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The effectiveness of cognitive behavioral therapy on the severity of symptoms of symptoms of malformation and bulimia nervosa

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The main purpose of this study was to evaluate the effectiveness of cognitive behavioural therapy training on the severity of symptoms of malformation and bulimia nervosa. Research design the present study is a quasi-experimental pre-test, post-test with a control group. The statistical population of the present study is all people referring to health center's in District one of Tehran. Purposeful sampling method was used to select the sample; The study sample was randomly divided into two experimental groups (n = 30) and a control group (n = 30). To collect the data, the standard questionnaire of Yale Brown Obsessive-Compulsive Disorder Scale and Gormali et al. (1982) Nervous Intensity Scale were used. Also, training sessions were conducted for the experimental group based on the training package of behavioural-cognitive therapy of Babiling et al. (2006). The results of covariance analysis showed that cognitive behavioural therapy training has a significant effect on reducing the severity of malformations and bulimia nervosa (p <0.05). According to the findings

of this study, behavioural-cognitive training replaces more accurate and objective cognitions and is effective on bulimia and malformations.

Keywords: Cognitive-Behavioral Therapy, Malformation, Bulimia Nervosa.

Speaker Biography

Simin jafari has her first PhD in Sports Psychology in Iran. She is currently working as a Faculty of Physical Education and Sport Sciences, Islamic Azad University, Karaj Branch, Iran. She has published many books such as Jafari, S. (2017). Cognitive-Behavioral Therapy (CBT) (The Massachusetts General Hospital Handbook of Cognitive-Behavioral Therapy). Translated into Farsi Jafari, S. (2017). Applied Sports Psychology Textbook. Translated into Farsi. She is interested in Psychology, Sports Psychology, Social Psychology, Personality Psychology, Psychopathology, Motor Learning, Ethics in Sports, Sports Psychology Texts, Psychological Testing, Psychometric Test or Psychological Assessment, and History of Psychology.

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