

## عنوان مقاله:

Efficacy of Cognitive-Behavioral Group Therapy versus Group Hypnotherapy on Brain/Behavioral Systems of Social Phobia Patients

## محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 27، شماره 122 (سال: 1398)

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## خلاصه مقاله:

**Background & Objective:** Social anxiety disorder, which involves excessive anxiety of social situation due to fear of negative evaluation, is a debilitating disorder that leads to social dysfunction. The purpose of this study is to investigate Efficacy of Cognitive-Behavioral Group Therapy (CBGT) versus Group Hypnotherapy (GHt) on Brain/Behavioral Systems of Social Phobia Patients. **Materials & Methods:** The numbers of ۳۰ subjects were divided into two groups receiving either CBGT or GHt. The questionnaires of brain/behavioral systems (GWBPQ) and social phobia (SPIN) were administered in two phases (before and after intervention). **Results:** Both therapy approaches caused significant changes in the level of social phobia and brain/behavioral systems activity. The alterations in brain-behavioral subsystems (BIS and FFFS) in the Extinction and Flight components were in favor of hypnotherapy ( $P < 0.05$ ). **Conclusion:** The findings from the present research provide evidence that due to alterations in brain/behavioral systems associated with the social phobia, hypnotherapy can be considered as a powerful approach treating social phobia.

## کلمات کلیدی:

Social phobia, Brain/behavioral systems, BIS, FFFS, Cognitive-behavioral therapy, Hypnotherapy

## لینک ثابت مقاله در پایگاه سیویلیکا:

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