

## Training and Development of Indigenous Compassion Therapy Package on Mental Health, Psychological Capital and Lifestyle of Working Women in Isfahan

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### Introduction

The aim of this study was to Train and development of indigenous compassion therapy package on mental health, psychological capital, and lifestyle of working women in Isfahan. Conducting research and collecting scientific information on determining the general health of women in the workplace is a vicious cycle in our country. However, the results of studies show that women are more exposed to harmful factors in the workplace than men and need more attention and care. The World Health Organization considers mental health to be a state of health in which the individual recognizes his or her abilities, can cope with the natural pressures of life, is productive for society, and can make decisions and participate collectively.

### Method

The research method was quasi-experimental with pre-test-post-test design with experimental and control groups. The statistical population included all working women in the age group of 25 to 45 years in Isfahan and the sample size included 30 people, 15 of whom were placed in the experimental group and 15 in the control group and were selected by purposive sampling. Indigenous compassion therapy was performed for

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women in the experimental group (in 8 sessions). Measurement tools included the 28-item GHQ Goldberg Questionnaire (1972), the Psychological Capital Questionnaire by Luthans (2007), and the Miller-Smith Lifestyle Questionnaire (1988). Multivariate and univariate analyses of covariance and repeated measures analysis of variance were used to analyze the data.

### Results

The results showed that there was a significant difference at the level of  $\alpha = 0.05$  between the mean scores of post-test lifestyle, mental health, and psychological capital of women in the experimental and control groups. The effect size indicates that in the post-test scores, the lifestyle variable is 33%, the mental health variable is 66%, and the psychological capital variable is 40%, which is affected by the indigenous compassion therapy package.

### Conclusion

The results on the effect of indigenous compassion training on lifestyle, mental health, and psychological capital of working women showed that there was a significant difference between the mean scores of lifestyle tests, mental health, and psychological capital of women in the experimental and control groups. Therefore, it can be concluded that indigenous compassion education has an impact on the lifestyle, mental health, and psychological capital of working women. Therefore, it can be concluded that indigenous compassion education affects the lifestyle, mental health, and psychological capital of women working in the present study.

**Keywords:** Indigenous Compassion Therapy, Mental Health, Psychological Capital, Lifestyle, Working Women

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