Title page

Signature assignment

Key issues

The key issues identified by the article include incidence of non-erosive reflux disease (NERRD). It also highlights the mental and psychological factors that undermine their performance in every aspects of life. NERD has been increasing among middle-aged people and elderly women. Victims of NERD also suffer from anxiety, depression and emotional disorders. It is also a cause of some other problems such as visceral hypersensitivity, social and psychological stress. No single drug is adequate for treating NERD in patients. NERD is a critical issue that needs treatment because it deteriorates behavior and causes depression. The assumptions of the students are not quite different from that of the authors. The students also assume that adoption of CBT will lead to improvement in the behavior of patients and help them in overcoming emotional issues due to NERD. Delay in treatment increase the consequences of the disease. No specific treatment has been identified for addressing the problem of NERD patients individually.

Evidence

The article has integrated research studies on the relevant topic for providing evidentiary support to the facts. Research studies suggest significant correlation between NERD and psychological problems like depression, anxiety and emotional disorder. Previous studies on the topic have proved the relation of NERD with negative social behavior. Literature also suggests positive association between CBT and improved quality of life in patients of NERD. The adoption of CBT has also improved the conditions of gastrointestinal and esophagus. This benefits of therapy are not only limited to enhanced mental condition but it also improved medical health status of the people. The findings of different studies suggests that CBT is more effective compared to the drugs because it lacks side effects.

A primary study is also conducted for identifying how NERD impact patients. A questionnaire is used for identifying the issues and impacts of CBT on the patients. Patients with poor medical compliance are excluded from the study. The survey targeted 115 patients of NERD who meets the conditions of the reflectance disease criteria. Patients who received any precious treatment were not included in the study. Different scale measurements are use for assessing the role of CBT. RDQ Symptom Questionnaire is used as an integrated method for assessing the responses of the participants. Hamilton Anxiety Rating Scale is also used for identifying how NERD leads to mental problems including anxiety, depression and stress. Different groups are formed for examining the role of various treatments of conditions of patients with NERD. Drug treatment group consist of 12 male and 23 females, psychotherapy group include 14 males and 26 females, a combined psychotherapy and drug treatment group include 16 males and 24 females. The patients in the psychotherapy group are treated with CBT only.

The results of the study are linked with the previous literary findings for adding reliability. Evidence suggests that cognitive adjustment and emotional adjustments are the results of therapies and apparent in the patients who have received them. Patients of NERD that are treated with these therapies exhibits better emotional and behavioral adjustments. On contrary, patients who receive drug treatment don’t show any significant signs of improvements.

Student and author’s assumptions

The authors of the article assumes that Cognitive Behavioral Therapy (CBT) will improve the personality and behavior of people who develop NERD. This is an effective therapy that focus on cognitive education and behavioral skills for correcting distortions and patient errors. The authors also assume that CBT is an appropriate tool for alleviating psychological disorders and somatic symptoms. Psychological intervention programs can be adopted for treating the patients of NERD. The student assumes that the conclusion will explain clear relationship between cognitive therapy and improved behaviors.

Background information

NERD is one of the complex issues faced by the middle-aged and elderly women. Limited research is done to understand the role of psychotherapy in treating NERD. The negative outcomes of NERD are not only limited to mental state but also leads to other symptoms like reflux and non-esophageal symptoms. The worst outcomes include precordial pain, cough and asthma. This indicates that NERD leads to deteriorated quality of life. The researchers had attempted to identify methods for improving the health of such victims by adopting different psychotherapy. Cognitive Behavior Therapy is recognized as one of the most powerful technique for addressing the health issue in patients of NERD.

Evaluation of issues

Evaluation of the issues depicts that the patients of NERD needs proper treatment such as drug treatment and cognitive behavior therapy. The results indicate that cognitive behavior therapy is an effective tool for removing behavioral and psychological issues. The results indicate that CBT offers practical solution to the patients of NERD. It is due to fact that CBT provides opportunity to learn strategies for overcoming stress and anxiety. The results also suggest that no significant changes were observed before or after fourth week of the drug treatment. Significant difference was noted at the end of 4th, 8th and 12th weeks in the case of group that received CBT. No significant change was observed in the group that received combined drug and psychotherapy. The comparison of the results indicates that patients who received therapies were better than the patients who were treated with drugs. The findings of the study depicts that treatments improve the symptoms and patients’ quality of life. The drugs are not effective in changing the behaviors or helping patients in overcoming anxiety or stress. The findings confirms the positive implications of CBT on the behavior and emotions of patients. The cognitive treatment contributes to the mental and physical improvement. CBT focuses on changing the thoughts and behaviors of patients by convincing them to find solutions. The therapy is useful because the patients establish goals for alleviating negative emotions and feelings of stress.

Student’s position

The hypothesis developed for studying the article is; CBT leads to alienation of depression and negative emotions along with improved physical condition. The hypothesis was formulated for identifying the link between the dependent and independent variables. The conclusion of the article depicts that the hypothesis is accepted because significant relationship is determined between CBT and improved behavior of individuals. CBT is recognized as one of the most effective tool for improving quality of life in NERD patients. The implications of the article suggests nee for adopting CBT as an essential therapy for treating the patients with NERD. ICBT can also be made essential part of the treatment plan for the patients of NERD. However it suggests need for determining the gap in literature for finding practical implications of CBT and how it lead to better results than alternative treatments. The validity of the study is proved by relating the results of article with the findings of scholarly sources.

The article has some limitations because the results are based on a small sample size. This can impact the reliability of the study depicting the need for conducting future study by incorporating a large sample size. The study also suggests comparing the implications of CBT with other psychotherapies such as behavioral therapy or emotional therapy.

Reference

Li, X., Ding, F., Luo, P., Yang, J., Liu, Z., Liu, J., et al. (2018). Study on the Therapeutic Effects of Drug and Cognitive-Behavioral Therapy on Non-Erosive Reflux Disease Patients With Emotional Disorders. *Psychiatry, 9*, 115.