عنوان مقاله:

Effectiveness of Transdiagnostic Treatment on Social Anxiety in Orphans Adolescent Girls

محل انتشار:

سومین کنفرانس بین المللی پژوهش در روانشناسی ، مشاوره و علوم تربیتی (سال: 1398)

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نویسنده:

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خلاصه مقاله:

The purpose of this study was to determine the effectiveness of transdiagnostic treatment on social anxiety in orphans adolescences. This research was a quasi-experimental design with pretest-posttest design with control group. The statistical population consisted of all adolescences girls aged Between 12 to 18 living in the state Welfare Organization of Sari in 2016. Purposeful sampling was used to select the sample. Social phobia inventory (SPIN) was administered on adolescents living at the Center. According to the test results, 20 girl adolescence whose social anxiety was higher than average were selected and randomly divided into two groups, experimental and control (each group consisting of 10 subjects). The participants were assessed by social phobia inventory scale (SPIN). For data analysis, multivariate analysis of covariance (MANCOVA) was administered using SPSS21. The results showed that transdiagnostic treatment were effective on the reduction of social anxiety (P<0.001), fear (P<0.004), avoidance (P<0.007) and physiological discomfort (P<0.002) in the experimental group. It seems that transdiagnostic treatment is effective in social anxiety and it may be applied in prevention and treatment of social anxiety disorder.

کلمات کلیدی:

Transdiagnostic Treatment, Social Anxiety, orphans adolescences.

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