

The Comparison of the Effectiveness of Quality of Life Therapy Techniques Training and Dialectical Behavioral Therapy on Distress Tolerance among Female Students with Smartphones Addiction

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Introduction

Smartphones have become a new type of addiction due to the pace of development, including in the media, smart phones and the information technology industry (Kwon, Kim, Cho & yang, 2013). Smartphone use is becoming more prominent than other behaviors in a person's life, and people cannot control their use of these devices, meaning they still use smartphones despite negative physical, psychological, and social experiences (Chun, 2018). The main cause of adolescents' and youth's addiction to smartphones seems to be stress from family and school (Choi, Kim, Yang, Lee, Joo & Jung, 2014). Research results show that adolescent girls are more vulnerable to smartphone addiction, and smartphone use and addiction factors differ from those affecting adolescent boys (Chun, 2018).

Method

This study was a quasi-experimental with pre-test and post-test with control group. The statistical population of the study consisted of all female psychology students of Tabriz Islamic Azad University. Among students

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with SAS scores of two standard deviations and one standard deviation below the mean of distress tolerance scale (DTS), 45 were selected as available and divided into experimental and control groups. A control group was replaced. The number of people in all three groups was 15. Subjects in the first and second groups received 8 hours of two-hour training on dialectical therapy based on quality of life and behavioral therapy, but the control group received no training. At the last session, the questionnaires were again administered to all three groups. After three months of post-test, distress tolerance questionnaire was again administered to all subjects to determine the effects of techniques training over time.

Results

The results of univariate analysis of covariance showed that training of dialectical behavior therapy techniques was effective on increasing distress tolerance compared to quality of life therapy ($P<0/05$). The results of one-way analysis of variance also showed that the effectiveness of dialectical behavior therapy training in 3-month follow-up was maintained ($P<0/01$).

Discussion

The results showed that teaching dialectical behavior therapy techniques was effective in increasing the distress tolerance of students with smartphones in comparison with teaching quality of life Based therapy techniques. It can be said that dialectical behavior therapy, as it contains exercises and techniques that emphasize consciousness and consciousness, monitoring events without judging and evaluating (brainwashing), thus creates a deep relaxation in the person that is more pathetic.

Keywords: Quality of Life therapy, Dialectical behavioral therapy, Distress tolerance, Smartphone addiction.

Author Contributions: Saeed Najarpour Ostadi, general framework planning, content editing and analyzing, submission and correction. Dr. Bahman Akbari, collaboration in general framework planning, selection of approaches; final review and corresponding author. Dr. Javad Khalatbari & Dr. Jalil Babapour Kheiraldin, comparison of approaches, conclusions. All authors discussed the results, reviewed and approved the final version of the manuscript.

Acknowledgments: The authors thank all dear colleagues and professors who have helped us in this research.

Conflicts of Interest: The authors declare there is no conflict of interest in this article. This article extracted from the Ph.D thesis, with the guidance of Dr. Akbari and with the consultation of Dr. Javad Khalatbari & Dr. Jalil Babapour Kheiraldin.

Funding: This article did not receive financial support.
