

عنوان مقاله:

Investigating the Effectiveness of Experiential-Dynamic Emotion Regulation (EDER) and Mindful Self-Compassionate (MSC) Eclectic Therapy with Focusing on Core Shame on Introjective and Anaclitic Depression

محل انتشار:

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خلاصه مقاله:

This study investigates the Effectiveness of Experiential-Dynamic Emotion Regulation and Mindful Self-Compassionate Eclectic Therapy on reducing core shame, increasing self-compassion and assertiveness, and reducing depression severity in patients with introjective and anaclitic depression compared to the control group. This was a single-subject study with a pretest-posttest design and a control group with a ۴۵-day follow-up. The statistical population consisted of all individuals diagnosed with depression in ۲۰۱۹ at Counseling and Psychotherapy Clinic of Shiraz University. Nine individuals were selected as a sample group with a purposive sampling method given the inclusion and exclusion criteria. the experimental groups received integrative therapy for eight sessions of ۴۵ minutes. The effect size changes in treatment interventions were larger than  $\cdot ۵$  in the experimental groups regarding all study variables (in the post-test and follow-up phase compared to the pre-test phase and were small in the control group (less than  $\cdot ۲$ ).

کلمات کلیدی:

Depression, Mindful Self-Compassion, Experiential Dynamic Emotion Regulation, افسردگی، تنظیم هیجان پویشی تجربه ای، شفقت خود بهوشیارانه

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