

DETERMINATION OF THE EFFECT OF COGNITIVE-BEHAVIORAL THERAPEUTIC GROUP AND THE STUDY OF SELF-IMAGINATION LEVEL IN TREATMENT OF SOCIAL ANXIETY DISORDER OF THE STUDENTS

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Aim: The present research has a goal to study self-imagination level and to determine the effect of cognitive-behavioral therapeutic group in treatment of social anxiety disorder of the adolescents (teen-agers).

Methods: This research is of sub-empirical plans (designs) which were performed as pre-testing, post-testing and three-month (quarterly) pursuance. Two experimental and control groups are used in it. Group CBT therapy (treatment) is independent variable which was performed during 12 sessions weekly and the scores of anxiety symptoms in the patients developed by social anxiety disorder were considered as dependent variable. Statistical population of this research includes 1135 11-14 year-old girl students in state schools of Babol city which among this series, 368 students were randomized, clustered, stage-based selected during second academic (educational) semester of 2011-2012 as the sample group by the mean of 12.8 year-old and standard deviation of 4.05. After sampling, by help of social phobia structured recognition (determinant) interview based on DSM-IV recognition criteria and using of Kanver et.al. Social anxiety questionnaire and Cooper Smith's self-esteem questionnaire, data collection was performed.

Findings: The scores difference of two experimental and control groups in social anxiety is meaningful in two stages (steps) of pre-mediation (before manipulation) and after it based on Mann-Whitney U test.

Conclusion: The scales of evitable behaviors and fear from negative evaluation of social anxiety test have shown that cognitive-behavioral therapeutic group has meaningfully reduced the level of evitable behaviors and fear from negative evaluator.