

عنوان مقاله:

Effectiveness of Metacognitive Therapy on Psychological Hardiness of Students

محل انتشار:

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خلاصه مقاله:

Aims: The aim of the present study was to determine the effectiveness of metacognitive therapy on the psychological hardiness of students referring to the Student Counseling Center of Shahreza University in ۲۰۱۶-۲۰۱۷. **Materials & Methods:** The present study was a quasi-experimental research with pre-test-post-test design and follow-up with the control group. In this study, ۳۴ subjects were selected by simple random sampling and were divided into two groups of control and experiment. The experimental group received an ۸-session course of metacognitive therapy, and both groups answered a pre-test and post-test Kobasa's Psychological Hardiness Questionnaire, followed by ۴ weeks of follow-up. **Findings:** There is a significant difference between the two experimental and control groups in the three stages of pre-test, post-test, and follow-up in the psychological hardiness variable ($p = ۰.۰۰۱$). **Conclusion:** Metacognitive therapy helps to improve and enhance psychological hardiness in students and is a good way to increase the level of this positive trait.

کلمات کلیدی:

Metacognition, Cognitive Behavioral Therapy, Psychotherapy, Resilience/Psychological

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