

## عنوان مقاله:

Effectiveness of Goal-Setting Intervention in Aggressive and Depressive Behavior among Adolescents in the Correction and Rehabilitation Center of Tehran

## محل انتشار:

مجله بین المللی پزشکی رضوی، دوره 11، شماره 2 (سال: 1402)

تعداد صفحات اصل مقاله: 10

## نویسندگان:

Negar Ghayebi - *MSc in Family Counseling Department of Psychology and Counseling, Faculty of Psychology and Educational sciences, Islamic Azad University, South Tehran Branch, Tehran, Iran*

Somaieh Salehi - *Assistant Professor in Department of Psychology and Counseling, Faculty of Psychology and Educational Sciences, Islamic Azad University, South Tehran Branch, Tehran, Iran*

## خلاصه مقاله:

**Background:** The presence of both depression and aggression, or even one of these factors, can exert numerous negative effects on the education and skills of adolescents. **Objectives:** This study aimed to assess the effectiveness of the goal-setting intervention in adolescents' aggressive and depressive behavior with a special focus on adolescents in Tehran Correction and Rehabilitation Center in the year ۲۰۲۱. **Methods:** The quasi-experimental study was conducted based on a pre-test, post-test, and control group design with a one-month follow-up. A total of ۳۰ adolescents living in the Correctional Center of Tehran Province present in the center before imprisonment were selected by the convenience sampling method. Teenagers in the experimental group received the goal-setting intervention (Locke & Latham, ۲۰۰۴) in ۱۰ one-hour sessions twice a week, and adolescents in both groups responded to the Youth Self-Report Scale (YSR) (Ashnbach & Rescorla, ۲۰۰۱) in three stages. Data analysis was performed using analysis of covariance. **Results:** The results of repeated measures analysis of variance test demonstrated that goal-setting intervention exerted a marked effect on aggression and depression in adolescents, and this effect remained stable in the follow-up phase ( $P < ۰.۰۱$ ). **Conclusion:** As evidenced by research findings, goal-setting intervention can be used to reduce aggressive and depressive behavior. **Keywords:** Adolescent, Aggression, Depression, Goal-setting, Intervention

## کلمات کلیدی:

Aggression, depression, Goal Setting, Intervention, Adolescent

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