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**The effect of group hope therapy on happiness of patients with type II diabetes who referred to a diabetic clinic at southeast of Iran**

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Type II diabetes is one of the most prevalent chronic diseases that reduce happiness. Group hope therapy can be used to increase happiness of such patients. The present research aims to determine effectiveness of group hope therapy on happiness of patients with type II diabetes who referred to a diabetic clinic at southeast of Iran. This is a quasi-experimental study. Statistical population is all patients with type II diabetes who referred to a diabetic clinic at southeast of Iran. Among them, 40 individuals were selected based on inclusion criteria and they were placed in intervention and control groups using random numbers' table. Intervention group received group hope therapy within 8 sessions. Oxford happiness questionnaire was used. Data were analysed using descriptive and inferential statistics such as independent t and paired t tests. Happiness was significantly increased in intervention group after group hope therapy ( $P < 0.001$ ). Moreover, mean happiness in control group was increased after group hope therapy but it was not significant ( $P = 0.22$ ). Results showed that group hope therapy improved happiness of diabetic patients and it can be used by healthcare team.

**Biography**

Tayebeh Ilaghi has completed her PhD and is an expert in qualitative and quantitative research in adults and paediatric and neonatal nursing. Currently, she is a Faculty in Kerman University of Medical Sciences, Iran.

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