



### The Effectiveness of Body Psychotherapy Techniques (BPT) on Stress and Salivary Cortisol Level in High School Students in Gorgan

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#### **Abstract**

Body psychotherapy technique (BPT) is a program that teaches people how to deal more effectively with stressors. In the present study, we evaluated the effectiveness of body psychotherapy treatment on stress and salivary cortisol level in high school girl students. This randomized clinical trials study with pre- post tests was performed on 20 female students as case group and 20 participants serving as controls (15-18 years) in Gorgan, Iran during 2012. To determine stress, Cohen stress scale were administered at two points of measurement (before educational sessions and at the end of therapy), also their salivary samples collected directly after awakening as well as 15, 30 and 45 minute later (the day before and after treatment). BPT group-education was given to the experimental group in nine sessions during two months. 15 participants in each groups completed the study. Data analysis was performed using SPSS software and unpaired t-test. The mean of stress scale scores in the experimental group showed a significant ( $P<0.01$ ) decrease (from  $37.46\pm3.87$  to  $32.66\pm5.82$ ) in comparison to that in the control group (from  $35.66\pm6.06$  to  $36.13\pm5.80$ ). The salivary cortisol level were significantly ( $P<0.05$ ) decreased (from  $4.96\pm2.61$  to  $2.68\pm1.31$  ng/ml) in cases compared to controls (from  $5.37\pm3.65$  to  $5.38\pm4.25$  ng/ml) which remained unchanged. Findings indicate that BPT decreases the cortisol awakening response and were associated with lower stress scores.

**Keywords:** Salivary Cortisol, Stress, Body Psychotherapy (BPT).

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