

عنوان مقاله:

The Effectiveness of Psychological Well-being Training on Negative Automatic Thoughts and Resilience of Female Adolescents with Rumination in Tehran

محل انتشار:

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تعداد صفحات اصل مقاله: 11

نویسندگان:

Zahra Shirvani Krick - *MSc in General Psychology, Persian Gulf University, Bushehr, Iran.* Z_shirvani1992@gmail.com
<https://orcid.org/0000-0000-2432-3452>

Maryam Soleimani Hasan Abadi - *MSc in General Psychology, Persian Gulf University, Bushehr, Iran.*
Z_shirvani1992@gmail.com <https://orcid.org/0000-0000-2432-3452>

Sanaz Bagheri - *MSc in General Psychology, Shahre Ghods branch, Islamic Azad University, Shahre Ghods, Iran.*
<https://orcid.org/0000-0002-2657-5432>

Arezoo Omidpoor - *MSc in General Psychology, department of Psychology, University of Payame Noor, Astaneh Ashrafiyeh, Iran.* <https://orcid.org/0000-0002-1211-2344>

.Javad Seyed Jafari - *PhD Candidate in Psychology, Allameh Tabataba'i University, Tehran, Iran*

Kimia Dehbozorgi - *MSc in Psychology, Department of Psychology, Shiraz Branch, Islamic Azad University, Shiraz, Iran,* k_dehbozorgi@yahoo.com

خلاصه مقاله:

Background: While there is a strong link between rumination and internalizing psychopathology over the lifespan, the development of rumination is not well understood. This study aimed at investigating the effectiveness of psychological well-being training on negative automatic thoughts and resilience of female adolescents with rumination in Tehran.

Methods: The present study followed a quasi-experimental pretest-posttest design with a control group. The study population was all female adolescents with rumination in District 6, Tehran, Iran in 2018-2019. Sample of the study included 30 adolescent girls with rumination, referred to counseling centers and psychological services in Tehran. They were selected through convenience sampling and randomly assigned to experimental (n = 15) and control (n = 15) groups. The experimental group received psychological well-being interventions (10 one-hour training sessions, one session per week). Then, female adolescents with rumination in both groups underwent a posttest. The instruments used included the Negative Automatic Thoughts Questionnaire (ATQ-N, Ingram et al. 1995), and the Resilience Questionnaire (Connor and Davidson, 2003). The data were analyzed by SPSS software version 23. Results: The results showed that 6.6% in the experimental group and 11.11% in the control group were 14 years old. Moreover, psychological well-being training was significantly effective in negative automatic thoughts ($F= 50.89, P=0.001$), and resilience ($F= 1.24, P=0.001$) of adolescents with rumination ($p>0.05$). Conclusion: The 10-session Psychological well-being training was effective on negative automatic thoughts and resilience of adolescents with rumination in Tehran.

کلمات کلیدی:

negative automatic thoughts, Rumination, Resilience, Psychological well-being

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