عنوان مقاله:

The Effectiveness of a School-based Self-injury Prevention Program on Reducing Interpersonal Cognitive Distortion and Fear of Negative Evaluation in Adolescent Girls

نویسندگان:

Neda Nezhadhamdy - *Department of Educational Psychology, Faculty of Psychology and Educational Science, University of Allameh Tabataba'i, Tehran, Iran.*

Fariborz Dortaj - *Department of Educational Psychology, Faculty of Psychology and Educational Science, University of Allameh Tabataba'i, Tehran, Iran.*

Esmaeil Sadipour - *Department of Educational Psychology, Faculty of Psychology and Educational Science, University of Allameh Tabataba'i, Tehran, Iran.*

Kamran Sheivandi Choliceh - *Department of Educational Psychology, Faculty of Psychology and Educational Science, University of Allameh Tabataba'i, Tehran, Iran.*

Sajjad Rezaei - *Department of Psychology, Faculty of Psychology and Educational Science, University of Guilan, Rasht, Iran.*

خلاصه مقاله:

Background: Non-Suicidal Self-Injury (NSSI) is a prevalent, harmful, and transdiagnostic behavior that can comprehensively be assessed in daily life studies. Objectives: This study aimed to determine the effectiveness of the student self-injury prevention program in mitigating the Interpersonal Cognitive Distortion (ICD) and the fear of Negative Evaluation (FNE). Materials & Methods: This research is a quasi-experimental study with a pre-test-post-test design, a one-month follow-up, and a control group. The statistical population consisted of all female adolescents studying at the middle schools of Rasht City, Iran, in the ۲۰۱۹–۲۰۲۰ academic years. They must have experienced self-injury at least once. The purposive non-random sampling technique was employed to select ۳۴ self-injuring adolescents, who were then randomly assigned to case and control groups. The interpersonal cognitive distortion scale and the brief fear of negative evaluation scale were adopted to collect data. The case group received ۱۶ sessions of self-injury prevention training for students (twice a week), whereas the control group had no training programs. Analysis of variance and multivariate analysis of variance were then used for data analysis in SPSS v. ۲۵. Results: The results demonstrated the significant effectiveness of the training program in mitigating the ICD (interpersonal rejection: $P<۰.۰۱$; $F=۲۱.۷۸۰$, unrealistic relationship expectations: $P<۰.۰۱$; $F=۵۱.۰۹۶$, interpersonal misperception: $P<۰.۰۱$; $F=۲۰.۵۵۷$), reducing negative meta-emotion, and increasing positive meta-emotion ($P<۰.۰۵$; $F=۴۳.۵۹۱$). Conclusion: The student self-injury prevention program effectively reduced the ICD and FNE of female adolescents. Additionally, these two variables have high levels in adolescents struggling with self-injury.

کلمات کلیدی:

Self-injurious behavior, Cognition disorders, Negative thinking, Adolescent