

TABLE OF CONTENTS

S.No.	CONTENTS	Page
1	Declaration by student	i
2	Certificate of Supervisor	iii
3	Certificate of Co- Supervisor	iv
4	Certificate for Plagiarism	v
5	Approval of the thesis	vii
6	Undertaking for Submission of Ph.D thesis	viii
7	Acknowledgements	x
8	List of Figures	xv
9	List of Tables	xviii
10	Abbreviations	xix
11	Abstract	xx
12	Introduction	1
	Background of the study	5
	Rationale of the study	7
	Research statement	9
	Objectives of the study	10
	Hypothesis	11
	Operational definition of terms	11
	Delimitation	13
	Conceptual framework	13
13	Review of Literature	
	Self care among recipients of kidney transplantation	16
	Psychological symptoms in kidney transplant recipients	24
	Quality of life in kidney transplant recipients	27
14	Materials and Methods	
	Research Approach	31
	Research Design	31
	Variables of the study	32
	Setting of the study	32
	Population, Sample	32
	Sample size	33
	Sampling technique	34
	Sampling Criteria	35
	Description of tools	35-39

	Reliability of tools	39
	Pretesting of tools	40
	Development of Nurse led Intervention	37-38
	Ethical Consideration	39
	Pilot study	39
	Data collection procedure/Study protocol	44-47
15	Results	
	Data screening and tests applied	50
	Organization of results	51
	Description of sociodemographic variables of kidney transplant recipients and comparison of sociodemographic variables for homogeneity between experimental and control group	54
	Description of clinical variables of kidney transplant recipients and comparison of clinical variables for homogeneity between experimental and control group	56
	Effectiveness of nurse led intervention on self care behaviour of kidney transplant recipients	57
	Effectiveness of nurse led intervention on psychological symptoms of kidney transplant recipients	71
	Effectiveness of nurse led intervention on quality of life of kidney transplant recipients	77
	Correlation between pretest self care behaviour and psychological symptoms of kidney transplant recipients	83
	Correlation between pretest self care behaviour and quality of life of kidney transplant recipients	85
	Correlation between pretest psychological symptoms and quality of life of kidney transplant recipients	90
	Additional findings	92
16	Discussion	
	Organization of discussion	94
	Sociodemographic and clinical variables of	95

	kidney transplant recipients	
	Effectiveness of nurse led intervention on self care behaviour on kidney transplant recipients	96
	Effectiveness of nurse led intervention on psychological symptoms on kidney transplant recipients	101
	Effectiveness of nurse led intervention on quality of life on kidney transplant recipients	102
	Strength of the study	104
	Limitations of the study	105
17	Conclusion, Implication, Recommendations	106
18	Summary	110
19	References	118-139
20	Appendices	
A-1	Table of Random Numbers	
A-2	Sociodemographic and Clinical profile sheet	
A-3	Self care Practice Checklist (English & Hindi)	
A-4	MGL Adherence Scale (English & Hindi)	
A-5	Permission to use MGL scale	
A-6	DASS-21 (English & Hindi)	
A-7	WHO-QOL Bref (English & Hindi)	
A-8	Permission to use WHO-QOL Bref	
A-9	List of experts for validation of tools and Intervention	
A-10	Information Booklet (English & Hindi)	
A-11	Permission letter from Ethics Committee (SRHU)	
A-12	Permission letter from Ethics Committee (AIIMS)	
A-13	Participant Information Sheet & Participant Informed Consent Form (English)	
A-14	Participant Information Sheet & Participant Informed Consent Form (Hindi)	
A-15	Master Data sheet	
A-16	Research paper publication from thesis	
A-17	Scientific paper presentation from thesis-certificate	