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Poster Presentation Research

The Effectiveness of Stress Management Training on the Quality of Life of Divorced Women

Marzieh Ali Ghaleh Babakhani*, Maryam Ghorbani Nohouji, Talieh Asadollahi

Faculty of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran.

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Abstract

The purpose of current survey is to determine the effectiveness of stress management training on the quality of life of divorced women who are under support of Baharestan township welfare organization. The used method for this survey was quasi-experimental by designing pre test-post test with evidence group. Statistical population of the study includes 587 divorced. The top thirty women in quality of life scale were selected and randomly replaced by two experimental and evidence groups (15 women, in each group). WHO's questionnaire of quality of life (1989) was the basis (tools) for survey. The experimental group was trained stress management based on cognitive-behavioral approach (Antoni MH, Ironson G, Schneiderman N. (2007)) during ten 2-hour weekly sessions. By the contrast, the evidence group received no interference. For the purpose of analysing data, covariance analysis and variance analysis of repetitive measurements were used. Results of the study demonstrate that the interference was led to promotion of quality of life (P=0.001). In addition, the occurred changes had impact on the pursuance of permanence. Based on the findings of this survey, stress management training program led to promotion of quality of life. Therefore, it can be considered as an effective method for promotion of quality of life of divorced women.

Keywords: Divorced Women, Quality of Life, Stress Management.

Corresponding Author: Marzieh Ali Ghaleh Babakhani

E-mail: *m Babakhani2@gmail.com*

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