

## عنوان مقاله:

The effectiveness of motivational interviewing on the psychological symptoms (depression, anxiety, and stress) of 2nd year high school boy adolescences of Isfahan city

## محل انتشار:

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## خلاصه مقاله:

**Aim:** The aim of this study was to determine the effectiveness of motivational interviewing on the psychological symptoms of 2nd year high school boy students of Isfahan city during the year 2014–2015. **Methodology:** This study was conducted with the semi-experimental method, pretest and posttest with the control group. The statistical population of this study was all the 2nd year high school boystudents of Isfahan city who were randomly selected and put in the experimental group (15 individuals) and control group (15 individuals). First, the questionnaire of psychological symptoms (DASS, 1995) was performed and posttest was taken from experimental and control groups after conducting eight sessions in the experimental group. **Result:** Data analysis showed that motivational interviewing had a significant effect on the psychological symptoms of boy adolescents and would lead to the decrease in depression and anxiety ( $F = 11.18, P < 0.05$ ). **Conclusions:** As a result, conducting motivational interviewing sessions was an effective method in decreasing the psychological symptoms of boy adolescents.

## کلمات کلیدی:

Adolescents, motivational interviewing, psychological symptoms

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