

عنوان مقاله:

The effectiveness of solution-focused brief therapy on reducing depression in women

محل انتشار:

مجله بین المللی پژوهش روانشناسی و علوم تربیتی، دوره 2، شماره 4 (سال: 1395)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Aim: The aim of this study was to determine the effectiveness of solution-focused brief therapy (SFBT) on reducing depression in head-of-family women under the protection of the State Welfare Organization of Iran. **Materials and Methods:** The sample consisted of 30 women who were randomly selected based on acquiring scores upper than median on Beck Depression Inventory (BDI) scale, and were randomly assigned to the intervention and control groups. With a pretest and posttest control group design, subjects in the experimental group underwent 8 weekly sessions of SFBT. Both groups were evaluated using BDI-II scale in pretest and posttest, and data were analyzed using ANCOVA. **Results:** Findings showed no significant difference between the two groups in the pretest, while SFBT, significantly decreased depression scores in the intervention group. **Conclusion:** SFBT could be used as an intervention program in target groups and the general population of women with depression

کلمات کلیدی:

Depression, solution-focused brief therapy, women

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