



Effectiveness of strength-based counseling on self-worth of divorced women

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Abstract

Aim: This study aimed to investigate the effectiveness of strength-based counseling in increasing the sense of self-worth of divorced women. **Method:** This research was quasi-experimental with a pre-test-post-test design with a control group. This research's statistical population was divorced women referred to Mehravar Counseling Center in Tehran in 2021. Among those who had obtained a lower score on the self-esteem scale of Crocker et al. (2003), a sample of 20 people was randomly selected and assigned to two experimental groups (10 people) and control groups (10 couples). The experimental group members received ten 90-minute sessions of Smith's (2006) strength-based intervention as a group, and the members of the control group were placed on the waiting list. Both groups responded to the self-esteem scale before and after the experiment. Analysis of covariance was used to analyze the data. **Results:** The results showed that strength-based counseling significantly increased self-esteem scores ($F=63.23$, $P=0.001$) and its subscales: family support ($F=46.31$, $P=0.001$); Divine Love ($F=32.10$, $P=0.001$); Scientific competence ($F=29.58$, $P=0.001$); piety and piety ($F=6.16$, $P=0.019$). This increase was stable in the follow-up phase. **Conclusion:** Based on the findings, it can be concluded that counseling based on strength increases the self-worth of divorced women.

Keywords: *Strength-based counseling, self-worth, divorced women*

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