

The effect of group therapy on depression and rumination therapeutic sense of anxiety

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ABSTRACT: Rumination, as persistent and recurrent thoughts, involuntarily leads into awareness and attention to the topics of interest and current goals, distorts. Ruminative response, the opposite of effective problem solving, structured and prevents behaviors that can help treat. The present study aimed to evaluate the efficacy of therapeutic sense to a group of patients with anxiety disorders was depression and rumination. Therefore, in a quasi-experimental study, 40 patients anxiety Psychology Clinic Tehran sampling method selected and randomly were assigned to two experimental and control groups. Groups before and after training, in terms of depression and rumination were tested. Multivariate analysis of covariance showed that the mean treatment on depression and rumination patients with anxiety problems, effective and seems harmless situations of anxiety and threat assessment, its focus on threats focus, so to selectively recall information and handling mind that is threatening. That therapy helps people learn to look at a more flexible, their destructive ideas and to discover and try to make them change their style of life change disaster.

Keywords: Therapeutic sense, Depression, Rumination, Anxiety.

INTRODUCTION

One of the most common disorders is anxiety disorders with anxiety. Cognitive theorists believe that the ways of thinking, some people are vulnerable to anxiety disorders. According to this theory, people are more likely to suffer from anxiety problems, harmless to threatening situations than the evaluation, your attention is too focused on threats to information and to selectively remind threatening looks (Ryan, Epstein, Keitner, Miller & Bishop, 2005). Disorders, anxiety and mood disorders, in particular related to each other and both traceable signs of rumination seen. Haidt & Luminais (2004) as one of the components of cognitive rumination in depression introduce. Rumination as persistent and recurrent thoughts around a common theme defined that bypasses, through involuntary, into awareness and distract attention from the issues of the current objectives and make (Joormann, 2006). Bagherinezhad, Farhadi & Tabataba'i (2010) found that even after controlling for depressive rumination could be the anxiety, predict. These findings regarding the role of rumination in anxiety and mixed anxiety symptoms - depression, is important. Studies have shown that rumination on the population of the clinical and non-clinical populations, and the occurrence of psychological harm is not limited to any one of (Pearson, Brewin, Rhodes, McCarron, 2008). Typically change intellectual creation of mechanisms that lead to risk factors for depression and lack of social support and optimism and neuroticism increase followed by (Papageorgiou, Wells, 2001). Unlike anxiety, rumination on the past life of the individual topics or failure rests (Borkovec, Robinson, Pruzinsky, DePree, 1983). Some experts' rumination as examples of recurrent negative thoughts raised and processes [know that a lot of psychological damage occurs (Pearson, Brewin, Rhodes, McCarron, 2008).

Moreover, it seems rumination predicted anxiety levels and with hypomania, pathological gambling, social anxiety, post-traumatic stress symptoms, poor quality of sleep, sleep disturbances, drinking and symptoms of alcohol abuse in adults and teenage girls, self-defeating behavior and suicidal thoughts linked (Rood, Roelofs, Bögels, Nolen-Hoeksema, Schouten, 2009) In other anxiety disorders experienced (Papageorgiou, Wells, 2001).

Studies have shown that rumination is not only indicative of depression but also associated with anxiety symptoms (Khosravi, Mehrabi & Azizimoghadam, 2008; Hong, 2007; Segerstrom, Tsao, Alden, Craske, 2000; Starcevic, 1995)

Since anxiety disorders, side effects of treatment and the person's life, it is designed for treatment. One of the ways in which members of a group therapeutic means to discover themselves as being of common interests, participate. It is a journey of discovery to learn of his true abilities, expand your view of the world around and clarification of what the current and future life means done. In this group, people feel deeply meaningful way of living together can be (Corey, 1995). Although psychotherapy, philosophical approach that deals with man and his world. It is a kind of attitude to a number of concepts such as life and death, hope and despair, connection and isolation, and lack of choices freely, conscious and responsible towards themselves and others dealer, uplift and search for meaning in the course of life who is near death experience (Breitbart & etal, 2004). It can be the best situation; it can be used to further the goals of the intervention. According to Frankl, (1965) fate, death is part of life and something that is outside the power of man and his responsibility. From the perspective of the meaning of health, death does not mean face life without his impermanence makes it meaningful and responsible person to remind him. Free man to the right position and glorious destiny with dignity adopt. Since the meaning of health and participate in groups to create sympathy and avoid alone is effective, researchers sought to apply the techniques in this way their effect in reducing psychological symptoms of patients checking.

MATERIALS AND METHODS

Method

This study, a quasi-experimental study with pretest - posttest control group was randomly assigned. The study population included patients psychology clinic in Tehran from this community, 40 were selected by random sampling method available in two experimental and control groups, respectively. The participants at the beginning and end of the intervention, the Beck Depression Inventory and style questionnaire replies were tested and training sessions in 10 weekly 90-minute sessions were held for groups. Depression Inventory Beck, Beck Depression Inventory is a form of review that has been developed to measure the severity of depression. The questionnaire consists of 21 articles and the respondents are asked to rate their symptoms on a scale from zero to three are graded. Beck Depression Inventory Second Edition studies, validity, reliability and factor structure favorable to the questionnaire reported.

Response Style Questionnaire, by Nolen-Hoeksema, & Morrow, (1991) has been developed. The questionnaire evaluates four different styles response to the negative mood. Questionnaire responses ruminative response style and scale of the response scale diversion of attention has been formed. Ruminative response scale, 22 means that respondents will be asked of each in the range from 1 (never) to 4 (very often) their grading) (Trenor, Gonzalez, R, & Nolen-Hoeksema, 2003. Because of empirical evidence, ruminative response scale has acceptable reliability. Cronbach's alpha ranged from 0.88 to 0.92 of the report. The study shows different test-retest reliability of the questionnaire was 0.67 (Luminet, 2004).

Procedure

For ten sessions of 90-minute group sessions were held once a week. Summary of the meetings are as follows:

First meeting	Defining target groups and law group Trading group members with each other, offering advice and discussing anxiety and charter group health contract
second session	The problem, talk about the disease and discuss the effects of anxiety on psychological disorders
Third session	Find meaning and a sense of the historical context of life and responsibility
Fourth session	Changing attitudes and the ways to discover the meaning of meaning
Fifth Session	Create a sense of values and responsibility
Sixth Session	The meaning of the experience of the values and the meaning of dreams and hopes
Seventh session	The meaning of death, life, freedom and responsibility
Eighth Session	Responsibility Self-advocacy, social interest and overcome despair
Ninth Session	Member emotional support from each other, completing unfinished sentences like to engage members, emotional support members with each other and encouraging members to ask for emotional support from each other
Tenth session	Summary and Wrap-up and closing sessions, learned about the group

In this study, the pretest - posttest control group was used and approved according to the normal distribution of scores by Kolmogorov - Smirnov and homogeneity of variances through Levene test confirmed the homogeneity and slope of regression, covariance analysis was used and data were analyzed using statistical software.

RESULTS AND DISCUSSION

Result

The descriptive findings of this study are presented in Table 1.

Table 1. Mean & SD of depression and rumination to separate the experimental group and the control group

	examination group		Control group	
	M	Sd	M	Sd
Pre-Exam Dumps	12.65	1.348	12.75	1.070
After the test Dumps	10.85	0.988	13.25	1.164
Pre-Exam Rumination	43.15	1.899	43.40	2.037
After the test Rumination	40.35	2.007	44.15	2.300

Depression scores summarized in Table 2. Analysis of covariance is presented. As you can see, after adjusting for pre-test scores, there were significant effects of the test. Chi Eta shows that 61.5% of the variance of depression by the independent variable, the meaning treatment is explained. Adjusted mean depression scores also indicate that the experimental group than the control group 13.299 10.87 significantly reduced.

Table 2. summarizes the results of covariance for scores of experimental and control groups

	Eta	P	F	MS	df	SS
pre-exam	0.219	0.003	10.182	9.560	1	9.560
Groups	0.615	0.001	56.154	55.540	1	55.540
error				0.939	37	1.470

In Table 3, Summary of covariance analysis groups presented rumination scores. As can be seen, after adjusting for pre-test scores, there were significant effects of the subjects. Chi Eta shows that 61.3% of the variance rumination by the independent variable, the meaning treatment is explained. It also shows the adjusted mean depression scores in the experimental group was significantly lower than the control group.

Table 3. Summary analysis of covariance for rumination scores of experimental and control groups

	Eta	P	F	MS	df	SS
pre-exam	0.540	0.001	43.501	95.701	1	95.701
Groups	0.613	0.001	58.613	128.947	1	128.947
Error				2.200	37	81.399

Discussion and conclusion

This study aimed to evaluate the effectiveness of therapy means patients with anxiety disorders was depression and rumination. The results showed that the mean effective therapy on depression and rumination these diseases can be reduced. These findings are consistent with research by Carson (2000) & Blair (2004) Simonton, (1980); is consistent. According to medical studies seem to mean more of treatment, reduce depression and rumination, and patients with this treatment learn to be flexible and focus are trying to solve problems. That therapy helps patients to appropriate solutions as appropriate to the cause. In fact, rumination makes solving the problem of people down. Yousefi & etal (2009), study, Gestalt and Logo therapies to reduce symptoms of aggression, depression and anxiety students. For this purpose, 90 subjects were randomly assigned to two experimental and control groups. Subjects using the revised list symptoms and diagnostic interviews were DSMIV. Groups, art therapy, Gestalt therapy, meaning 1 hour in 12 sessions, once a week they received. Aggression, depression and anxiety before treatment, after treatment and six months after treatment were evaluated and no significant difference was observed in the test groups. Gestalt therapy and therapeutic meaning both aggression and anxiety symptoms were reduced. Reduction of symptoms during follow-up was evident. Logotherapy and Gestalt therapy in the treatment of anxiety and aggression were not significantly different but the meaning of Gestalt therapy was effective therapy in the treatment of depression. Fakhar & etal (2008), conducted the research on elderly women, results showed that therapeutic approach improves health smooth, reduce anxiety and stress and to reduce social dysfunction were older women. Given the results obtained and compliance other it indicates that the real concept gives meaning to life saving. It

does not reduce the transmission of life, what are important practices and attitudes toward pain, and suffering bears manner in which this is. That is why the meaning and purpose of human suffering, endure.

Based on the results of this study, mean therapy in reducing anxiety in patients with anxiety has an important role. This therapy can be a guide for planners and authorities in the centers of the method used to reduce mental disorder patients.

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