



The effectiveness of Cognitive behavioral therapy on Lifestyle based on self-efficacy and Body value in Women with obesity

Elahe. Sadeghlou¹

Sara. Pashang^{2*}

Mehrdad. Sabet³

1. Department of Health Psychology, Kish International Branch, Islamic Azad University, Kish Island, Iran.
2. Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran
3. Assistant Professor, Department of Psychology, Roudehen Branch, Islamic Azad University, Roudehen, Iran

Email: sarapashang@yahoo.com | Received: 10.03.2022 | Acceptance: 12.07.2022

Journal of
Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 2, Pp: 81-83
Summer 2022

Original research article

How to Cite This Article:

Sadeghlou, E., Pashang, S., Sabet, M. (2022). The effectiveness of Cognitive behavioral therapy on Lifestyle based on self-efficacy and Body value in Women with obesity, *aftj*, 3(2): 81-83



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The aim of this study was to evaluate the effectiveness of compassion-based therapy on resilience and rumination of perceived anger and stress in women with hypertension. **Methods:** The present study was an applied and quasi-experimental research using a pre-test, post-test and follow-up design with a control group. The statistical population of the present study consisted of all women with hypertension in Tehran. The sample of the present study was 30 people from the mentioned community who were selected by convenience sampling and randomly assigned to the experimental and control groups. Data were obtained using the Connor & Davidson (2003) Resilience Scale, the Sukhodolsky et al. (2001) Anger Rumination Scale, the Cohen et al. Perceived Stress Scale (1983), and the sphygmomanometer. Compassion-based therapy was performed in 10 sessions of 90 minutes based on the training package of Gilbert (2017). Data analysis was used in the descriptive statistics section: central indicators and dispersion indicators such as mean and standard deviation were used. Analysis of variance with repeated measures and SPSS.22 software were used. **Results:** The results showed the effectiveness of compassion-based therapy on resilience ($F= 6.57, P<0.01$), anger rumination ($F= 9.27, P<0.01$) and perceived stress ($F=14.14, P<0.01$) the difference is effective in women with high blood pressure. **Conclusion:** It can be concluded that compassion-based therapy was effective on resilience and rumination of perceived anger and stress in women with hypertension.

Keywords: Blood pressure, Perceived stress, Anger rumination, Resilience, compassion

References

- Adams, D. R., Meyers, S. A., & Beidas, R. S. (2016). The relationship between financial strain, perceived stress, psychological symptoms, and academic and social integration in undergraduate students. *Journal of American college health, 64*(5), 362-370.
- Ali Besharat, M., & Pourbohloul, S. (2012). Mediation effect of anger rumination on the relationship between dimensions of anger and anger control with mental health. *International Journal of Psychological Research, 5*(2), 24-36.
- Ariapooran, S., & Khezeli, M. (2018). Suicidal ideation among divorced women in Kermanshah, Iran: the role of social support and psychological resilience. *Iran J Psychiatry Behav Sci, 12*(4), e3565.
- Au, T. M., Sauer-Zavala, S., King, M. W., Petrocchi, N., Barlow, D. H., & Litz, B. T. (2017). Compassion-based therapy for trauma-related shame and posttraumatic stress: Initial evaluation using a multiple baseline design. *Behavior Therapy, 48*(2), 207-221.
- Banegas, J. R., Ruilope, L. M., de la Sierra, A., Vinyoles, E., Gorostidi, M., de la Cruz, J. J., ... & Williams, B. (2018). Relationship between clinic and ambulatory blood-pressure measurements and mortality. *New England Journal of Medicine, 378*(16), 1509-1520.
- Chmitorz, A., Kunzler, A., Helmreich, I., Tüscher, O., Kalisch, R., Kubiak, T., ... & Lieb, K. (2018). Intervention studies to foster resilience—A systematic review and proposal for a resilience framework in future intervention studies. *Clinical psychology review, 59*, 78-100.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1994). Perceived stress scale. *Measuring stress: A guide for health and social scientists, 10*(2), 1-2.
- Collins, R. N., Gilligan, L. J., & Poz, R. (2018). The evaluation of a compassion-focused therapy group for couples experiencing a dementia diagnosis. *Clinical gerontologist, 41*(5), 474-486.
- Connor, K. M., & Davidson, J. R. (2003). Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and anxiety, 18*(2), 76-82.
- Ettehad, D., Emdin, C. A., Kiran, A., Anderson, S. G., Callender, T., Emberson, J., ... & Rahimi, K. (2016). Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *The Lancet, 387*(10022), 957-967.
- Flynn, J. T., Kaelber, D. C., Baker-Smith, C. M., Blowey, D., Carroll, A. E., Daniels, S. R., ... & Urbina, E. M. (2017). Clinical practice guideline for screening and management of high blood pressure in children and adolescents. *Pediatrics, 140*(3).
- García-Campayo, J., Navarro-Gil, M., & Demarzo, M. (2016). Attachment-based compassion therapy. *Mindfulness & Compassion, 1*(2), 68-74.
- Gilbert, P. (2017). Exploring Compassion Focused Therapy in forensic settings. *Individual psychological therapies in forensic settings: Research and practice.*
- Gonzalez-Hernandez, E., Romero, R., Campos, D., Burychka, D., Diego-Pedro, R., Baños, R., ... & Cebolla, A. (2018). Cognitively-Based Compassion Training (CBCT®) in Breast Cancer Survivors: A Randomized Clinical Trial Study. *Integrative cancer therapies, 17*(3), 684-696.
- Heinen, I., Bullinger, M., & Kocalevent, R. D. (2017). Perceived stress in first year medical students—associations with personal resources and emotional distress. *BMC medical education, 17*(1), 1-14.

- Irons, C., & Lad, S. (2017). Using compassion focused therapy to work with shame and self-criticism in complex trauma. *Australian Clinical Psychologist*, 3(1), 1743.
- Khosravi, M., & Nikmanesh, Z. (2014). Relationship of spiritual intelligence with resilience and perceived stress. *Iranian journal of psychiatry and behavioral sciences*, 8(4), 52.
- Klein, E. M., Brähler, E., Dreier, M., Reinecke, L., Müller, K. W., Schmutzer, G., ... & Beutel, M. E. (2016). The German version of the Perceived Stress Scale—psychometric characteristics in a representative German community sample. *BMC psychiatry*, 16(1), 1-10.
- Lonn, E. M., Bosch, J., López-Jaramillo, P., Zhu, J., Liu, L., Pais, P., ... & Yusuf, S. (2016). Blood-pressure lowering in intermediate-risk persons without cardiovascular disease. *New England Journal of Medicine*, 374(21), 2009-2020.
- Mathur, M. B., Epel, E., Kind, S., Desai, M., Parks, C. G., Sandler, D. P., & Khazeni, N. (2016). Perceived stress and telomere length: A systematic review, meta-analysis, and methodologic considerations for advancing the field. *Brain, behavior, and immunity*, 54, 158-169.
- Montero-Marín, J., Navarro-Gil, M., Puebla-Guedea, M., Luciano, J. V., Van Gordon, W., Shonin, E., & García-Campayo, J. (2018). Efficacy of “attachment-based compassion therapy” in the treatment of fibromyalgia: A randomized controlled trial. *Frontiers in Psychiatry*, 8, 307.
- Muntner, P., Carey, R. M., Gidding, S., Jones, D. W., Taler, S. J., Wright Jr, J. T., & Whelton, P. K. (2018). Potential US population impact of the 2017 ACC/AHA high blood pressure guideline. *Circulation*, 137(2), 109-118.
- Qator Z., Purihi M., Davarnia R., Salimi A., Shakrami M. (2018). The effect of compassion-focused therapy on the resilience of women with multiple sclerosis. *Armaghane knowledge*. 23 (3):350-363(Persian)
- Raes, F. (2011). The effect of self-compassion on the development of depression symptoms in a non-clinical sample. *Mindfulness*, 2(1), 33-36.
- Sommer, F., Anderson, J. M., Bharti, R., Raes, J., & Rosenstiel, P. (2017). The resilience of the intestinal microbiota influences health and disease. *Nature Reviews Microbiology*, 15(10), 630-638.
- Sukhodolsky, D. G., Golub, A., & Cromwell, E. N. (2001). Development and validation of the anger rumination scale. *Personality and individual differences*, 31(5), 689-700.