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Effectiveness of counseling in reducing depression among heart failure patients**AlJuhara Tha'ar AlMarzoog**

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The prevalence and incidence of heart failure (HF) have been increasing dramatically in Saudi Arabia due to presence of multiple factors such as coronary artery disease, diabetes, hypertension and valvular disorders. HF syndrome is very complex in its nature and can cause multiple psychological changes such as depression, therefore patients find it difficult to cope with this psychological change either due to social or spiritual factors. This study aims to find correlation between counseling and its effect on depression level among HF patient and to address gap in knowledge regarding depression level on this group in Saudi Arabia.

Biography

AlJuhara Tha'ar AlMarzoog has completed her Bachelor's degree in Nursing in 2012 from King Saud University in Saudi Arabia and currently pursuing Master's degree in Medical (Surgical Nursing) from the same university. She is also a Cardiac Nurse and works with heart failure team at King Faisal Heart Center in King Faisal Specialist Hospital and Research Center, Riyadh, KSA.

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