

**The effectiveness of reality therapy on social adjustment,  
psychological well-being and self-criticism of generalized anxiety  
disorder of referred people to Ahvaz psychological clinics**

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**Introduction**

Among the dimensions of psychiatric pathology, anxiety is considered as one of the most common psychiatric disorders. The purpose of this study was to determine the efficacy of reality-therapy on social adjustment, psychological well-being and self-criticism among people with generalized anxiety disorder.

**Method**

The methodology of this research was experimental with pre-test-post-test and control group design. The statistical population included all people with anxiety disorder, who referred to Ahvaz psychological treatment clinics in 2017. A sample of 40 people were selected using a targeted sampling method from the population, and were randomly assigned to the experimental group and the control group. The research tools used in this study included Social Adjustment Scale, Psychological Well-Being Questionnaire and Self-Criticism Scale. In this study, the reliabilities obtained for Cronbach's alpha for Social Adjustment Scale, Psychological

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Well-Being Questionnaire and Self-Criticism Scale were respectively 0.82, 0.76 and 0.87.

### Results

The results of Levin's test showed that the variables of social adjustment ( $F = 2.08$ ,  $p = 0.13$ ), psychological well-being ( $F = 1.46$ ,  $p = 0.24$ ) and self-criticism ( $F = 1.96$ ,  $p = 0.06$ ) were not significant, therefore the assumption of homogeneity of variances is supported. In addition, the interaction between pre-tests and post-tests is not significant at factor levels (social compatibility ( $F = 1.33$ ,  $p = 0.27$ ), psychological well-being ( $F = 0.15$ ,  $p = 0.85$ ), and self-criticism ( $F = 15.29$ ,  $p = 0.074$ ). Therefore, the assumption of homogeneity of regression slopes is met. Accordingly, the pre-assumptions of MANCOVA was confirmed in both experimental and control groups.

The results obtained using MANCOVA analysis on the research variables showed that there was at least one significant difference in one of the dependent variables, between the experimental group and the control group in the post-test stage. Finally, the results of one-way ANCOVA, in MANCOVA context showed that there was no significant difference between the two groups in the dependent variable of social adjustment ( $F = 1.98$  and  $167 = p$ ) at the post-test stage, but there were significant differences for psychological well-being at the post-test stage.

### Conclusion

The results obtained using data analysis showed that the reality therapy had a significant effect on psychological well-being and self-criticism of patients with general anxiety, but there was no significant difference between the experimental group and the control group in terms of social adjustment.

The results of data analysis showed that in this research, reality therapy has been effective in improving the psychological status of people with generalized anxiety; hence, therapists, especially those working in the field of generalized anxiety treatment, are recommended to use this therapeutic approach in treating the patients suffering generalized anxiety disorder.

**Keywords:** reality therapy, generalized anxiety disorder, social adjustment, psychological well-being, self-criticism