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The effects of mindfulness based cognitive therapy on thinking rumination and dysfunctional attitudes in patients suffering from major depression disorder (MDD) and obsessive-compulsive disorder (OCD)

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Introduction

Major depression and obsessive-compulsive disorders are chronic and disabling disorders that affect the ability to experience normal mood and causing impairment in all performances of the individual. To improve these patients, effective factors must be known, recognized and treated or controlled. One of the most influential factors is rumination, thinking which is involved in the onset and recurrence of these disorders. One of the most important concepts that has been taken into consideration by many experts in the formation and survival of many disorders, including depression, are dysfunctional attitudes. One of the new therapies used for these disorders is mindfulness based cognitive therapy. Mindfulness based cognitive therapy is designed to reduce the relapse of depression. For the same reason, the purpose of the present research was to determine the effectiveness of mindfulness based cognitive therapy on the use of rumination thinking and dysfunctional attitudes of people with depression and obsessive compulsive disorders.

Materials and methods

The design of research was experimental with the pre and post-test with control group. The sample included 80 patients with major depression and obsessive-compulsive disorders that according to psychiatric diagnosis and DSM-5 had been diagnosed and were divided randomly into experimental and control groups. The used instruments included Thinking Rumination Questionnaire and Dysfunctional Attitude Scale. First, for both groups pre-test was taken. Then, experimental group, at 8 sessions, were trained with mindfulness based cognitive therapy, and after finishing sessions, both groups were taken post-test. To analysis data, multivariate analysis of covariance (MANCOVA) was used.

Results

The results of research showed that mindfulness based cognitive therapy caused reduction in rumination thinking in patients suffering from major depression ($F = 330/96$, $P < 0.05$) and obsessive-compulsive disorder ($F = 482/27$, $P < 0.05$) at post-test level. Also, the treatment reduced the dysfunctional attitudes of patients suffering major depression ($F = 167/31$, $P < 0.05$) and obsessive-compulsive ($F = 436/10$, $P < 0.05$) at post-test level.

Conclusions

Finally, it can be concluded that in mindfulness based cognitive approach, individuals feel better through new relationships that make up their thoughts. For this reason it is anticipated that this treatment can be used both exclusively and in combination with the treatment of mental and physical disorders. On the basis of research findings, it is predicted that mindfulness based cognitive therapy will play important role in treating mental disorders and prevention of the onset and relapse of these disorders.

Keywords: Mindfulness Based Cognitive therapy, Thinking Rumination, Dysfunctional Attitudes.