

JOINT EVENT

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## The effectiveness of cognitive behavior therapy on loneliness, life satisfaction and depression of girl's veterans

**Introduction:** War as a psychological stressor has a wide-ranging personal, social, and cultural consequences that affect the relationships of members of a community in the range of generations to come. The harmful effects of any war are caused by psychological problems that are present for those directly or indirectly involved in the battlefield. Veterans' children are among the most important people who are exposed to these injuries.

**Aim:** The aim of the present research was to investigate the effectiveness of cognitive behavior therapy (CBT) on loneliness, life satisfaction and depression of girl's veterans.

**Materials & Methods:** Among 250 girls referred to the psychological services of veterans in Shiraz city, 30 people were chosen by using the randomly sampling method to take part in the study. The study is experimental field study, with pre-test, post-test and a control group. The subjects were randomly distributed into two groups experimental and control. The experimental group received eight sessions of cognitive behavior therapy. All subjects were requested to fill in the loneliness, life satisfaction and depression scale.

**Results:** Results for multivariate analysis of covariance (MANCOVA) showed that CBT treatment had significant outcome on loneliness, life satisfaction and depression on the experimental group.

**Conclusion:** This study was concluded that CBT can significantly enhance the life satisfaction and decrease life satisfaction and deportation and girls' spouses.

### Biography

Mina Zarnaghash is currently working on Lorestan University at Iran. Her research interest is cognitive behavior, addiction research, depression and dual diagnosis.

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