



Comparison of the Effectiveness of group Dialectical Behavior Therapy with group Schema Therapy on Psychological Distress in Women with Coronary Heart Disease

Golriz. Mohammadi Lapvandani *¹

Ahmad. Karbalaee Mohammad Migooni ²

Saeid. Malihialzackerini ³

Maryam. Kalthornia Golkar ⁴

1. Ph.D student, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran.
2. Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran.
3. Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran.
4. Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran.

Email: Dr.karbalaee1335@gmail.com | Received: 18.04.2022 | Acceptance: 19.06.2022

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 1, Pp: 128-131
Spring 2022

Original research article

Abstract

Aim: This study aimed to compare the effectiveness of group dialectical behavior therapy with group schema therapy on psychological distress in women with coronary heart disease. **Method:** This was a quasi-experimental study using a pre-test-post-test design with a control group. The statistical population included women suffering from coronary heart disease referred to Azadi Hospital in Tehran in 2018-2019, 45 people were selected as a statistical sample by available sampling method and divided into two experimental groups, and one control group (15 people for each group) were replaced. The research measurement tools included psychological distress (Kessler et al., 2002). After completing eight sessions of dialectical behavioral therapy (two sessions per week for 4 weeks) and eight sessions of group schema therapy (two sessions per week for 4 weeks) in the experimental groups, the questionnaires were repeated immediately and after three months. The sequence was completed as a post-test and follow-up in groups. The results were analyzed using descriptive statistics and inferential (repeated measures analysis of variance) in SPSS.23 software. **Results:** The results of repeated measures analysis of variance showed that both treatments were effective on psychological distress in women with coronary heart disease from pre-test to post-test and follow-up ($p=0.001$). The Bonferroni post hoc test results also showed that group dialectical behavior therapy has a more significant effect on reducing psychological distress in women with coronary heart disease than group schema therapy from pre-test to post-test and follow-up ($p=0.001$). **Conclusion:** Therefore, group dialectical behavior therapy training is recommended as an effective intervention method for reducing psychological distress in women with coronary heart disease.

Keywords: Dialectical Behavior Therapy, Schema Therapy, Psychological Distress, Coronary Heart Disease.

How to Cite This Article:
Mohammadi Lapvandani, G., Karbalaee Mohammad Migooni, A., Malihialzackerini, S. & Kalthornia Golkar, M. (2022). Comparison of the Effectiveness of group Dialectical Behavior Therapy with group Schema Therapy on Psychological Distress in Women with Coronary Heart Disease, *aftj*, 3(1): 128-131.



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

References

- Abbasi, F., Moradi Menesh, F., Naderi, F., Bakhtiarpour, S. (2019). The effectiveness of schema therapy on cognitive regulation of emotion and quality of life in people with asthma, *Journal of the Faculty of Medicine*, 63(2): 2446-2454 (Persian).
- Adibizadeh, N., & Sajjadian, A. (2017). The effectiveness of compassion-based therapy on depression, anxiety and emotion regulation in patients with coronary heart disease. *Journal of the Faculty of Medicine of Mashhad University of Medical Sciences*, 1(1): 103-115 (Persian).
- Azizi, Z., Alipour, A., & Ali Akbari Dehkordi, M. (2018). Effectiveness of group schema therapy on reducing death anxiety symptoms in cardiovascular patients, *Behavioral Science Research*, 17(2): 120-129 (Persian).
- Bos, M. M., de Vries, L., Rensen, P. C., van Dijk, K. W., Blauw, G. J., van Heemst, D., & Noordam, R. (2020). Apolipoprotein E genotype, lifestyle and coronary artery disease: gene-environment interaction analyses in the UK Biobank population. *MedRxiv*.
- Christle, J. W., Knapp, S., Geisberger, M., Cervenka, M., Moneghetti, K., Myers, J., & Boscheri, A. (2020). Interval Endurance and Resistance Training as Part of a Community-Based Secondary Prevention Program for Patients with Diabetes Mellitus and Coronary Artery Disease. *Journal of cardiopulmonary rehabilitation and prevention*, 40(1), 17-23.
- Feldman G, Harley R, Kerrigan M, Jacobo M, Fava M. (2009). Change in emotional processing during a dialectical behavior therapy-based skills group for major depressive disorder. *Behav. Res. Ther*; 47, 316–21.
- Gillespie, C., Murphy, M., & Joyce, M. (2022). Dialectical Behavior Therapy for Individuals with Borderline Personality Disorder: A Systematic Review of Outcomes after One Year of Follow-Up. *Journal of Personality Disorders*, 36(4), 431-454.
- Hayes SC, Villatte M, Levin M, Hildebrandt M. (2011). Open, aware, and active: contextual approaches as an emerging trend in the behavioral and cognitive therapies. *Annual Review of Clinical Psychology*; 7, 141-68.
- Kazemi Rezaei, S. W., Kakabraei, K. F. & Hosseini, S. A. (2018). Effectiveness of emotion regulation skill training based on dialectical behavior therapy on cognitive emotion regulation and quality of life of cardiovascular patients. *Journal of Arak University of Medical Sciences*, 22 (4): 98-111 (Persian).
- Kim, S. E., Yin, M. Z., Kim, H. J., Vorn, R., Yoo, H. Y., & Kim, S. J. (2020). Decreased inward rectifier and voltage-gated K⁺ currents of the right septal coronary artery smooth muscle cells in pulmonary arterial hypertensive rats. *The Korean Journal of Physiology & Pharmacology*, 24(1), 111-119.
- Korhonen LS, Karlsson L, Scheinin NM, Korja R, Tolvanen M, Mertsola J, Karlsson H. (2019). Prenatal Maternal Psychological Distress and Offspring Risk for Recurrent Respiratory Infections. *The Journal of pediatrics*; 208, 229-235.
- Li, X., Zhang, F., Zhou, H., Hu, Y., Guo, D., Fang, X., & Chen, Y. (2020). Interplay of TNF- α , soluble TNF receptors and oxidative stress in coronary chronic total occlusion of the oldest patients with coronary heart disease. *Cytokine*, 125, 154836.
- Linehan M. (2005). *Skills training manual for treating borderline personality disorder*. 2nd Ed. New York: Guilford Publications.
- Linehan MM. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York, NY: Guilford Press.

- Liu, J., Yu, P., Lv, W., & Wang, X. (2020). The 24-form Tai Chi improves anxiety and depression and upregulates miR-17-92 in coronary heart disease patients after percutaneous coronary intervention. *Frontiers in Physiology, 11*, 149.
- Mami, Sh., Ebrahimian, Sh., & Soltani, Sh. (2015). The effectiveness of dialectical behavior therapy on symptoms of depression, anxiety and stress in patients with anorexia nervosa: a case study of four patients. *Journal of Medical Sciences Studies, 27*(5): 384-392 (Persian).
- Miller AL, Rathus JH, Linehan M. (2007). *Dialectical Behavior Therapy with Suicidal Adolescents*. NY, Guilford Press: 38-70.
- Mirbolouk, M., Kianoush, S., Dardari, Z., Miedema, M. D., Shaw, L. J., Rumberger, J. A., & McEvoy, J. W. (2020). The association of coronary artery calcium score and mortality risk among smokers: The coronary artery calcium consortium. *Atherosclerosis, 294*, 33-40.
- Mohammadi, H., Sepehari Shamlou, Z., & Asghari Ebrahimabad, M.J. (2018). The effectiveness of group emotional schema therapy on reducing psychological distress and the difficulty of emotional regulation in divorced women. *Journal of Thought and Behavior in Clinical Psychology, 13*(51): 27-36 (Persian).
- Murad Hasheti, M., Shams Esfandabad, H., & Kakavand AR. (2014). Comparing the effectiveness of schema therapy and cognitive behavioral therapy on lifestyle self-efficacy related to weight and weight loss. *Research in psychological health, 9*(4): 74-89 (Persian).
- Nadimi, M. (2014). The effectiveness of group dialectical behavior therapy in increasing the tolerance of disturbance and improving the emotional regulation of substance abusers, *Addiction Research Quarterly, 9*(36): 141-160 (Persian).
- Osamika, B., & Ojasanya, T. (2019). Influence of socio-demographic factors, perceived happiness and psychological distress on life satisfaction among civil servants in Ibadan metropolis, Nigeria. *Nigerian Journal of Psychological Research, 15*.
- Persa, M. (2021). Comparison of the level of anxiety of cardiovascular patients with normal people. *New Ideas of Psychology Quarterly, 6* (15): 1-12 (Persian).
- Rasul, F., Stansfeld, S. A., Hart, C. L., & Smith, G. D. (2005). Psychological distress, physical illness, and risk of coronary heart disease. *Journal of Epidemiology & Community Health, 59*(2), 140-145.
- Rezaei, S., and Kakabraei, K. (2021). The effect of emotional regulation training on the strategies of re-evaluation and suppression of emotional experiences of cardiovascular patients. *Journal of Sabzevar University of Medical Sciences, 28* (4): 595-581 (Persian).
- Shamlou, N., Madras Gharavi, M., Asgharipour, N. (2013). Effectiveness of dialectical behavior therapy based on emotion regulation training on depression symptoms, *Principles of Mental Health, 16* (3): 141-154 (Persian).
- Shao, M., Lin, X., Jiang, D., Tian, H., Xu, Y., Wang, L., & Zhuo, C. (2020). Depression and cardiovascular disease: Shared molecular mechanisms and clinical implications. *Psychiatry Research, 112802*.
- Shearin EN, Linehan MM. (1992). Patient-therapist ratings and relationship to progress in dialectical behavior therapy for borderline personality disorder. *Behav. Ther, 23*, 730-41.
- Takeuchi, E., Katanoda, K., Cheli, S., Goldzweig, G., & Tabuchi, T. (2022). Restrictions on healthcare utilization and psychological distress among patients with diseases potentially vulnerable to COVID-19; the JACSIS 2020 study. *Health psychology and behavioral medicine, 10*(1), 229-240.

- Tawakli, F., Kazemi Zahrani, H., and Sadeghi, M. (2017). Effectiveness of dialectical behavior therapy on interpersonal conflict resolution in coronary heart disease patients. *Iranian Journal of Nursing Research*, 13 (2): 93-101 (Persian).
- Uwakwe CBU, Akanbi ST. (2017). Effectiveness of dialectical behaviour therapy in reduction of test anxiety among students with learning disabilities in Oyo State, Nigeria. *IFE Psychologia: An International Journal*; 25(2): 165 – 179.
- Valentine SE, Bankoff SM, Poulin RM, Reidler EB, Pantalone DW. (2015). The use of dialectical behavior therapy skills training as stand-alone treatment: a systematic review of the treatment outcome literature. *Journal of Clinical Psychology*; 71, 1-20.
- Welsh J, Korda RJ, Joshy G, Banks E. (2019). Primary absolute cardiovascular disease risk and prevention in relation to psychological distress in the Australian population: a nationally representative cross-sectional study. *Frontiers in Public Health*; 7, 126-131.
- Wu, Y. H., Hsu, Y. J., & Tzeng, W. C. (2022). Correlation between Physical Activity and Psychological Distress in Patients Receiving Hemodialysis with Comorbidities: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 19(7), 3972.
- Yonsei, F. (2019). Compilation and testing of the biological-psycho-cognitive model to explain the quality of life for children with congenital heart disease: studying the role of neurodevelopmental and psychological factors and updating the quality of life questionnaire. *Doctoral dissertation, Khwarazmi University, Tehran* (Persian).
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2006). *Schema therapy: A practitioner's guide*. Guilford press.