



KEY WORDS

- ✓ Heart failure
- ✓ Mandala coloring
- ✓ Nursing care
- ✓ Art-based practice
- ✓ Holistic approach

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THE EFFECT OF MANDALA COLORING ON PHYSIOLOGICAL AND PSYCHOSOCIAL PARAMETERS IN PATIENTS WITH HEART FAILURE

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THESIS ABSTRACT

Heart failure is a progressive and chronic disease of the cardiovascular system, a clinical condition that significantly affects an individual's physical capacity, quality of life, and psychosocial adaptation. This randomized controlled experimental study was conducted with a total of 60 patients, 30 in the intervention group and 30 in the control group. Participants in the intervention group performed mandala coloring for 30 minutes at the same time each day for four days. Data collection was carried out using the Patient Information Form, Visual Analog Scale, State-Trait Anxiety Scale, Death Anxiety Scale, and SF-12v2 Health Questionnaire. As a result of the four-day application, mandala coloring showed a significant improvement in sleep duration, sleep pattern, sleep quality, pain, and fatigue levels in heart failure patients. While the application did not affect blood pressure, respiration, pulse, and blood sugar values, it positively affected saturation values. In addition, mandala coloring contributed to a decrease in state anxiety and death anxiety, and an increase in quality of life.

APPLICATION AREAS OF THE THESIS RESULTS

Mandala coloring, a safe, non-pharmacological method for reducing symptom burden and improving well-being in patients with decompensated heart failure, can be integrated into clinical care standards, discharge guidelines, and holistic health services.

ACADEMIC ACTIVITIES

1. ERBAY, E., & YILDIZ, H., (2025). Disease perception and treatment adherence in heart failure. Istanbul Sabahattin Zaim University 1st International 2nd National Health Sciences Congress: "Inclusion and Accessibility in the Digital Health Age: Sustainable Solutions for Everyone", Istanbul, Turkey
2. ERBAY, E., & YILDIZ, H., (2025). Disease Perception and Treatment Adherence in Heart Failure. INTERNAL MEDICINE FROM AN ACADEMIC PERSPECTIVE (pp.26-51), Afyonkarahisar: Yaz Publications.

