

Comparing the Effectiveness of Emotion-Focused Cognitive-Behavioral Therapy and Mindfulness-Based Cognitive Therapy on Body Image and Cognitive Emotion Regulation in Adolescent Girls Want in Cosmetic Surgery

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Introduction

Cosmetic surgery is a common phenomenon in recent decades, and the motivation to seek cosmetic surgery is based on a combination of psychological, emotional, and personality factors. This study aimed to compare the effectiveness of cognitive-behavioral emotion-oriented behavioral therapy with mindfulness-based cognitive therapy on body image and cognitive emotion regulation of adolescent girls.

Methods

The population of the study consisted of all female high school students in Tehran in the academic year 1398-97. In a quasi-experimental design of this community, two high schools were selected using multi-stage sampling; 45 students were eligible to enter the study (performing preoperative initial procedures). From this community, 30 students were selected based on the cluster sampling method and were randomly matched into two experimental groups and one control group.

Research tools

multidimensional Body – Self Relations Questionnaire: Used. This questionnaire has 46 articles. The validity of the subscales ranging from alpha

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ranged from 0.83 to 0.92, indicating a high level of internal consistency. A body was obtained which indicates the reliability of a satisfactory test trial on this scale. Cognitive Emotion Regulation Questionnaire: This version includes 9 subscales, representing 9 cognitive emotion regulation strategies that are divided into two categories adaptive and maladaptive; Each of the four items of this questionnaire consists of two items that are graded on a Likert scale from (1) never to (5) always. The total score of each subscale is obtained by adding the score of the items. Internal consistency (Cronbach's alpha range was 0.76 to 0.96) and retest (with correlation range of 0.51 to 0.77) and validity of the questionnaire through principal component analysis using Varimax rotation correlation between subscales (with correlation range of 0.32 to 0.67) and the validity of the desired criterion has been reported.

Results

The results showed that both cognitive-behavioral therapies focused on emotion and mindfulness in improving body image and cognitive emotion regulation. Female adolescents requesting cosmetic surgery were effective ($p < 0.05$). But there is no significant difference between the effectiveness of these two treatments on the mentioned variables ($p > 0.05$).

Conclusion

Based on the findings, it said that the application of both therapeutic approaches is effective in Improving body image and better cognitive emotion regulation as well as treatment.

Keywords: Body image, Cognitive emotion regulation, Cognitive-emotional behavioral therapy, Cosmetic surgery, Mindfulness-based cognitive therapy

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