The Second International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014
The Neuroscience Journal of Shefaye Khatam
Volume 2, No.3, Suppl 1

Poster Presentation Research

Effect of Rational Emotive Behavior Therapy (REBT) on Anxiety and Irrational Beliefs among Infertile Women

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Published: *1 Oct 2014*

Abstract

Present study is aimed at evaluating the effect of rational emotive behavior therapy (REBT) on anxiety and irrational beliefs among infertile women. To assess the level of anxiety and irrational beliefs, 50 infertile women were selected randomly from Mediwave IVF and fertility research hospital in Mysore city and were administered Cattle questionnaires for surveying anxiety and The shortened general attitude and belief scale (SGABS) for measuring irrational beliefs due to the duration of infertility. Out of 50 infertile women, 40 infertile women were randomly assigned to experimental (n=20) and control group (n=20). Experimental group received 24 sessions of manual based intervention. Results of repeated measure ANOVA indicate that the REBT was effective in reducing anxiety and irrational beliefs in experimental group from pre to post assessment and follow up. Results provide evidence that REBT strategies can be effective in reducing anxiety and irrational beliefs in women undergoing infertility medical treatment. REBT helped in positive coping statements, pleasurable activities and helped them to reduce negative affect associated with infertility and feeling of hopelessness. Further REBT led to a gain in confidence over coping with problems related to infertility. Findings indicate that REBT intervention is a useful technique to alleviate of anxiety and irrational beliefs among infertile women.

Keywords: Rational Emotive Behavior Therapy (REBT), Anxiety, Irrational Beliefs, Infertile Women.

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