

## Comparison of the Effectiveness of Immunization Training Against Stress and Self-Compassion Training on Sense of Agency and Emotion Regulation in Male Adolescents

Farideh Narimisaei\*

Sahar Safarzadeh\*\*

Fatemeh Sadat Marashian\*\*\*

### Introduction

Adolescence is one of the most important stages of life and due to physical maturity and hormonal changes and consequently increase sexual needs in adolescents, the likelihood of deviant behaviors increases and can have a detrimental effect on the normal functioning of adolescents. Therefore, the aim of this study was to Comparison of the effectiveness of immunization training against stress and self-compassion training on the sense of agency and emotional regulation in male adolescents in Ahvaz.

### Method

This was a quasi-experimental study with a pre-test, post-test, and control group and a two-month follow-up stage design. The statistical population of this study was all of the male adolescents in Ahvaz in the academic year of 2022-2021, from which 75 male students of the twelfth grade were randomly selected and randomly divided into two experimental groups and a control group (25 people in each group). The first experimental group was trained immunization against stress Mykenbaum (2008), in 8 sessions of 90 minutes, and the second experimental group was trained self-compassion Gilbert (2009), in 8 sessions of 90 minutes and the control group did not receive any interventions. The instruments used included Woody's (2013) Sense of

---

\* PhD Student in Psychology, Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

\*\* Assistant Professor, Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran. *Corresponding Author:* [safarzadeh1152@yahoo.com](mailto:safarzadeh1152@yahoo.com)

\*\*\* Assistant Professor, Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

Activity Scale and Garnfsky and Craig's (2002) Short Form Cognitive Emotion Regulation Styles Questionnaire. Data were analyzed using Bonferroni multivariate and post hoc analysis of covariance in SPSS-23 software.

### Results

The results of data analysis showed that stress immunization training and self-compassion training affected the sense of agency, emotion regulation in comparison to the control group in male adolescents. Furthermore, results showed stress immunization training increased the sense of agency and emotion regulation. The ratio of self-compassion training was higher ( $P < 0.001$ ).

### Conclusion

The results showed the effectiveness of immunization training against stress and self-compassion training in the sense of agency, emotional regulation in adolescents. Therefore, it is recommended that clinical psychologists, therapists, and counselors use immunization against stress and self-compassion training, along with other therapies, to increase adolescents' sense of agency and emotion regulation.

**Keywords:** Immunization Training against Stress, Self-Compassion, Sense of Agency, Emotion Regulation

---

**Author Contributions:** Farideh Narimisaie, collaboration in general framework planning, selection of approaches. Dr. Sahar Safarzadeh, general framework planning, content editing and analyzing submission and correction, final review, and corresponding author. Dr. Fatemeh Sadat Marashian, comparison of approaches, conclusions. All authors discussed the results, reviewed and approved the final version of the manuscript.

**Acknowledgments:** The authors thank all individuals who have helped us in this research.

**Conflicts of Interest:** The authors declare there is no conflict of interest in this article. This article was extracted from the Ph.D. dissertation of Farideh Narimisaie, supervised by Dr. Sahar Safarzadeh and with the consultation of Dr. Fatemeh Sadat Kardashian.

**Funding:** This article did not receive financial support.

---