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# Perception and Expression of Emotions: Psychological Intervention With Hospitalized Patients With Diabetes in a Surgical Clinic

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### ABSTRACT

Illness is a non-expected situation that the patient isn't prepared for, resulting it may cause an instability between mind and body. The diabetes mellitus is a chronic metabolic dysfunction resulted from the deficiency of insulin secretion. This condition decreases life quality, and is one of the main causes of death, kidney failure and lower members' amputation. As an intervention for this situation of fragility, surgery is constantly indicated, inducing emotions as agony, fear and anxiety, and even triggering fantasies. The anxiety caused by the possibility of a surgical intervention can affect the patient, if these emotions aren't expressed and acknowledged. Thus, it is important to be aware about the patients' emotional state, as there is a relation between their reactions, the surgery and the postoperative. Objective: Reflect about the psychological intervention as a place for perceiving and expressing emotions of hospitalized diabetic patients. Methodology: Experiment report taken from hospital psychology experience. Results and Discussion: Psychological intervention in chronic patients' groups, as the diabetics, is an important resource in face off the difficulties for acknowledge and express the experienced emotions. Using images that shows some of the emotions that are part of the context, like fear, anxiety, anger, hope and gratitude, for example, helps the reflection about how these emotions can be manifested in hospitalization process. This technique permits comprehension under different ways to express emotions, and by the exchange of experiences, it is important to strengthen coping strategies. This intervention enables behavior change, converting the tension in relaxation and anxiety relief. Conclusion: The intervention in groups is an important resource to provide reflection about the experienced emotions, to enable these patients to comprehend that these emotions are part of them and must be recognized and externalized, providing a better understanding of the diagnostic, acceptance and adhesion to the treatment.

**Keywords:** Diabetes Mellitus; Emotions; Hospitalization; Psychology

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