

## عنوان مقاله:

The effect of cognitive behavior therapy on body image and self-esteem in female adolescents: a systematic review and meta-analysis

## محل انتشار:

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## نویسندگان:

Mojgan Mirghafourvand - Professor, Social determinants of Health Research Center, Tabriz University of Medical sciences, Tabriz, Iran

Nasrin Zamiri-Miandoab - MSc Student in Counseling in Midwifery, Department of Midwifery, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran

Robab Hasanzade - PhD of Midwifery, Department of Midwifery, Bonab Branch, Islamic Azad University, Bonab, Iran

Mahin Kamalifard - Department of midwifery, Faculty of Nursing and Midwifery, Tabriz University of Medical sciences, Tabriz, Iran

## خلاصه مقاله:

Objective: Low self-esteem and negative body image expose girls to many risks and damages. Cognitive-behavior counseling is one of the ways of improving body image and self-esteem. The aim of this systematic review was to determine the effects of cognitive-behavior therapy on body image and self-esteem of adolescent girls. Results: A total of ۲۶۶۴ articles were accessed in different databases of which ۲۶۵۵ articles were excluded and finally ۹ studies were systematically reviewed. Meta-analysis results on ۷ studies (۲۲۸ participants) showed that the group receiving cognitive-behavior counseling was significantly better than the control group regarding body image (Standardized mean difference: ۱۳.۰۱, %۹۵CI: ۱۰.۶۸ to ۱۵.۳۴). Likewise, meta-analysis results on two studies (۵۰ participants) showed that self-esteem was not significantly different between the group receiving cognitive-behavior counseling and the control group (Standardized mean difference: ۱.۱۳, % ۹۵CI: -۰.۷ to ۲.۳۲). Conclusion: Meta-analysis results of this study represent effectiveness of cognitive-behavior therapy on body image of adolescent girls; however, since the number of studies in the field of self-esteem is low, more trials in this field with stronger designs are suggested

## کلمات کلیدی:

body image, self-esteem, cognitive behavior therapy, adolescents

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