

## عنوان مقاله:

Effectiveness of Time Perspective Therapy on Adolescent Suicidal Ideation in the Outbreak of Covid-19

## محل انتشار:

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## خلاصه مقاله:

The purpose of this study was to evaluate the effectiveness of time perspective therapy on adolescent suicidal ideation in the outbreak of Covid-19. This research was quasi-experimental (pre-test, post-test and follow-up with control group). The statistical population of this study consisted of all girls' students from 7th to 12th grades in Rasht city, Iran. The statistical sample consisted of 24 adolescents with suicidal ideation who were randomly assigned in experimental and control groups. Beck's Suicidal Ideation Scale (BSIS) was used to collect data. The experimental group received time perspective therapy (Sword et al., 2014) for 8 sessions, one 90-minute session per week. Analysis of variance with repeated measure and Tukey post-hoc tests were used for data analysis. The results showed that time perspective therapy was effective in reducing suicidal ideation of girls' adolescents ( $p < 0.05$ ). Based on the results, time perspective therapy has an effect on suicidal ideation and time perspective therapy is suggested to reduce adolescent suicidal ideation in conditions such as covid-19 pandemic.

## کلمات کلیدی:

adolescent, COVID-19, Suicidal ideation, time perspective therapy

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