

## عنوان مقاله:

The Effectiveness of Mind-Based Cognitive Therapy on the Psychological Hardiness of People with Physical-Motor Injuries

## محل انتشار:

هشتمین کنگره علوم اعصاب و پایه و بالینی (سال: 1398)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Background and Aim :** The purpose of this study was to investigate the effectiveness of mind-based cognitive therapy on the psychological hardiness of physically-impaired individuals with normal cognitive and mental functioning who enjoy the benefits of natural intelligence. **Methods :** The method used in this study is semi-experimental. The statistical population was people with physical and motor injuries in Imam Javad Exceptional School in Sari. For this purpose, 15 individuals in the experimental group and 15 in the control group were selected and sampled by purposeful sampling. The instrument used in this study was Ahwaz hardiness questionnaire. After scoring the questionnaire and extracting the data, the data were analyzed using covariance statistical test. **Results :** The results showed that the mean score of psychological hardiness in subjects with physical and motor impairments decreased in the post-test compared to the pre-test. **Conclusion :** As a result, mind-based cognitive therapy has had an impact on the psychological hardiness of people with physical-motor impairments.

## کلمات کلیدی:

Mind-Based Cognitive Therapy, Psychological Hardiness, People with Physical-Motor Injuries

## لینک ثابت مقاله در پایگاه سیویلیکا:

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