



The Effects of Counseling using NLP(Neuro-Linguistic Programming) for Improvement Unsociable Tendency and Interpersonal Anxiety of Hemophilic Arthritis Patients

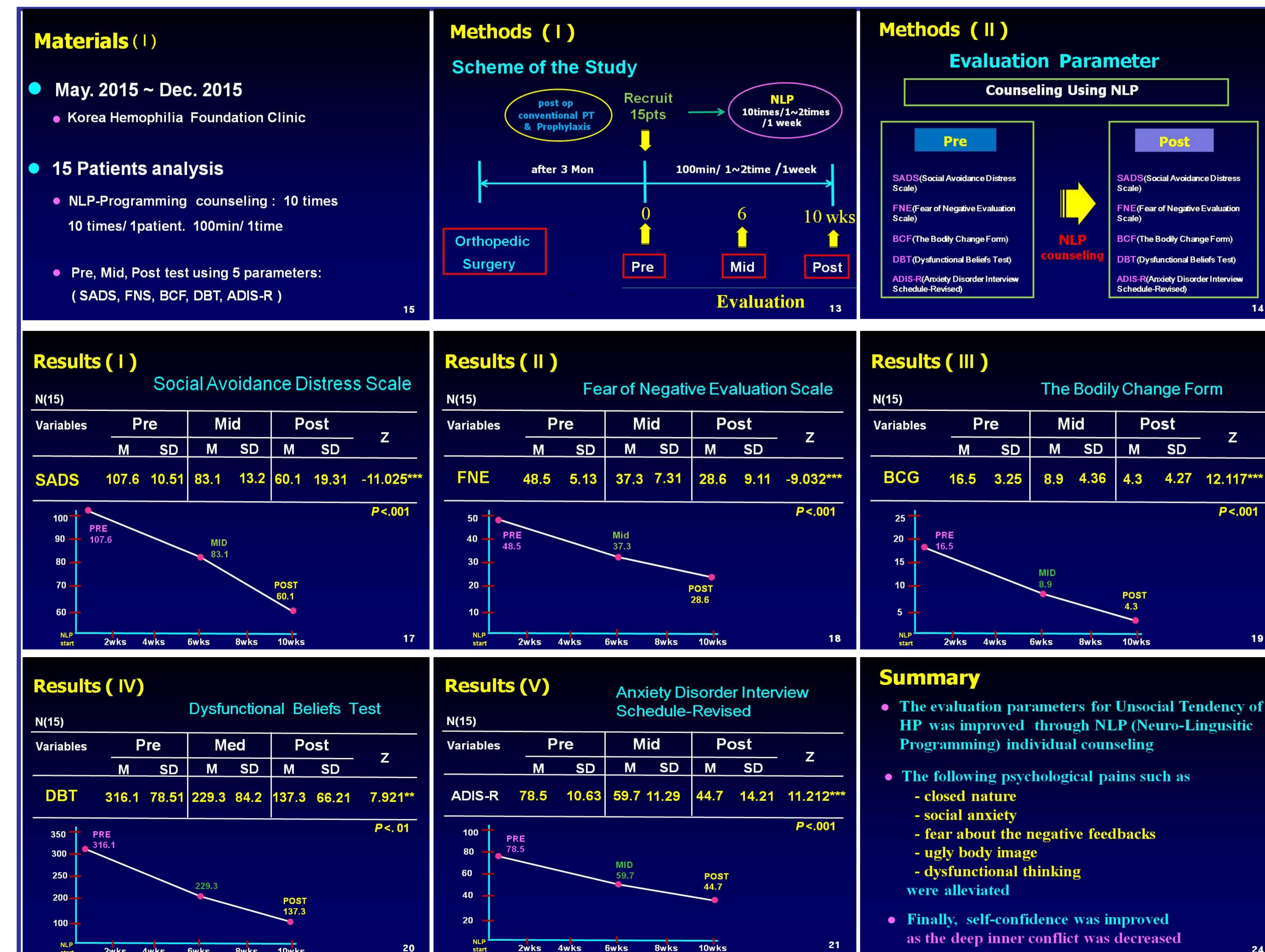
Won-Sook Bak*, Yong-Mook Choi**, Sang-Chun Ju**, Ro-sa Yoon***, Mi Kyung Lee***

Kyung Hee University* Korea Hemophilia Foundation** Kyung Hee University Hospital at Gangdong***

OBJECTIVES

Unsociable tendency and physical pain of hemophilic arthritis patients have been causing hardships for them to adjust in society as well as been causing negative effect on orthopedic treatment. The purpose of the study is to reduce unsociable tendency and interpersonal anxiety that cause deep inner conflict by using NLP programming individual counseling interventions.

GRAPHS and TABLES



METHODS

In order to verify the effect of NLP programming, the study was performed on 15 adult Hemophilia patients once a week, 100 minutes each time for total of 10 times. Individual characteristics were measured beforehand through PRS(Preferred Representational System) VAK-scale (Visual, Auditory, Kinesthetic) testing. Then, NLP programming individual counseling was adapted based on the characteristics of each individual based on the imagery sensuous techniques and model. Evaluations from before and after the study were expressed in codings based on the facts, substituted in various scale such as SADS(Social Avoidance Distress Scale), FNE(Fear of Negative Evaluation Scale), BGF(The Bodily Change Form), DBT(Dysfunctional Beliefs Test), ADIS-R(Anxiety Disorder Interview Schedule-Revised) and lastly the repeated measurements before, during and after the study were analyzed with one way ANOVA.

RESULTS

The followings are the results of the verification of effect of NLP programming individual counseling on hemophilic arthritis patients. The self control ability has been improved throughout the counseling in the process of expressing and recognizing their own unsociable tendency and Interpersonal anxiety that cause negative impacts on themselves ($P < .001$). Fear about the negative evaluation, which amplifies the unsociable tendency, was significantly decreased as the number of counseling increased ($P < .001$). The average score for physical anxiety due to the pain has significantly decreased as the number of counseling increased ($P < .001$). Dysfunctional belief has significantly decreased throughout the NLP programming ($P < .01$).

CONCLUSIONS

After considering overall results, it is considered that NLP programming individual counseling is an adequate counseling treatment for hemophilic arthritis patients to decrease unsociable tendency and interpersonal anxiety caused by the pain and social psychological issues. It is necessary to develop a new follow-up service program to promote and maintain the positive changes in hemophilic arthritis patients through the NLP programming.

References

- O'connor, J., & McDermott, I.(1996). *Principles of NLP*. New York: Thorsons Pub.
 Ellis, A. (1979a). The biological basis of human irrationality: a reply to McBurnett and LaPointe. *Individual Psychology*, 10(2).
 Battistella, L. R.(1998). "Maintenance of musculoskeletal function in people with haemophilia", *Haemophilia*, 4(Suppl2). 26-32.



Poster Presented at:

DOI: 10.3232/jso.ea.WF0210.2016

Psychosocial Issues
BAK WON-SOOK

182--PP-W

970ZHM