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# Chronic stress associated with dialysis

## The use of psychological interventions

### *Summary*

The book is devoted to the issues of experiencing chronic stress in patients undergoing dialysis and opportunities to improve their mental state through the use of psychological interventions.

Chronic disease is a multi-faceted experience, which is a reason why the analysis of coping with its consequences also requires a multi-dimensional approach. For the ill individuals apart from adherence to medical recommendations, suitable management of personal resources is very important. This facilitates optimal functioning in the long term. Psychological care in this regard is an important element of the interdisciplinary approach. One of the forms are psychological interventions.

The book is divided into two parts. The first part contains a presentation of theoretical background of undertaken research. The author discusses the most important topics in the study of stress with a particular emphasis on the role of cognitive appraisal. The psychological aspects of the situations of dialysis patients are also presented. The issues of wellbeing are characterized with description of the hedonic approach and the eudaimonic approach.

The second part of the book is devoted to the issue of using psychological interventions to people with chronic illness. Several variants of interventions and their effects on the psychological level are presented. In addition, the analyses of the relationship between the variables are also shown. The final chapter contains a summary of the results obtained in the study, their reference to psychological theory and the analysis of possible applications.