

The effectiveness of cognitive – behavioral training on depression and psychological wellbeing of the divorced women

By

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Abstract

The aim of this research was investigate the effectiveness of cognitive – behavioral training on both depression and psychological wellbeing of the divorced women. The statistical society of the research included all of the divorced women of Sarableh who referred to social emergency of this city. Of these women, 30 were selected through availability method as the sample of the research. Those selected were randomly divided into two 15 – members groups (one group as the experiment group and the other as the control group). Both of the groups had pretests and post test. The experiment group was offered 12 in group session of cognitive – behavioral psychotherapy training according to the instruction of Muñoz, Aquilar – Gaxiala & Guzmán (1986). To collect data the scale of Beck's depression inventory – II and Ryff's psychological well – being inventory (1994) were used. The results of research analysis revealed that there is a significant difference between experiment group and control group with regard to depression variables ($F= 14.86, P< 0.001$) and psychological well – being ($F= 21.47, P< 0.001$). Based on these findings, it can be claimed that cognitive behavioral intervention reduces depression on one hand, and increases psychological well – being of the subjects of the experiment group, on the other, compared with control group in post – test stage. Therefore, it can be concluded that. This training reduces depression divorced woman and increases the psychological well – being

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