

## عنوان مقاله:

Comparison of the Effectiveness of Narrative Therapy and Meta-Cognitive Therapy on Anxiety and Psychological Well-being in Patients with Generalized Anxiety Disorder

## محل انتشار:

چهارمین کنفرانس بین المللی علوم انسانی، اجتماعی و سبک زندگی (سال: 1399)

تعداد صفحات اصل مقاله: 15

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## خلاصه مقاله:

**Aim:** The purpose of this study was to compare the effectiveness of narrative therapy and meta-cognitive therapy on anxiety and psychological well-being of patients with generalized anxiety disorder. **Method:** The research method was quasi-experimental with pretest-posttest design with control group. The statistical population of the study included all people with generalized anxiety who referred to counseling centers in Tehran in year 2020. Purposeful non-random sampling and random assignment were used in this study. After selecting the sample size and assigning them to the experimental and control groups, one experimental group received training interventions for 10 sessions once a week for two hours. The questionnaires used in this study included Spitzer et al., Beck Anxiety, and Reef psychological well-being. Data were analyzed by covariance analysis and SPSS software. **Findings:** The results of data analysis showed that narrative therapy and meta-cognitive therapy were effective on anxiety and psychological well-being of patients with generalized anxiety disorder. There was also a significant difference between the effectiveness of narrative therapy and meta-cognitive therapy on anxiety in patients with generalized anxiety disorder. The efficacy of metacognitive therapy was greater, while there was no significant difference between the effectiveness of the two methods on psychological well-being. **Conclusion:** According to the findings, more attention should be paid to narrative therapy and meta-cognitive therapy in order to increase the level of psychological well-being and reduce anxiety in patients with generalized anxiety disorder.

## کلمات کلیدی:

. Narrative Therapy, Meta-Cognitive Therapy, Anxiety, Psychological Well-being, Generalized Anxiety

## لینک ثابت مقاله در پایگاه سیویلیکا:

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