

عنوان مقاله:

(The Effect Of Emotional Intelligence On Self-Efficacy And Psychological Hardiness Of Secondary School Students In Mazandaran Province)

محل انتشار:

هفتمین همایش بین المللی مدیریت، روانشناسی و علوم انسانی با رویکرد توسعه پایدار (سال: 1401)

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خلاصه مقاله:

The main purpose of this research is to investigate the effectiveness of group therapy based on acceptance and commitment on anxiety, depression and mental health of cancer patients in Sari city. The research method was semi-experimental with a pre-test-post-test design of two experimental and control groups. The statistical population included cancer patients referred to Sari city. The statistical sample of the research consisted of 60 people, two groups (30 people in the experimental group and 30 people in the control group) were selected voluntarily and in a targeted way and randomly replaced in the two experimental and control groups. Anxiety, depression and mental health questionnaires were used to collect data. Multivariate and univariate analysis of covariance tests were used to analyze the data of this research. The findings of the present study showed that group therapy based on acceptance and commitment is effective on anxiety, depression and mental health of cancer patients. The findings of this research indicate the effect of group therapy based on acceptance and commitment on anxiety, depression and mental health of cancer patients, and its alignment with the findings of previous research shows the effectiveness of group therapy based on acceptance and commitment in Cancer is a disease that is known as an effective and useful treatment and should be addressed more.

کلمات کلیدی:

Group therapy, acceptance and commitment, anxiety, depression, mental health

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