

The effect of meta-cognitive therapy on thought control strategies in patients with post-traumatic stress disorder

Ghasem Abdolpour*

Zeynabkhanjani**

Majid Mahmoud Aliloo**

Ali fakhari****

Introduction

Post-traumatic stress disorder is a disturbance characterized by repeated experience of traumatic injury, avoidance of accidental stimulus and extreme arousal and negative changes in cognition and mood (American Psychiatric Association, 2013). Approximately 5-6% of men and 10-12% of women experience a disorder of post-traumatic stress disorder during their lifetime (Alici, et al., 2010). One of the important symptoms of patients with posttraumatic stress disorder is thought control strategies. Meta-cognitive control strategies are the responses that individuals present to control the activities of the cognitive system. Therefore, considering that, meta-cognitive-based treatment methods are considered as short-term treatments, doing research for efficiency and effectiveness of this treatment is important (Wells, 2000).

Method

This research has been implemented within the framework of a single case study using multiple base lines. The statistical population of this study is all people with post-traumatic stress disorder in Tabriz city in the year 2014. The sample of this study consisted of three people (two women and one man), who were patients with post-traumatic stress disorder, referred from psychiatrists, and were selected by objective sampling method and available sample. Patients were evaluated in pre-treatment, during treatment

* Ph.D. student, faculty of psychology and educational sciences, University of Shahed, Tehran, Iran. *Corresponding Author*: G.marand@yahoo.com

** Professor, faculty of psychology and educational sciences, University of Tabriz, Tabriz, Iran.

**** Associate professor, department of psychiatry, clinical psychiatry research center (CPRC), Tabriz University of Medical Sciences, Tabriz, Iran.

and follow-up period of six weeks later, using the Thought Control Strategies Inventory, and the Mississippi PTSD Scale (MPS).

Results

The average age of patients were 25.3, they were moderately low in terms of socioeconomic status and had no previous medical treatment. In the following table the percentage of treatment recovery and follow-up and the effect size of treatment for all three patients were obtained in thought control strategies.

Indicators of therapeutic trend changes, percent of recovery, effect size of patients

Patients	Patient 1	Patient 2	Patient 3
Baseline Mean	99	93	89
Treatment Mean	74.40	69.60	69.70
Baseline Standard Deviation	2.6	3.5	1.9
Treatment Standard Deviation	16.76769	15.8619	13.30873
Treatment Recovery Percent	50.51	50.54	46.07
Follow up Recovery Percent	55.55	58.06	49.43
Effect Size	1.41	1.48	1.54

In the case study, after the treatment and follow-up sessions, the treatment recovery percent of the first patient was about 50.51% and 55.55%, the second 50.54%, and 58.06%, and the third one 46.07% and 49.43%, respectively. Also, the effect size obtained for the first subject was 1.41, the second subject, 1.48 and the third one was 1.54.

Discussion

According to the meta-cognitive model, the activation of ineffective meta-cognitive beliefs leads to a negative evaluation of disturbing thought as a sign of threat. One of the reasons why people after traumatic stress disorder use inappropriate strategies such as self-esteem and worry after injury are beliefs about intrusive and inaccurate thoughts. This result is due to the view that ineffective beliefs affect the way people interpret and respond to intrusive and uninvited thoughts.

Keywords: meta-cognitive, thought control strategies, post-traumatic stress