

عنوان مقاله:

The Effectiveness of Schema Therapy on Reducing Neuroticism

محل انتشار:

نشریه روانشناسی نوین، دوره 4، شماره 2 (سال: 1403)

تعداد صفحات اصل مقاله: 8

نویسنده:

سیده زهرا سیدین - Master of Clinical Psychology, Department of Psychology, Islamic Azad University, Lahijan Branch, Lahijan, Iran

خلاصه مقاله:

Objective: Studies have shown that neuroticism is one of the personality traits associated with negative psychological consequences. This research was conducted with the aim of investigating the effectiveness of schema therapy on reducing neuroticism. Methods: The current research is a quasi-experimental type with a pre-test-post-test design and a control group. The research population was the patients referred to Shariati Hospital in Tehran in ۲۰۲۱, and ۲۲ of them who had obtained a high score in the neuroticism subscale were selected by purposive sampling method and randomly assigned into two experimental ( $n = ۱۱$ ) and control ( $n = ۱۱$ ) groups. Both groups completed the neuroticism subscale of the NEO Five-Factor Inventory-۳ (NEO-FFI-۳) in the pre-test and post-test phases. The experimental group was subjected to the schema therapy for ۱۰ weekly sessions, but no intervention was performed on the experimental group during this period. The analysis of the collected data was done with analysis of covariance and SPSS-۱۸ software. Results: The obtained findings showed that schema therapy was able to significantly reduce the level of neuroticism in the experimental group compared to the control group ( $P < ۰.۰۰۱$ ). Conclusion: According to the findings, it can be concluded that schema therapy is effective in reducing neuroticism and can be used in treatment centers in this regard.

کلمات کلیدی:

effectiveness, neuroticism, Schema therapy

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1990299>

