

## عنوان مقاله:

Comparison of the Effectiveness of Mindfulness-based Cognitive Therapy and Quality of Life Therapy on Perfectionism and Rumination in Patients with Migraine

## محل انتشار:

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## نویسندگان:

Mohammad Shabani - *Department of Psychology, Faculty of Psychology and Education, Farhangian University, Torbat Heidarieh, Iran*

.Lili Ghari Saadati - *Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran*

## خلاصه مقاله:

Background: The effectiveness of mindfulness-based cognitive therapy was compared with the quality of life therapy in perfectionism and rumination in patients with migraine. Objectives: Headache is the most prevalent neural symptom and one of the main medical complaints. Materials and Methods: The present quasi-experimental study used a pretest-posttest design with 3 groups: 2 experimental groups and 1 control group. The study population consisted of all patients with migraine headache referring to the hospitals and clinics of Torbat Heidarieh, Iran. The sample group consisted of 45 individuals selected by the available sampling method. The participants were randomly divided into 3 groups each with 15 members. The experimental groups underwent therapeutic interventions. The first experimental group received quality of life therapy and the second one received mindfulness-based cognitive therapy. The control group received no intervention. The data were collected by a multidimensional perfectionism scale, Ahvaz migraine questionnaire, and ruminative response scale. The participants filled out the tools before and after the intervention. The data were analyzed by SPSS V. 22. Results: The mindfulness-based cognitive therapy had no significant effect on perfectionism, and it was effective in rumination in patients with migraine. The quality of life therapy was effective in perfectionism and rumination in the patients. The results supported a significant difference between the two types of treatments in terms of effectiveness in perfectionism and rumination in patients with migraine. With regard to perfectionism, mindfulness-based cognitive therapy was more effective than the quality of life therapy. Moreover, the results did not support a significant difference between the two treatments in terms of their effect on rumination. The effects of the two treatment methods were at the same level. Conclusion: The treatment based on so-called basic cognitions and the replacement of negative and intrusive thoughts with positive thoughts and avoiding intrusive thoughts through neutralizing based on the two cognitive treatment methods led to notable improvements in the participants in terms of rumination, frequent intrusive thoughts, and perfectionism. In fact, changes in cognitive reactions to pain and change in beliefs and expectations were the main mechanisms of attenuation of headaches

## کلمات کلیدی:

Mindfulness-based cognitive therapy, Quality of life therapy, Perfectionism, Rumination

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