



### Effectiveness of Dialectical Behavior Therapy on Anxiety and Depression among Young Male Prisoners with Antisocial Personality Disorder

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#### Abstract

Antisocial personality has some clear symptoms as impulsivity, unstable emotions, aggression, drinking, use of drugs, early initiation of sexual behavior make some difficulties and problems in their relations with family members and those who have interaction with them and at least in society. According to the mentioned symptoms of this personality disorder in this research project, it has been tried to solve its problems by comparing the effectiveness of dialectical behavior therapy on anxiety and depression among young male prisoners who have antisocial personality in Ilam prison. This semi experimental project has been done by pre and post-test. 32 subjects have been selected purposely between 18-40 years among male prisoners in Ilam prison. Three questionnaires have been used the Millon clinical questionnaire, Beck anxiety questionnaire and depression questionnaire. In the study of the effectiveness of the treatment of anxiety ( $P=0.014$ ) is not effective in treating depression ( $P=0.955$ ). According to the findings obtained appears to be a dialectical therapy, due to the nature of the treatment that the acceptance and credibility of the person making the attempt to change a person's psychological stresses therapeutic efficacy in the treatment of some of the characteristics of people with antisocial personality disorder.

**Keywords:** Dialectical Behavior Therapy, Anxiety, Depression, Antisocial Personality Disorder.

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