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The Efficacy of group reality therapy on elder people's anxiety in Isfahan

Bahareh Ghaziof

Islamic Azad University, Iran

The purpose of the present study was to evaluate the efficacy of Reality Therapy on anxiety among elders in Isfahan. This was a semi-experiential research with an experimental and 20 participants control group. For this purpose 40 elders from Isfahan they were randomly selected and asked to complete Beck Anxiety questionnaire (BAI). The experimental group received 8 sessions of training in reality therapy. The follow up was performed after 3 months. The findings were statistically reviewed through a variable covariance (ANCOVA). The results revealed that there was a significant difference in the pre-test and post-test of the two groups on anxiety. The intervention in the follow up was constant.

Introduction: Aging is a global phenomenon and is one of the fastest growing age group in the world dedicated. In mental cycle, aging and the end of life is the opposite of the first days of life and ages 60 to 65 years in most countries posed as age of onset of old age. Due to the increasing elderly population and for increased longevity and elderly mental diseases especially anxiety the need to diagnosis and treatment is important. The Glasser's Reality Therapy is one of the most common interventions in the field of human psychological way of describing the human, determine the rules of conduct and its main aim is to help people to deal with reality who have not been able to accept as well as their correct distorted vision of life and their situations

Results and Conclusion: This study showed the efficacy of reality therapy on elder people's anxiety in Isfahan. The results revealed that there was a significant difference in the pre-test and post-test of the two groups on anxiety. The intervention in the follow up was constant.

Biography

Bahareh Ghaziof has completed her master degree in clinical psychology from Islamic Azad University, najafabad, Isfahan, Iran. She has developed her passion for academic research and experiences in cognitive psychology, reality therapy, elder people and mental health at University of Isfahan.

ghaziofbahareh@yahoo.com