

عنوان مقاله:

Effectiveness of Mindfulness-Based Stress Reduction on Anxiety and Depression in Divorced Women

محل انتشار:

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

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:

This research aimed to investigate the effectiveness of mindfulness-based stress reduction (MBSR) on anxiety and depression in divorced women. This was a quasi-experimental study with pretest posttest and control group design. The statistical population included all divorced women supported of Welfare Office in Amol, north of Iran, in 2017. 30 women with severe depression and anxiety were randomly selected and assigned into experimental and control groups (15 subjects in each group). The participants were assessed by Beck depression inventory (BDI-II) and Beck Anxiety Inventory (BAI). For data analysis, multivariate analysis of covariance (MANCOVA) was administered using SPSS21. The results showed that MBSR were effective on the reduction of social anxiety ($P < 0.001$) and depression ($P < 0.001$). It seems that MBSR is effective in anxiety and depression it may be applied in prevention and treatment of mood and anxiety disorders.

کلمات کلیدی:

Divorced Women, Mindfulness-Based Stress Reduction, Depression, Anxiety

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