

عنوان مقاله:

Comparing the effectiveness of schema therapy and stress reduction based on mindfulness on emotional ataxia, self-control and psychological well-being in women victims of domestic violence

محل انتشار:

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خلاصه مقاله:

The present study was conducted with the aim of comparing the effectiveness of schema therapy and stress reduction based on mindfulness on emotional dyslexia, self-control and psychological well-being in Tehran. This research was semi-experimental with a pre-test-post-test waiting list group design. The statistical population included all women affected by domestic violence who referred to Menda Ara Psychology Clinic in ۱۴۰۲. In this study, ۴۵ eligible patients were selected and the participants were randomly divided into three groups: behavioral therapy counseling (۱۵ people), mindfulness-based stress reduction group (۱۵ people) and control group (۱۵ people). Strategies methods and techniques were taught to the groups for ۸ sessions of ۹۰ minutes. The groups were asked to take the Toronto Ataxia Questionnaire; Answer Tanji's self-control questionnaire and Rif's psychological well-being questionnaire. The results of the research showed that the experimental group of schema therapy and mindfulness-based stress reduction compared to the control group was able to more effectively change the scores of ataxia, self-control and psychological well-being at the level of $P < 0.001$. The results showed that there is a significant difference between the experimental and control groups in reducing emotional dyslexia, and increasing self-control and psychological well-being. Conclusion: The results showed that the use of schema therapy approaches and stress reduction based on mindfulness increases the self-control and psychological well-being of women affected by domestic violence and reduces their emotional ataxia. Therefore, schema therapy and mindfulness-based stress reduction approaches are recommended for women affected by domestic violence to increase self-control and psychological well-being and reduce emotional ataxia.

کلمات کلیدی:

schema therapy, emotional dyslexia, women victims of domestic violence, طرح واره درمانی، ناگویی هیجانی، زنان قربانی خشونت خانگی

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