art each patient tells his story with life, and through mutual dialogue, the meaning to be reached will be clear (Shoakazemi et al., 2012).

Study design

The current study is a semi-experimental study, which aimed to identify the effect of counseling and logotherapy on reducing the psychological depression among a sample of kidney patients in the experimental group compared with the controlled group, according to the following design:

- Experimental group: pre-evaluation, training program, post-evaluation.
- Controlled group: pre-evaluation, without program, post-evaluation.

Terminology of study

Psychological Depression:

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems (DSM-5 Table 9: A1-A7). Procedurally, it is the degree that respondents receive on the psychological depression scale used in the study.

Counseling & LogoTherapy:

It is a set of structured and specialized steps aimed to modify or replace the wrong behaviors and negative knowledge. This therapy is created on the basis of finding a meaning in human life. It is a therapeutic psychological approach that addresses problems of human existence to achieve the meaning of life, freedom of choice, and self-realization, and to achieve the meaning of life (Ameli & Dattilio, 2013).

Statistical Analysis

- Cornbach Alpha, Test-Retest Pearson.
 - Researchers used the Man-Whitney test.
 - Wilcoxon Test.
-

Results

Results related to the first hypothesis: “There are statistically significant differences between the arithmetic mean degrees of experimental group members and the arithmetic mean degrees of controlled group members on the psychological depression scale after implementing the counseling program, in favor of the experimental group”.

To verify this hypothesis, the researchers used the Man-Whitney test, as shown in table 2. Below:

Table (2)
Man-Whitney test results for differences between the degrees of experimental and controlled groups at the post-evaluation test

Group	N	Mean Rank	Sum of Rank	U	Z	Sig.
Experimental	15	12.00	65.61	6.02	2.35	0.001
Controlled	15	18.21	112.05			

As Table 2. shows, there are statistically significant differences in the degrees of psychological depression between the degrees of experimental group and the degrees of controlled group, after implementing the counseling program, in favor of the experimental group, where the psychological depression level was low among members of the experimental group, which indicates the positive effect of counseling program on reducing the psychological depression of kidney patients.

Results related to the second hypothesis: “There are statistically significant differences between the arithmetic mean degrees of experimental group members, prior to implementing the counseling program and the arithmetic mean degrees of same group on the psychological depression scale after implementing the counseling program, in favor of the post-evaluation”.

To verify this hypothesis, the researchers used Wilcoxon Signed Ranks Test to calculate the significant differences between the arithmetic means degree ranks of two samples associated with small samples, as shown in table 3. Below:

Table (3)
**Results of Wilcoxon Test for the differences between pre-test
 and the post-test of experimental group**

Test	N	Mean Rank	Sum of Rank	Z	Sig.
Pre-Evaluation	15	17.71	115.00	3.03	0.001
Post-Evaluation	15	6.62	65.12		

Table 3. shows the existence of statistically significant differences in the degrees of psychological depression between the degrees of experimental group members prior to the implementation of program and after the implementation, in favor of post-evaluation which indicate the positive effect of counseling program on reducing the psychological depression of kidney patients.

Results related to the third hypothesis:

“There are no statistically significant differences ($\alpha=0.05$) in the degrees of psychological depression between the arithmetic mean degrees of experimental group members in the pre, post, and follow up evaluation”.

To verify this hypothesis, the researcher used Wilcoxon Signed Ranks Test as shown in table 4. Below.

Table (4)
**Results of Wilcoxon Test for the differences between pre-test
 and the post-test of experimental group**

Test	N	Mean Rank	Sum of Rank	Z	Sig.
Pre-Evaluation	15	16.74	112.04	1.301	0.002
Post-Evaluation	15	16.40	110.41		

Table 4. shows the nonexistence of statistically significant differences between the degrees of experimental group members on the psychological depression scale in the post and follow up evaluation scales. This indicates the reliability and continuity of the counseling program effect on reducing the level of psychological depression among members of the experimental group, kidney patients in the follow-up period and after one month.

The researchers calculated for Estimating of effect size. Eta squared (η^2), as shown in the content Table 5.

Table (5)
Eta squared (η^2) Results

Variables	Changes sources	Eta square η^2	F	Sig
Depression	Pretest	0.11	64.06	0.000
	Groups	0.821		

The content of Table.5. The Results indicate that Eta square (0.821), and F value (F= 64.06) significance level of (0.000) in beck depression Inventory as a whole. Based on the results, Logotherapy are effective significantly and increased in reducing the Depression of Kidney Patients.

Discussion of Results:

The study result found statistically significant differences in the degrees of psychological depression between the arithmetic mean degrees of experimental group members and the arithmetic mean degrees of controlled group members, in favor of the experimental group after implementing the counseling program. The study also indicates nonexistence of statistically significant differences in the degrees of psychological depression among members of the experimental group in the post and follow-up implementation. This shows continued and positive impact of counseling program in reducing feelings of psychological depression among kidney patients during the follow-up period.

This finding can be explained by the fact that counseling and logotherapy have effectiveness and impact on reducing the level of psychological depression of kidney patients, where Victor Frankle emphasizes that logotherapy helps individuals' come out from the helplessness and meaninglessness state (Ameli & Dattilio, 2013), and this process includes a confrontation of the person to the effects that cause feelings of mental depression.

It is possible to attribute this result of logotherapy to the creation of meaning from suffering to the meaning of life under any circumstances,

and to the motivation, which exists to reach a meaning, and this is what participants actually miss in the counseling program. Therefore, the formation of meaning and purpose in life created a challenge for each participant in the group. The logotherapy is characterized by enhancing strategies to use the treatment program optimally, and to promote the idea of logotherapy and change the negative thoughts that make them in nonexistence state. The reason is that logotherapy fits many individuals, who are unable to adapt to life frustrations, as well as people who are tired of thinking about problems related to their ways of life, where they are at a crossroads without knowing where they are heading, and want to challenge the reality.

Viktor Frankl (1943) asserts that each person's life has a unique meaning even when the person is confronted with a terminal condition over which he/she seemingly has little control. It is the role of the logotherapist to help the person to discover that unique meaning within himself/herself (Brat, 2001).

The counseling program using logotherapy has provided an opportunity for members of the experimental group to engage in multiple activities and intimate relationships, and helped them to develop the ability to meet challenges and acquire the positive social skills, the self-awareness skill, the formation of an existential meaning. This in addition to the abandonment of certain undesirable qualities and characteristics, such as isolation and social withdrawal as well as their feeling of love, acceptance, respect, emotional support, and social support, thereby enabling them to cope with life circumstances. The counseling program focused on the support it receives from the social environment and the factors that lead to the adaptability, compatibility, coping, and coexistence with depressive situations. They become optimistic, satisfied, and happy; feel self-confident, capable of facing challenges and difficulties by gaining experiment and experience, and recognize their real potentials and capabilities, as well as promote; develop social relationships, and increase their ability to think properly to determine the meaning of their existence positively.

In the researchers' opinion, openness to oneself and to others within the counseling group is important in achieving the goal of counseling, in terms

of reducing the psychological depression in the experimental group. The counseling groups help in formulating two basic social skills, which are the skill of self-openness and the feelings of group and the openness to it. Members of the experimental group that attended the counseling program were able to learn how to express their feelings, and their experiences had helped them to abandon the defenses that hid many self-experiences behind it that caused them anxiety and depression. They also started to discover new experiences under their counseling group. The researchers attribute this result to the counseling and logotherapy, which were used through a collective counseling program. Thus They helped the patients to understand the meaning of life and existence; to have a goal for their lives and existence; to have the ability to take responsibility; to educate them and change their way of thinking about their living conditions, and to satisfy their needs in accordance with the reality to achieve the psychological compatibility. The Logotherapy has successfully been used to treat depression and anxiety. One study looked specifically at depression and stress among cervical cancer patients (Soetrisno et al., 2016).

The researchers believe that the reason for the reduction of psychological depression among the experimental group members is attributed to the formation of social relations within the group, which contributes to the improvement of social isolation of psychological depression cases. The result of this study agrees with the result of Saber's study (2008) and the results of Zakaria (2018) study on the effectiveness of psychological counseling to treat the mental disorders of kidney patients, the social support, and the improvement of psychological compatibility.

The nature of logotherapy considers one thing that contributed to the continuity of program's impact and effectiveness for a long and continuous period, because it focuses on the goal of existence, which is based on the formation of meaning or logotherapy. It makes the guided persons carry the psychological and social responsibilities; enable them to face life requirements and improve experiences. Logotherapy groups successfully improved the meaning of life and mental health among wives of alcoholics (Cho, 2008). The same thing happened with kidney patients. Their lives had meaning, and they have the ability to face the disease,

where the logotherapy cares about the free willingness, the ability for self-determination, the desire for meaning, and the care about the patient himself and not the disease's symptoms, which emphasize his ability to make rational choices and reach his full potential.

Recommendations

Based on the study's findings, the researchers have made the following recommendations:

Conduct similar studies using the counseling and logotherapy in the treatment of various mental disorders due to its effectiveness.

Expand and activate services in the psychotherapy and counseling field, and benefit from it as a therapeutic and preventive method for caring for patients with depression.

References

- Ameli, M., & Dattilio, F. (2013). Enhancing cognitive behavior therapy with logotherapy: Techniques for clinical practice. *Psychotherapy, 50*(3), 387–391
- Atkins, R. (2005). The epidemiology of chronic kidney disease. *Kidney international Supplement, 94*, 14–8.
- Atkins, R. (2005). The epidemiology of chronic kidney disease. *Kidney International Supplement, 94*, 14–8.
- Bernstein, I., Wendt, B., Nasr, S., & Rush, A. (2009). Screening for major depression in private practice. *Journal of Psychiatric Practice, 15*(2), 87–94.
- Bopaeda, M., & Ahmed, A. (2021). Quality of life in light of some demographic variables among a sample of renal failure patients undergoing hemodialysis. *Journal of Medical and Health Studies (JMHS), 2*(2), 10–30.
- Brat, P. (2001). Logotherapy in the Care of the Terminally Ill, *Journal of Religious Gerontology, 11*(3-4), 103-117, https://doi.org/10.1300/J078v11n03_09.
- Cho, S. (2008). Effects of logo-autobiography program on meaning in life and mental health in the wives of alcoholics. *Asian Nursing Research, 2*(2), 129–139.
- Close, E. (2001). Logotherapy and adult major depression: psych theological dimensions in diagnosing the disorder. *Journal of Religious Gerontology, 11*(3-4), 119–140. https://doi.org/10.1300/J078v11n03_10.

- Cukrowicz, K., Schlegel, E., Smith, Ph. N., Jacobs, M. P., Van Orden, K. A., Paukert, A. L., Pettit, J. W., & Joiner, Th. E. (2011). Suicide ideation among college students evidencing subclinical depression. *Journal of American College Health, 59*(7), 575-581.
- Cukrowicz, K., Schlegel, E., Smith, P., Jacobs, M., Van O., Kimberly A., & Thomas, E. (2011). Suicide ideation among college students evidencing subclinical depression. *Journal of American College Health, 59*(7), 575-581.
- Elaf, M. (2020). Depression and its relation to psychological hardiness for kidney failure patients in Riyadh city. *The Egyptian Journal of Psychological Studies, 30*(109). 450-497.
- Evans, A. (2004). Adolescent depression and externalizing problems: testing two models of co morbidity in an inpatient sample. *Adolescence, Spring, 27*(2). 114-146.
- Fayza. N., & Abedarazzaq. A. (2021). The effectiveness of the cognitive behavioral therapy program in reducing psychological depression among patients with renal failure, at Al-Amal Hospital and Qatar Charity Center in Bahri locality. *Journal of Educational Sciences, 22*(2). 1- 109.
- Gareeb, G. (2000), The seikometric specifications of beck second BDI-II antidepressant scale in the Egyptian environment, *Journal of Psychological Studies published by the Egyptian Association of Psychologists, 10*(4), 593-624.
- Glasscock, R., Warnock, D., & Delanaye, P. (2017). The global burden of chronic kidney disease: estimates, variability, and pitfalls. *Nature Reviews Nephrology, 13*, 104–114.
- Goh. Z., & Griva, K. (2018). Anxiety and depression in patients with end-stage renal disease: impact and management challenges – a narrative review. *International Journal of Nephrology and Renovascular Disease, 11*, 93-102, DOI <https://doi.org/10.2147/IJNRD.S126615>.
- Hersen, M., Bellack, A., & Himmelhoch, J. (2013). Treatment of unipolar depression with social skills training. *Sage Publications, 4* (4). 1552-4167.
- Hostetter, T. (2004). Chronic kidney disease predicts cardiovascular disease. *New England Journal of Medicine, 351*(13), 44–46.
- Kazmi, U., & Muazzam, A. (2020). Adjustment problems, depression and academic achievement: the mediating role of resilience, *Pakistan Journal of Psychological Research, 35*(3), 545-557.
-

-
- Lynn, M., Reyes – Rodriguez. C., Rivera- Medina. L., Camara , F., Alba, S ., & Guillermo, B. (2013). Depression symptoms and stressful life events among college students in puerto rico. *Jornal of Affective Disorders*, 145, 3, 324-330.
- Mark, Ch., How, Ch., & Ping, Y. (2017). Managing depression in primary care. *Singapore Med J.*, 58(8), 459–466, 2017 Aug.
- Melton, M., & Stefan. E. (2008). On the measurement of meaning: logotherapy’s empirical contributions to humanistic psychology, *The Humanistic Psychologist* 36, 31-44.
- Mun, P. (2005). *Viktor Emil Frankl’s meaning paradigm: logotherapy as a model for meaning-centered pastoral ministry in the contemporary Singaporean context*. Dmin diss., Asbury Theological Seminary.
- Ramely, J. (2019), “*Mental health among chronic kidney insufficiency patients*”. Master thesis, Mohamed Khedir University, Biskrah, Algeria.
- Reddy, P., Philpot, B., Ford, D., & Dunbar, J. A. (2010). Identification of depression in diabetes: the efficacy of PHQ-9 and HADS-D. *The British journal of general practice. Journal of the Royal College of General Practitioners*, 60, 239-245.
- Rodwan. A. (2013). *Depression among patient’s with renal diseases and its relationship with some variables (A case study in patients in Gezira Hospital for nephrology, surgery and renal diseases state – Sudan*. PhD thesis in health psychology. Al- Jazeera University. Sudan.
- Rush, A., Bernstein, I., Trivedi, M., Carmody, T., Wisniewski, S., Mundt, J. (2006). An evaluation of the quick inventory of depressive symptomatology and the amilton rating scale for depression: a sequenced treatment alternatives to relieve depression trial report. *Biol Psychiatry*, 59(6), 493–501.
- Saber, Y. (2008). “*The effectiveness of counseling program for social support to increase the level of ambition among a sample of chronic kidney failure patients*”. PhD Dissertation, University of Binha, Egypt.
- Salar, F., & Fatemeh, B. (2017). The effectiveness of group logotherapy to improve psychological well-being of mothers with intellectually disabled children. *International Journal of Developmental Disabilities*, 63(1), 45-51.
- Shaheen, F., & Al-Khader, A. (2005) Preventive strategies of renal failure in the Arab world. *Kidney International Supplement*, 98, 37–40.
- Shaw, R. (2000). The relationship of academic performance to depression and perceived home environment among gifted high students. *Section A. Humanities & Social Sciences*, 61(1–A), 86-101.
-

- Soetrisno, S., Sulistyowati, S., Ardianto. A., & Hadi .S. (2016). The effect of logotherapy on the expressions of cortisol, HSP70, Beck Depression Inventory (BDI), and pain scales in advanced cervical cancer patients, *Journal Health Care for Women International*, 38(2), 91-99. <https://doi.org/10.1080/07399332.2016.1237952>.
- Stanifer, J., Daphne,W., M. Guobin, Su., Zhang, L.,& Jaime, M .(2017). Traditional medicines and kidney disease in low- and middle-income countries: opportunities and challenges. *Semin. Nephrol.* 37, 245–259.
- Theofilou, P. (2011). Depression and Anxiety in Patients with Chronic Renal Failure: The Effect of Sociodemographic Characteristics, *International Journal of Nephrology*, Volume 2011, Article, ID 514070 , <https://doi.org/10.4061/2011/514070>.
- Thir, M., & Batthyany, A. (2016). Logotherapy and existential analysis. (1).53-74.Cite as. Springer, Cham.
- Timothy, E. (2005). Viktor frankl and the genesis of the third viennese school of psychotherapy. *The Psychoanalytic Review*, 88(2). 311–334. <https://doi.org/10.1521/prev.88.2.311.17672>
- Tombak, A., Kiykim, A., Cimen. M., & Sungur, M. (2019). *Types, courses and outcomes of renal failure in hospitalized patients: a single center experience, arastirma makalesi*, Research Article, 21(3), 2018-222.doi: 10.18678/dtdf.531909.
- Unutzer, J., & Park, M. (2012). Strategies to improve the management of depression in primary care, primary care. *Clinics in Office Practice*, 39(2), 415-431.
- Vos, J., Craig, M., & Cooper, M. (2015). Existential therapies: A meta-analysis of their effects on psychological outcomes. *Journal of Consulting and Clinical Psychology*, 83(1), 115–128. <https://doi.org/10.1037/a0037167>.
- Weening, J. (2004). “Advancing nephrology around the globe: an invitation to contribute.” *Journal of the American Society of Nephrology* 15, 2761–62.
- Winearls, C. (2001). *Renal Failure: Introduction, the Oxford Radcliffe Hospitals NHS Trust*, Oxford, UK. DOI: 10.1038/npg.els.0002120.
- Zakaria, A. (2018), “*The effectiveness of a therapeutic psychological counseling program to improve the psychological compatibility among patients of chronic Kidney failure, an applied study of patients at the Giyad Center for Blood Recovery*”, PhD Dissertation, Al-Jazeera University, Sudan.