

بررسی اثربخشی تلفیق گروه درمانی شناختی- رفتاری و آموزش مهارت‌های اجتماعی بر ترس
از ارزشیابی منفی و اجتناب اجتماعی

Effect of Cognitive-Behavioral Group Therapy in Combination with Social
Skill Training on Fear of Negative Evaluation and Social Avoidance

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Abstract

Introduction: Individuals with social phobia suffer from both cognitive distortions and social avoidance and perform poorly in using the appropriate social skills. Thus, the present study aims at studying the combined effect of the Cognitive-Behavioral Group Therapy and Social Skills Training [CBGT+SST] on Social Avoidance [SAD] and Fear of Negative Evaluation [FNE] in students.

Method: This study is an Experimental type [Pre-test and Post-test, with Control group and random assignment].

The clients were subjected to structured clinical interviews according to DSM-IV and social anxiety inventory. They were assigned randomly into Experimental groups [intervention of combining Cognitive-Behavioral Group Therapy And Social Skills Training] and the Control group [Cognitive-Behavioral Group Therapy] by using convenient sampling method [13 persons in each group]. After a 12-session treatment [three months, each session being 2 hours], the social anxiety inventory was repeated as a post-test in both groups.

Results: The results of the statistical analysis of t test shows that, a combination of the cognitive behavioral group therapy and social skills training in comparison to merely cognitive-behavioral group therapy would significantly reduce Social Avoidance and Fear of Negative Evaluation in students.

Conclusion: It is recommended that social skills training be added to common treatments of social phobia.

Keywords: Cognitive-Behavioral Group Therapy, Social Skills Training, Social Avoidance, Fear of Negative_Evaluation.

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⁴ - Clark, D. A.

¹ - Social phobia
² - Social Anxiety Disorder

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⁷- Efficacy
⁸- Group Cognitive- Behavior Therapy: (GCBT)
⁹- Heimberg, R. G.
¹⁰- Becker, R. E.
¹¹- Vicious Cycle

⁵- Fadem, B.
⁶- Simiring, S.

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¹⁴- Self-Evaluation
¹⁵- Hopko, D. R.

¹²- Anticipatory Anxiety
¹³- Social Skill Training (SST)

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¹⁶- Structured Clinical Interview For DSM-IV (SCID) Axis I Disorders

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21- Validity
 22- Supervisor
 23 - Fear Of Negative Evaluation (FNE)

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 18- Friend, R.
 19- Reliability
 20 - Taylor's Manifest Anxiety (TMA)

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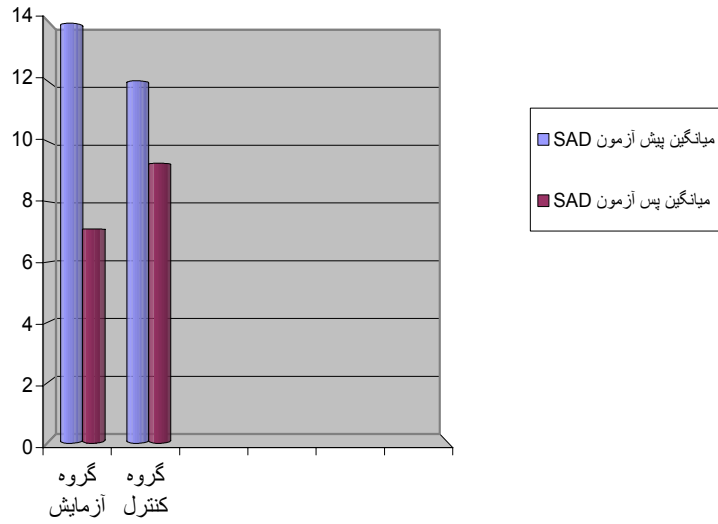
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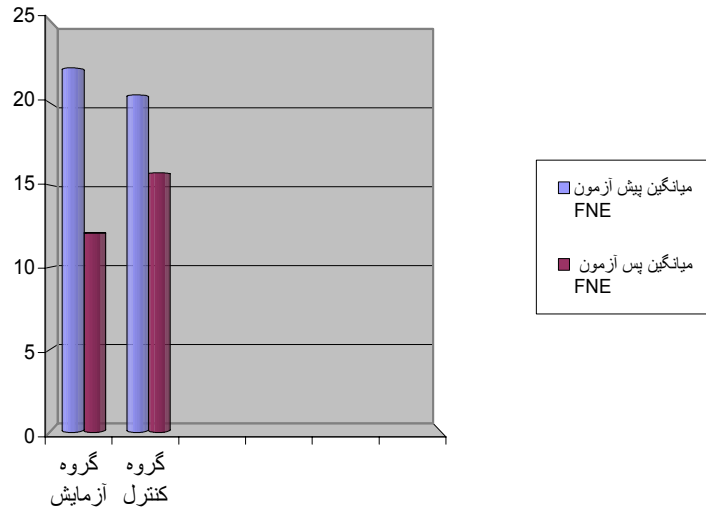
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²⁸- Clark, D. M.
²⁹- Hayes, S. A.

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³⁰- Intensive Group Cognitive Behavior Therapy (IGCBT)

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³²- Alden, L. E.
³³- McEvoy, P. M.
³⁴- Perini, S. J.
³⁵- deJong, P. J.

³⁶- post-event processing (PEP)

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