

## عنوان مقاله:

(.Quality of Life Therapy on Negative Automatic Thoughts of Female with Multiple Sclerosis (M. S

## محل انتشار:

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## نویسندگان:

Mojtaba Ansari Shahidi - Assistant Professor, Department of Psychology, Najafabad Branch, Islamic Azad University, Najafabad, Iran

Fatemeh Bakhshandeh - Ph.D. Candidate, Department of Psychology, Najafabad Branch, Islamic Azad University, Najafabad, Iran

## خلاصه مقاله:

The purpose of this research was to determine the effectiveness of quality of life therapy on negative automatic thoughts of female with MS in Isfahan. The research has employed a semi-experimental method with pretest, posttest, and control group with one-month follow up. For this purpose, a clinic was selected from the specialized clinics of Isfahan in 2016. 30 female with MS were chosen through the convenience sampling method and divided into two groups of experimental and control (each group had 15 people). The subjects responded to the negative automatic thoughts Questionnaire (Hollon & Kendall, 1980) before and after the intervention and one month later in the follow up phase. The experimental group received the quality of life therapy by Frisch (2005) in 8 sessions of 90 minutes, but the control group did not receive any intervention. The results of multivariate covariance analysis showed that the quality of life therapy was effective in reducing the negative automatic thoughts in post-test and follow up stages in the female with MS ( $P < 0.05$ ). The results of this study showed that the quality of life therapy could be used to improve the psychological well-being of female with MS.

## کلمات کلیدی:

.Quality Of Life Therapy, Negative Automatic Thoughts, MS

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