

عنوان مقاله:

The Effectiveness of Lazarus Multimodal Training on Responsibility, Emotion Styles and Psychological Integrity in Self-harm Students

محل انتشار:

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خلاصه مقاله:

Introduction: Adolescence is one of the most sensitive age groups in the history of identity formation and education. Girls are much more vulnerable to social issues, given their intrinsic morale. The purpose of this study was to investigate the effectiveness of Lazarus multimodal education on responsibility, emotional expressions and psychological integrity in self-harm students in Mashhad. Method: The present study was conducted using a short clinical interview based on DSM- Δ conducted by a psychologist. To collect the research data, the Emotional Expressionist styles Questionnaire (EEQ), the Responsibility Scale, the California Psychological Questionnaire (CPI), and the Sense of Coherence Questionnaire were used. The statistical population consisted of all high school self-harm students in Mashhad, who were studying in ۲۰۱۶ (۹۰ people). Results: The results of this research based on multivariate covariance analysis showed that Lazarus multimodal treatment significantly increased the sense of psychological integrity and responsibility and improved emotional expression styles in students with self-harm disorder. Conclusion: This therapy approach to self-harm is a form of excitement that results from the balance of internal factors of environment and neuro / hormonal processes, and leaves people free from self-harm.

کلمات کلیدی:

Keywords: Lazarus Approach, Responsibility, excitement styles, Self-harm Disorder

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