

عنوان مقاله:

The Effectiveness of Family Therapy on Self-Forgiveness and Quality of Life in Self-Harming Adolescents

محل انتشار:

مجله بین المللی مطالعات سلامت، دوره 9، شماره 4 (سال: 1402)

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خلاصه مقاله:

**Background:** The objective of this study was to examine the efficacy of family therapy methods in enhancing self-forgiveness and overall quality of life among adolescents engaging in self-harm. **Methods:** This study utilized a semi-experimental approach, employing a pre-test, post-test, and follow-up design spanning over three months. There were three sets of participants, including two experimental groups made up of both girls and boys, as well as a comparison group. The data collection period for this research spans from July to November ۲۰۲۳. The sample for the study included ۶۰ individuals who were chosen through purposeful sampling and assigned randomly to two experimental groups and a control group, with each group comprising ۲۰ participants. The experimental groups consisted of a male group of ۱۶ individuals and a female group of ۱۴ individuals, who underwent seven sessions lasting ۹۰ minutes twice a week. On the other hand, the control group, composed of ۱۷ participants, did not receive any intervention. Research tools included the Heartland Forgiveness Scale (HFS) and the World Health Organization Quality-of-Life Scale (WHOQOL-BREF). The method of data analysis was performed using Kruskal-Wallis H, ANOVA, MANCOVA, and Bonferroni post hoc tests and Tukey HSD at a significance level of ۰.۰۵ in SPSS.۲۷ software. **Results:** The results suggest that there was a notable difference in the levels of self-forgiveness observed during the post-test and follow-up stages ( $P < ۰.۰۵$ ). Moreover, there was no notable difference in terms of psychological health and social relationships between the two groups of self-harming girls and boys ( $P > ۰.۰۵$ ). **Conclusion:** The findings of the current research indicate that family therapy has a positive impact on self-forgiveness, mental well-being, and social connections. **Background:** The objective of this study was to examine the efficacy of family therapy methods in enhancing self-forgiveness and overall quality of life among adolescents engaging in self-harm. **Methods:** This study utilized a semi-experimental approach, employing a pre-test, post-test, and follow-up design spanning over three months. There were three sets of participants, including two experimental groups made up of both girls and boys, as well as a comparison group. The data collection period for this research spans from July to November ۲۰۲۳. The sample for the study included ۶۰ individuals who were chosen through purposeful sampling and assigned randomly to two experimental groups and a control group, with each group comprising ۲۰ participants. The experimental group

کلمات کلیدی:

Family therapy , Self-forgiveness , Quality of life, Selfharming, Adolescents

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