عنوان مقاله:

Effect of the Penn Resiliency Program on student with emotional problems

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خلاصه مقاله:

Aim: Education in university is difficult for some students and so depression, stress, and anxiety are prevalent problems in colleges across the country. People experiencing such psychosocial difficultiesare more likely to be defeated in the course. Resilience training can target these risk factors, but there is little research evaluating the effectiveness of such programs. This paper describes the design and measures of a study to evaluate a resilience training program to decrease emotional problems. Methods: This study followed a randomized controlled trial and included a pretest and posttest. A purposive sampling was used. In this way, participants were 30 students randomly selected between who have emotional problems in 2014 at Tabriz University, Iran. They were assigned into control and experimental group. Data were collected using depression, anxiety, and stress scale 21. Cronbach's alpha coefficients for each subscale indicate high internal reliability. Multivariate analysis of variance (MANOVA) was run to analyze the data. Results: The findings of this study show a decrease in the mean score in the mean score of the experimental group in the posttest. Multivariate variance analysis MANOVA showed difference in posttest mean scores of participants' anxiety, depression, and stress in the experimental group. Conclusions: The Penn Resiliency Program will promote psychosocial well-being for student with emotional problems.

کلمات کلیدی:

Anxiety, depression, Penn Resiliency Program, stress

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