

**The effect of integration of dialectical behavior therapy based on  
compassionate mind on reduction of cognitive reactivity and  
motivation for suicide attempts in attempted suicide**

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**Abstract**

This research carried out with the aim of the effectiveness of integration dialectical behavior therapy based on compassionate mind on reduction of cognitive reactivity and motivation for suicide attempts in attempted suicide. In this study, the experimental method was used with the pretest-posttest and control group design. The statistical sample of this study consisted of 26 suicide attempters who volunteered for participating in the intervention, and were selected by random sampling method. They were assigned randomly to experimental and control groups. The experimental group received 14 sessions of integration of dialectical behavior therapy based on compassionate mind. The subjects of the experimental and control groups, in the pretest and posttest stages, completed the Cognitive Reactivity Questionnaire and Inventory of Motivations for Suicide Attempts. In order to follow the ethical considerations, 10 group counseling sessions were also held for the members of waiting list group. The gathered data were analyzed applying the SPSS-21 software and by univariate covariance analysis (ANCOVA). The univariate covariance analysis results indicated that the integration of dialectical behavior therapy based on compassionate mind are effective on reduction of cognitive reactivity and motivation for suicide

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attempts ( $p \leq 0.001$ ). According to the results obtained from using the integration of dialectical behavior therapy based on compassionate mind, cognitive reactivity and motivations for suicide attempts, were reduced. We can say that this intervention can be used along with the medical treatment and other evidenced based treatments for attempted suiciders, as a useful and complementary therapeutic method.

### **Introduction**

The Shneidman' (1993) theory of suicide regards psychache as the main motive for attempting suicide. Baumeister (1990) provides a theory based on the cognitive, social, personality and psychological constructs. His escape theory states that many attempts to suicide are to reduce the negative self-awareness.

### **Method**

The current study was based on the experimental method, with a pre-test post-test design, with ethical code of IR. KUMS REC 1396. 399. The statistical sample of this study consisted of 48 suicide attempters by drug poisoning that 32 subjects from them were selected and assigned randomly to the experimental and control group.

### **Results**

The results indicated that the main effects of the group on the cognitive reactivity variable ( $p \leq 0.001$ ,  $F_{(1, 24)} = 31.99$ ) and motivation of attempting suicide ( $p \leq 0.001$ ,  $F_{(1, 24)} = 154.49$ ) were significant. According to ETA squared, the amount of this effect for the cognitive reactivity variable was 57% and for the motivation for suicide attempts was 53%.

### **Discussion**

The aim of the current research was to study the effectiveness of integration of dialectical behavior therapy based on compassionate mind on the reduction of cognitive reactivity and motivation for suicide attempts in attempted suicide. To explain the results we can say that a large part of the integration of dialectical behavior therapy based on compassionate mind is based on trained skills that somehow focus attention to the individual's inner states (such as emotions and cognitions) in a non-judgmental and acceptant mode.

**Keywords:** dialectical behavior therapy based on compassionate mind, cognitive reactivity, motivations for suicide attempts.