

## عنوان مقاله:

The Comparison Of Mindfulness Components In Depressed, Anxious And Normal Individuals

## محل انتشار:

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## خلاصه مقاله:

Background: The present research has a functional purpose and a descriptive-analytical method. The aim of this study was to compare the components of mindfulness in depressed, anxious and normal individuals. Method: The statistical population of this study is all of the depressed and anxious patients who went to the counseling center of Isfahan University of Medical Sciences from June to September 2017. The sample size included 30 patients with major depressive disorder, 30 patients with generalized anxiety disorder and 30 normal individuals. The sampling method in this research is the convenience method. Spss software has been used to analyze the data obtained from the questionnaire and Anova test has been used for investigating the research hypotheses. The results of Anova test showed that there was a significant difference between the anxious and normal people as well as the depressed and normal people in observation components (at the  $P < 0.0001$  level) and due to the difference between the averages, it seems that normal people have scored higher in the observation component than the depressed and anxious people. Result: There is no significant difference between depressed and anxious people in terms of observation component. There is a significant difference between anxious and normal people as well as depressed people and normal people in terms of description component ( $P < 0.0001$ ); Due to the difference in averages, we can say that normal people have scored higher in the description component than depressed and anxious people. Conclusion: There is no significant difference between depressed and anxious people in this component. In the component of action with awareness, there is a significant difference between normal and anxious people as well as normal and depressed people (at the level of  $P < 0.0001$ ) and due to the difference in averages, it seems that normal people have scored higher in the component of action with awareness than depressed and anxious people. In fact, there is no difference between anxious and depressed people in the said component.

## کلمات کلیدی:

Mindfulness, Depressed, Anxious

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