

## عنوان مقاله:

The Effectiveness of Cognitive Group Therapy on Self-efficacy and Depression Among Divorced Women

## محل انتشار:

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## خلاصه مقاله:

**Objective:** This research aimed to determine the effectiveness of cognitive group therapy on self-efficacy and depression among divorced women. **Methods:** This was a quasi-experimental study with pretest-posttest design with control group. In this study, all divorced women referring to Hazrate Zeinab Charity Institution in Varamin City, Iran were considered as the statistical population with a sample size of ۳۰ subjects who were selected via purposive sampling and randomly assigned to the experimental ( $n=۱۵$ ) and control groups ( $n=۱۵$ ). A weekly cognitive group therapy was applied to the experimental group for ۱۲ sessions, but the control group was placed on the waiting list. Assessment instruments consisted of general self-efficacy scale and Beck depression questionnaire. The obtained data were analyzed using multivariable analysis of covariance. **Results:** Cognitive group therapy led to significant increase in self-efficacy ( $df=۱$ ,  $P<۰.۰۵$ ,  $F=۶۶.۰۵$ ) and significant decrease in depression ( $df=۱$ ,  $P<۰.۰۵$ ,  $F=۱۰۸.۶۵$ ) among divorced women. **Conclusion:** According to the results, cognitive group therapy is an effective way of decreasing depression and increasing self-efficiency in divorced women.

## کلمات کلیدی:

Cognitive group therapy, Self-efficacy, Depression, Divorced women

## لینک ثابت مقاله در پایگاه سیویلیکا:

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