

DNP Final Project Repository Collection Submission Form

As part of the process to complete your degree, the College of Nursing & Health Innovation requires you to deposit your final project in our DNP Final Project Collection within the ASU Digital Repository (). The ASU Digital Repository (ASU-DR) provides a place to collect, preserve, and discover the creative and scholarly output from ASU faculty, research partners, staff and students. Adding your DNP Project to the ASU-DR will benefit present and future researchers, and also help future students by providing models of final projects. Please note that the ASU-DR is an **Open** repository which means that anyone will be able to view and download your project. By adding your project to the ASU-DR, you retain copyright to your project, but grant Arizona State University a non-exclusive license to disseminate your work through the Digital Repository and to make copies for preservation purposes per the Terms of Deposit:

If you obtained material for your DNP Final Project for which you do not hold copyright such as validated measures, datasets, or other proprietary information, and intend to include this material in its entirety as an appendix to your project, you represent that you have obtained the unrestricted permission of the copyright owner to grant Arizona State University the rights required by this license. If you do not have permission to distribute these copyrighted materials in their entirety please let your mentor know.

Also, please contact your mentor directly if you would like to discuss the possibility of placing an embargo on your project for a period of time, plan to publish a formal paper related to your DNP Final Project, or have any other questions or concerns.

I agree to allow my DNP project to be deposited in the DNP Final Project Collection within the ASU Digital Repository.

Signature Meghan Kellerman Date: 4/28/21

If you have any concerns regarding making your work available in this manner please contact your mentor.

To complete your part of the submission process please fill out the fields below as they relate to your DNP Project and return to your mentor.

Title: Alternative Treatment for Mood in Parkinson's Disease

Abstract:

Background: Around 40-50% of people with Parkinson's disease will develop anxiety or depression, the number one factors affecting their quality of life. Cognitive behavioral therapy is the most well-established intervention for anxiety and depression in people with Parkinson's disease. **Purpose:** The project addresses a southwestern Parkinson-specific community center's need for mental health by incorporating a cognitive behavioral therapy-based mental

health program, guided by the Cognitive Behavioral Model. **Methods:** Recruitment at the center took place during a virtual weekly meeting with inclusion criteria of a Parkinson's disease diagnosis, 50 years or older, and English speaking. A four-week, virtual, nurse-led cognitive behavioral therapy-based mental health program was created to examine the effects on anxiety, depression, and quality of life in ten people with Parkinson's disease. Pre-and post-intervention Geriatric Anxiety Inventory (Cronbach's alpha, 0.91), Hamilton Depression Rating Scale (Cronbach's alpha, 0.87), and Parkinson's Disease Questionnaires (Cronbach's alpha, 0.84) were used to assess anxiety, depression, and quality of life. **Results:** Using a Two-tailed paired samples t-Test, mean values and p-value were calculated with alpha value of 0.05, $t(39) = -0.10$, $p = .922$ for anxiety, Alpha value of 0.05, $t(16)=3.69$, $p=0.002$ for depression, Alpha value of 0.05, $t(38)=5.07$, $p<0.001$ for quality of life, and Alpha value of 0.05, $t(5)=4.54$, $p=0.006$ for emotional wellbeing. **Conclusion:** A cognitive behavioral therapy-based mental health program at a Parkinson-specific center has the potential to improve quality of life, emotional wellbeing, and decrease depression in people with Parkinson's disease. **Implications:** Research with larger sample sizes, assessment for long-term benefits, and longer duration of therapy would be beneficial.

Author(s): Meghan Kielbania

Mentor(s): Dr. Stephanie De' Santiago

Subject Tags/Keywords (enter at least 3 unique tags): Parkinson's disease, anxiety, depression, quality of life, cognitive behavioral therapy

Number of Pages:

Would you like to apply a Creative Commons license to your project

(see <https://creativecommons.org/licenses/>)?

If so, please place a check next to which one:

CC-BY:

CC-BY-SA:

CC-BY-ND:

CC-BY-NC:

CC-BY-NC-SA:

CC-BY-NC-ND:

Submission Date: