



# Comparison of psychological capital group training and mindfulness based cognitive therapy on pain catastrophizing in patients with migraine in Isfahan city

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## Abstract

**Aim:** The present study was conducted with the aim of comparing the effectiveness of group training of psychological capitals with cognitive therapy based on mindfulness on pain catastrophizing in migraine patients in Isfahan city. **Methods:** The design of this research was a quasi-experimental type of pre-test, post-test and follow-up with a control group. The statistical population of this research was made up of all patients suffering from migraine in Isfahan city in 2021. The research sample included 30 female patients with migraine who were selected by voluntary sampling and randomly assigned to three experimental and control groups. The experimental groups underwent 14 sessions of psychological capital training based on the training package of Abai et al. (2014) and the second experimental group underwent 8 sessions of cognitive therapy training based on the treatment package of Teasdel et al. (2000). The research tool included the pain catastrophizing questionnaire of Sullivan et al. (1995). The data were analyzed using the statistical method of repeated analysis of variance. **Results:** The results showed that group training of psychological capital and cognitive therapy based on mindfulness had a significant effect on pain catastrophizing ( $F=43.10, P<0.001$ ) of female migraine patients in Isfahan city. In addition, the mindfulness training method played a more effective role in improving the catastrophizing of migraine patients ( $P=0.001$ ). **Conclusion:** Using psychological treatments along with biological treatments for migraine patients can be an effective factor in improving mental conditions and obtaining better results from the treatment process.

**Keywords:** group training of psychological capital, cognitive therapy based on mindfulness, pain catastrophizing, migraine.

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