



# The effectiveness of emotion-focused cognitive therapy on corona anxiety, sense of coherence and post-traumatic growth in women recovered from corona

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### Abstract

**Aim:** This study was conducted with the aim of determining the effectiveness of emotion-oriented cognitive therapy on anxiety of Corona, sense of coherence and post-traumatic growth in women recovered from Corona. **Methods:** The research method was quasi-experimental with a pre-test-post-test design and follow-up with a control group. The statistical population of the research was all women who recovered from Corona in the city of Babol in 2021. The sample size of the study included 30 women who recovered from Corona, who were selected by the available sampling method and according to the study entry and exit criteria. The experimental group received the emotion-oriented cognitive therapy intervention based on the protocol provided by Power (2010) in 10 weekly 90-minute sessions. The questionnaires used in this research include the growth questionnaire. After Tedeschi and Calhoun's accident (1996), Corona Anxiety Questionnaire by Alipour et al. (2019) and Antonovsky's Coherence Questionnaire (1993) The data were analyzed by variance analysis with repeated measurements in spss.22 software. **Results:** The findings showed that in the post-test between the test groups and evidence in terms of corona anxiety ( $F=12.86, P<0.001$ ), sense of coherence ( $F=60.34, P<0.001$ ), and post-traumatic growth ( $F=79.61, P<0.001$ ) There was a significant difference. In other words, the intervention of emotion-oriented cognitive therapy improved the level of anxiety of Corona, sense of coherence and post-traumatic growth of women recovered from Corona. **Conclusion:** According to the findings of the present study, it is possible to suggest emotion-oriented cognitive therapy intervention as an effective method to increase corona anxiety, sense of coherence and post-traumatic growth of women recovered from corona.

**Keywords:** emotion-oriented cognitive therapy, corona anxiety, sense of coherence, post-traumatic growth, women, corona.

## Introduction

Various therapeutic methods have been used to enhance psychological and emotional components and improve women who have recovered from COVID-19. One type of treatment that has not received much attention so far is emotion-focused cognitive therapy. Emotion-focused cognitive therapy was introduced by Power and Dogleash in 2008, which delves into the classificatory and dimensional approaches to basic emotions in a multi-level system based on different principles. According to this therapy, different levels can function based on different principles. Years of research clearly indicate that emotions play a significant role in many aspects of life and are influential in adapting and coping with stressful events and life changes. Emotions are physiological reactions that appear in important life situations and challenges to achieve human adaptability and responsiveness. Although emotions have biological and physiological foundations, individuals can influence their emotions and ways of expression and regulation, which is called emotion regulation (Yaghoubi et al., 2021). Emotion-focused cognitive therapy integrates behavior, cognition, and emotion to provide a new understanding of treatment for therapists. Emotion-focused cognitive therapy is a valuable and timely guide for professionals who seek to improve their clinical effectiveness (Motaghi Farid et al., 2022). Emotion regulation refers to a complex and multidimensional structure in which physiological, behavioral, and cognitive processes play a role, allowing individuals to monitor, evaluate, and modify emotional reactions (Shokri et al., 2022). One of the psychological problems that women have recovered from COVID-19 face is difficulty in emotion regulation. Emotion regulation, mindfulness, and existential anxiety are essential psychological factors in these individuals, and their role in these disorders needs to be better addressed (Zamani & Zamiri, 2020).

Given that the world is currently dealing with the COVID-19 pandemic and physical, psychological, economic, and many other problems are increasing as a result of its spread, there is a need for research on the various consequences of COVID-19. Therefore, based on the aforementioned issues, the current research aimed to determine the effectiveness of emotion-focused cognitive therapy on COVID-19 anxiety, sense of coherence, and post-traumatic growth in women who have recovered from COVID-19.

## Method

The research method was quasi-experimental with a pre-test-post-test design and follow-up with a control group. The statistical population of the research was all women who recovered from Corona in the city of Babol in 2021. The sample size of the study included 30 women who recovered from Corona, who were selected by the available sampling method and according to the study entry and exit criteria. The experimental group received the emotion-oriented cognitive therapy intervention based on the protocol provided by Power (2010) in 10 weekly 90-minute sessions. The questionnaires used in this research include the growth questionnaire. After Tedeschi and Calhoun's accident (1996), Corona Anxiety Questionnaire by Alipour et al. (2019) and Antonovsky's Coherence Questionnaire (1993) The data were analyzed by variance analysis with repeated measurements in spss.22 software.

## Results

The findings showed that in the post-test between the test groups and evidence in terms of corona anxiety ( $F=12.86, P<0.001$ ), sense of coherence ( $F=60.34, P<0.001$ ), and post-traumatic growth ( $F=79.61, P<0.001$ ) There was a significant difference.

In other words, the intervention of emotion-oriented cognitive therapy improved the level of anxiety of Corona, sense of coherence and post-traumatic growth of women recovered from Corona.

### **Conclusion**

According to the findings of the present study, it is possible to suggest emotion-oriented cognitive therapy intervention as an effective method to increase corona anxiety, sense of coherence and post-traumatic growth of women recovered from corona.

A part of cognitive emotion regulation strategies is dedicated to teaching problem-solving skills, anger control skills, identifying and correcting traumatic cognitive evaluations, and teaching re-evaluation strategies. Therefore, it can be said that the use of emotion regulation strategies through the mentioned techniques makes these people able to perform more adaptively and flexibly in stressful and stressful situations resulting from psychological problems. Some researchers believe that positive emotions are very important psychological resources that help a person; Use effective coping methods against mental pressure.

The main limitations of this study included the use of convenience sampling, self-report measures, a single-gender community, and a limited research population consisting of women recovering from COVID-19 in Babol city. Therefore, it is recommended that future studies use methods with less error, such as random sampling. This study should be conducted on men and women who have recovered from COVID-19 in other cities, and the results of these studies should be compared. Other recommendations include using interviews to collect data instead of questionnaires or in addition to questionnaires. Finally, it is suggested to compare emotion-focused therapy with other third-wave psychotherapy methods, such as acceptance and commitment therapy, compassion training, and so on.

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