

4<sup>th</sup> International Conference on

# Depression, Anxiety and Stress Management

May 10-11, 2018 | Frankfurt, Germany

## Effectiveness of psychodrama on reduction of anxiety among male schizophrenic patients

**Hanieh Abeditehrani**  
Islamic Azad University, Iran

**Background:** Anxiety is one of the symptoms in chronic schizophrenic patients. Past research studies show that psychodrama as a group therapy is effective in treatment and rehabilitation of psychological disorders.

**Objective:** The aim of this study is to explore the effect of psychodrama on the reduction of anxiety in schizophrenic patients.

**Methods:** Twenty-six male hospitalized chronic schizophrenic patients were randomly assigned into an experimental group (n=13) and a control group (n=13). Both groups were treated with antipsychotic drugs and were evaluated by using Self-Rating Anxiety Scale. Then the patients in the experimental group received 20 sessions of the treatment of psychodrama. Finally both groups were evaluated again. The pre-test and post- test scores were comprised by using T student Test.

**Results:** After psychodrama therapy, the average of total anxiety scores and affective symptoms of anxiety subscale decreased significantly in the experimental group ( $p < 0.05$ ), but there is no significant difference in somatic symptoms of anxiety subscale.

### Biography

Hanieh Abeditehrani is currently a PhD Candidate in clinical psychology, Young Researcher and Elite Club, Robatkarim Branch, Islamic Azad University, Robatkarim, Iran. She completed her M Psych at Allameh Tabatabai University in 2011-2013 and B Clinical Psychology from University of Tehran in 2006-2010. Before starting PhD program, she worked as a Clinical Psychologist in Tehran, Iran diagnosing and treating clients in hospitals, private and public clinics implementing CBT and psychodrama among others. Her PhD research is focused on comparing the effectiveness of psychodrama and CBGT in treatment of social anxiety disorder under the supervision of Professor Arnoud Arntz and Dr Corine Dijk.

H. Abeditehrani@uva.nl

Notes: