



### The Effectiveness of Psychodrama in the Reduction of Social Anxiety Disorder among Male Adolescents

Saeed Dehnavi<sup>1\*</sup>, Zahra Hadadi<sup>2</sup>, Maziyar Jelveh<sup>3</sup>, Zahra Safaryazdi<sup>4</sup>, Parinaz Panahi<sup>5</sup>

<sup>1</sup> Group of Psychology, Qazvin Branch, Islamic Azad University, Qazvin, Iran.

<sup>2</sup> Group of Counseling and Guidance, Science and Research Branch of Tehran, Islamic Azad University, Tehran, Iran.

<sup>3</sup> Guidance and Counseling Center, Iran University of Medical Sciences, Tehran, Iran.

<sup>4</sup> Faculty of Psychotrai, University of Cambridge, Cambridge, United Kingdom.

<sup>5</sup> Group of General Psychology, Payame Noor University of Tehran, Tehran, Iran.

**Published: 1 Oct 2014**

#### Abstract

This study has been performed with the goal of investigating the effectiveness of psychodrama on the reduction of social anxiety among the male adolescents in Kermanshah. This is a quasi-experimental research study (pre-post and follow-up testing plan with control group). 210 adolescents (13-14 year-olds) from four junior high schools in Kermanshah filled Liebowitz social anxiety scale for children and adolescents (LSAS-CA) (Masia-Warner, Klien & Liebowitz, 2003). 30 of adolescents who obtained the highest scores in LSAS-CA scale were chosen as the sample and were randomly assigned as experimental group (15 persons) and control group (15 persons). The experimental group participated in two-hour sessions of psychodrama twice a week for 6 weeks. The control group received no intervention. Data analysis is performed by analysis of covariance. The findings of this study showed a significant reduction in the symptoms of social anxiety among the adolescents in experimental group in comparison to that of the control group. Also a two-month follow-up confirmed the stability of the results. Adolescents' interactions in the psychodrama group, talking about their problems to the group and achieving appropriate solutions by the person himself are the useful factors of this intervention.

**Keywords:** Psychodrama, Social Anxiety, Adolescents.

**\*Corresponding Author:** Saeed Dehnavi

**Email:** Saeed.dehnavi@ymail.com