

عنوان مقاله:

Effectiveness of Cognitive Behavioral Stress Management on Happiness and Quality of Life of Relief workers in Red Crescent Society of Shemiranat, Iran

محل انتشار:

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خلاصه مقاله:

Relief workers are among the groups that are present in the site from the very first moments of an accident or : disaster and perform relief tasks. Various studies have shown that relief is one of the stressful activities due to a set of factors during a crisis. The present study was conducted with the aim to determine the effectiveness of the cognitive behavioral stress management (CBSM) on happiness and quality of life (QOL) among the relief workers of the Red Crescent Society in Shemiranat, Iran. METHODS: In this quasi-experimental study with the pre-test and post-test design with a control group, out of all relief workers of the Red Crescent Society in Shemiranat City, 30 individuals were selected by convenience sampling method and randomly divided into two equal experimental and control groups. Then, the subjects in the experimental group were placed under the effect of the independent variable (CBSM) during 20 hours (two 10-hour workshop sessions). The instruments used in the study included the Oxford Happiness and Quality of Life Questionnaires that were implemented in both groups in the pre-test and post-test stages. Finally, the data collected were analyzed using multivariate analysis of variance (MANOVA). FINDINGS: There was a significant difference between the pre-test and post-test scores in the two experimental and control groups in the variables of happiness and QOL. CONCLUSION: CBSM training increased happiness and QOL among .the relief workers of the Red Crescent Society

کلمات کلیدی:

Cognitive Behavioral Stress Management, Happiness, Quality of Life, Relief workers of Red Crescent Society, : : Cognitive Behavioral Stress Management, Happiness, Quality of Life, Relief workers of Red Crescent Society

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