

Efficacy of Modular Cognitive-Behavioral Therapy on Facial Expression Bias and Fear of Negative Evaluation in Paranoid Students

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Introduction

Paranoid disorder is a type of personality disorder involving a pattern of widespread distrust and suspicion of others, so that the motives of others are interpreted by the individual as filthy and biased. In the content of their thoughts, there is evidence of projection, prejudice and sometimes attributional thoughts. Moreover, bias towards the processing of negative signals seems to be the main cognitive element involved in interpersonal relationships. The purpose of this research was to investigate the effectiveness of Modular Cognitive-Behavioral Therapy on facial expression bias and fear of negative evaluation in paranoid students.

Method

The research method was quasi-experimental with pre-test-post-test with control group. The research community was composed of all students referring to the counseling center of Kashmar University of Medical Sciences in the year 2016-17 who were diagnosed according to Multidimensional Clinical Questionnaire-3 and DSM-5 criteria with paranoid attribution disorder (according to statistics obtained from the center of 60 people). Of these, 40

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students (17 women and 23 men) with paranoid characteristics were selected through purposeful sampling and were randomly assigned to experimental and control groups (20 people in each group). The procedure was: first, both groups responded to the research instruments, including Multidimensional Clinical Questionnaire and Objective Fear Scale (pre-test) and then the experimental group was treated for 16 sessions (8 weeks, 2 sessions per week, and each session 90 minutes) and the control group did not receive any intervention. At the end, both groups responded to the research instruments again (post-test).

The collected data were analyzed by SPSS-22 software and inferential statistics of covariance analysis was used.

Results

The results of analysis of covariance showed that by eliminating the effect of pre-test scores on facial expression bias and fear of negative evaluation as a scattering variable, the main effect of Modular Cognitive-Behavioral Therapy on facial expression bias and fear of negative evaluation was significant ($p < 0.05$).

Conclusion

Modular Cognitive Behavioral Therapy can be used as an effective method to reduce interpretation bias and fear of negative evaluation of people with paranoid traits.

Keywords: Modular Cognitive-Behavioral Therapy, process unit, facial expression bias, fear of negative evaluation, paranoid

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