

## The Comparison of Effectiveness of Quality of Life Based on Lived Experiences Therapy with Integral Deep Listening Therapy on Improving Insomnia Severity and Sleep Quality in Female Adolescent with Insomnia

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### Introduction

Insomnia is one of the major disorders of adolescent sleep that has implications for various aspects of their health and performance. The present study was performed to compare the effectiveness quality of life based on lived experiences and integral deep listening treatment on the insomnia intensity and sleep quality of female adolescents.

### Method

A method of this study was semi-experimental with pretest-posttest and two months follow-up. The statistical population consisted of 45 female adolescents suffering from insomnia from Isfahan senior high schools that, as a target, were selected and randomly assigned divided into two groups of intervention and a control group. Research tools, Insomnia Severity Index (ISI - 2006), Pittsburgh Sleep Quality Index (PSQI -1989) and, Clinical Interviews (to diagnose insomnia and other mental problems), were completed by all groups. Data were analyzed by analysis of variance test with repeated measurements and Bonferroni follow-up test.

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## Results

The results of repeated measures' analysis with the effect time effect and group interaction showed that these two interventions had a significant effect on improving the severity of insomnia and sleep quality in the two experimental groups compared to the control group and this effect was persisting at follow-up ( $p < 0.05$ ). In comparison, integral deep listening treatment was more effective in improving the severity of insomnia than the quality of life therapy ( $p < 0.05$ ). In both post-test and follow up there was no significant difference in regard to effectiveness of sleep quality in quality of life therapy group and the group with therapy based on integral deep treatment. ( $p > 0.05$ ).

## Conclusion

According to the results of this study, it can be said that the treatment of integral deep listening has been more effective in improving the severity of insomnia than quality of life treatment. Based on the results treatment of integral deep listening, it can be used to reduce the severity of insomnia and increase the quality of sleep. In order to get better results it is recommended to use "IDL" instead of "Quality of Life Treatment".

**Keywords:** Quality of life, Integral Deep listening, Insomnia Severity, Sleep Quality, Adolescent Girls

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