

## Comparing the Effectiveness of Group Therapy by “Interaction and Psychodrama” on Emotional Awareness of Adolescent Girls with Psychological Distress

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### Introduction

Adolescents experience more positive and negative emotions and emotional fluctuations in comparison to children and adults, so emotion regulation is more important in these ages. In this regard, emotional awareness, as a component and prerequisite of adaptive emotional regulation, is defined as the ability to focus on emotions, understanding its type and source, distinguishing positive and negative emotions in oneself and others. The purpose of this study was comparing the effects of group therapy, based on interaction and psychodrama methods, on emotional awareness in adolescent girls with psychological distress.

### Method

The method of present study was an experimental research, a pretest-posttest design with control group. The participants of this study were consisted of 33 female students (aged 14-16) with psychological distress in academic year 2016-2017. They were selected by purposive sampling method and then randomly assigned into three equal groups. Intervention was conducted in 10 sessions of 2-hour group therapy, based on interaction and psychodrama, and participants were tested at baseline and post-treatment stages by two questionnaires, Kessler Psychological Distress (K-10) and Riffe Emotional Awareness (EAQ-30). The Data were analyzed using univariate and multivariate analysis of covariance ANCOVA and MANCOVA methods.

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## Results

Statistical analysis results showed that group therapy, based on interaction and psychodrama methods, had a significant effect on increasing emotional self-awareness ( $\eta^2 = 0.50$ ), its components including differentiating emotions ( $\eta^2 = 0.25$ ) and verbal sharing ( $\eta^2 = 0.42$ ) and reducing psychological distress ( $\eta^2 = 0.33$ ) in adolescents. In comparison only psychodrama was significantly effective on improving bodily awareness component ( $\eta^2 = 0.35$ ). The finding generally showed that group therapy based on interaction and psychodrama methods in addition to helping adolescents' psychological well-being is also effective in improving their emotional self-awareness.

## Discussion

Group therapy as an effective and economic way of therapy can help to improve the emotional self-awareness, emotional regulation and psychological well-being. It can be used at different levels of prevention and treatment of various disorders in society's different groups, especially adolescents.

**Keywords:** Interaction Group Therapy, Psychodrama, Psychological Distress, Emotional Awareness.

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