

Investigating the effectiveness of cognitive behavioral therapy on depression in divorced women

Zaynab Beheshti¹, Abbas Bayat asghari²

1. Master of Nursing, the Instructor, Department of Nursing, Khomein Branch, Islamic Azad University, Khomein, Iran
2. PhD in Psychology, Health Assistant, Khomein Faculty of Medical Sciences, Khomein, Iran

Abstract:

Introduction and purpose: Divorce or termination of marriage is one of the most important social phenomena. One of the negative effects of divorce on women's psyche is depression. Continuity of anxiety in daily life leads to feelings of worry, fear and lack of control over life, which in turn brings depression and despair to a person. Many studies have shown the effectiveness of cognitive-behavioral therapy and motivational interviewing on depression. In the researches, cognitive-behavioral therapy or motivational interviewing have been used separately, the purpose of this study was to investigate the effectiveness of cognitive-behavioral therapy and motivational interviewing on depression in divorced women.

Materials and methods: This research was a clinical trial and the statistical population was 260 divorced women aged 20 to 50. 60 women were randomly divided into three groups: cognitive-behavioral therapy, motivational interview therapy and control group. The data collection tool was the depression scale questionnaire of Aaron Beck, Backward, Mendelson, Mark and Erbaugh (1986). In the intervention groups, 12 sessions of 75 minutes were held. Before the interventions and at the end of the study, people in all groups filled out the depression scale questionnaire. The data was analyzed using SPSS version 25 software and using covariance analysis.

Findings: There was a significant difference between the three groups of cognitive-behavioral therapy, motivational interview and the control group ($P < 0.05$). Also, in the one-by-one comparison of the cognitive-behavioral therapy and motivational interview therapy groups with the control group, there was a significant difference in the post-test stage ($P < 0.05$).

Conclusion: The findings indicate that cognitive-behavioral therapy methods and motivational interviewing are effective in reducing the level of depression in divorced women.

Key words: divorced women, cognitive behavioral therapy, motivational interview, depression