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

The Effectiveness of Stress Management Training on the Well-Being of Divorced Women

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Published: ***1 Oct 2014***

Abstract

The purpose of current survey is to determine the effectiveness of stress management training on the well-being of divorced women who are under support of Baharestan Township Welfare Organization. The method used for this survey was quasi-experimental by designing pretest- posttest with evidence group. Statistical population of the study includes 587 divorced women who were under support of Baharestan Township Welfare Organization. The top 30 women in well-being scale were selected and randomly replaced by two experimental and evidence groups (15 women, each of which). Ryff psychological well-being questionnaire (2002) was the basis (tools) for survey. The experimental group was trained stress management based on cognitive-behavioral approach (Antoni, M.H., Ironson, G. and *Schneiderman*, N, *2007*) during ten 2-hour weekly sessions. By the contrast, the evidence group received no interference. For the purpose of analyzing data, covariance analysis and variance analysis of repetitive measurements were used. Results of the study demonstrate that the interference was led to promotion of well-being (P=0.001). In addition, the occurred changes had no impact on the pursuance of permanence. Based on the findings of this survey, stress management training program led to short-time increase of well-being mood. Therefore, for further permanence of impact, group treatment and personal treatment are recommended to be conducted in addition to increasing the number of group training sessions.

Keywords: Divorced Women, Stress Management, Well Being.

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