

Formulation of the Wittgenstein's philosophy therapy protocol and its effectiveness on improving of depression and anxiety in derelict adolescents living in Welfare Organization Centers

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Abstract

Introduction: Due to the consequences of children and adolescents being away from the family environment, these children are always exposed to many psychological problems. The aim of this study was to develop a Wittgenstein's philosophy therapy protocol and its effectiveness on depression and anxiety in derelict adolescents in welfare organization centers.

Methods: This study was a cross-sectional study in two stages. In the first stage, we developed and validated the Wittgenstein's philosophy therapy protocol and validated it using content analysis method. The second stage of this research is semi-experimental and practical with a pre-test post-test with control group. The statistical population of this study was all adolescents living in Tehran's welfare centers in 2017-2018. A sample of 30 adolescents residing in welfare centers of Tehran in 2017-2018 who was randomly selected and assigned to two control and experimental groups. For sampling in this research, simple random sampling method was used. In order to collect data, Beck Depression Inventory (BDI-II) and Beck Anxiety Inventory (BAI) were used. After formulating the protocol and investigating its validity, this intervention was performed once a week in eight 60 minute-sessions. To analyze the data According to the results of Weinkenstein's philosophy of therapy in the post-test of depression components reduce sadness, pessimism, feelings of failure, dissatisfaction, guilt, expectation of punishment, dislike, self-blame, suicidal thoughts, indecision, loss of energy, stimulation Is acceptable ($p \leq 0.01$). Also, this treatment in the post-test of anxiety components reduced tremors in the legs ($F = 7.11$, $p = 0.001$), inability to relax ($F = 5.69$, $p = 0.001$), heart rate (07/07). $F = 9$, $p = 0.001$), variable state ($F = 10.24$, $p = 0.001$), nervous ($F = 4.86$, $p = 0.05$), fear of death ($22.78 = F$, $p = 0.001$) and the state of fear ($F = 6.37$, $p = 0.05$).

Conclusion: Generally based on the results of this study, Wittgenstein's philosophy therapy can be considered as a suitable way to reduce the symptoms of depression and anxiety.

Keywords: Anxiety" Depression" Wittgenstein's philosophy therapy

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