

عنوان مقاله:

Comparing the Effectiveness of Compassion focused therapy and Cognitive Behavioral Therapy on Emotional Schemas and Resilience in Patients with Diabetes

محل انتشار:

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خلاصه مقاله:

Background: Nowadays, comparing the effectiveness of treatment methods to reduce mental problems in patients with diabetes is of great interest to different psychologists. Objectives: This study aimed to compare the effectiveness of compassion focused therapy and cognitive behavioral therapy on emotional schemas and resilience in patients with diabetes. Materials & Methods: The research method was semi-experimental with pre-test, post-test, and follow-up design. The statistical population of this study included all diabetic patients referred to Pasteur Hospital in Bam in the second half of ۲۰۱۸ (۱۵۲ patients). From the statistical population, ۴۵ patients were selected by simple random sampling and randomly divided into three groups (cognitive behavioral therapy group, compassion-focused therapy, and control group). Before and after training, the subjects responded to Connor and Davidson's resilience questionnaires (۲۰۰۳) and Leahy's emotional schemas questionnaire (۲۰۰۹). Data were analyzed using Multivariate analysis of covariance by spss.۲۲. Results: The findings of this study showed that compassion-focused therapy and cognitive behavioral therapy improve emotional schemas ($P < ۰.۰۰۱$) and increase resilience ($P < ۰.۰۰۱$). The effect of compassion-focused therapy was greater than cognitive-behavioral and maintained its effectiveness over time ($P < ۰.۰۰۱$). Conclusion: It can be concluded that compassion-focused therapy had a greater effect on improving emotional schemas and increasing resilience in patients with type ۲ diabetes. Compassion-focused therapy and cognitive-behavioral therapy can be used as effective psychological therapies to reduce the problems of patients with diabetes.

کلمات کلیدی:

Cognitive-Behavioral Therapy, emotions, Diabetes Mellitus

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