

Evaluate The Effectiveness of Cognitive-Behavioral Strategies on Anxiety, Aggression, And Quality of Life of Disabled People with Physical and Mobility Impairments in Isfahan's Rehabilitation Centers

Nafiseh Kananifar¹, Mahtab Fathi², Sayad Hamid Atashpour³

¹ *University of Stavanger, Faculty of Social Sciences, Department of Social Studies, Norway*

² *Islamic Azad University of Khomeinishahr, Isfahan, Iran*

³ *University of Isfahan (Khorasgan) Branch, Isfahan, Iran*

Abstract

The purpose of this study was to evaluate the efficacy of Cognitive-Behavioral strategies on anxiety, aggression, and Quality of Life of disabled people with physical and mobility impairments in Isfahan's rehabilitation centers. The research method was descriptive and quasi-experimental with a pre-test/post-test control group design. The statistical population of the research was determined as disabled people with physical and mobility impairments in Isfahan rehabilitation centers. The sample included 20 participants in the control group and 20 in the experimental group. Ten sessions were held, and each session lasted 1.5 hours. To collect data, three types of questionnaires, including Beck Anxiety Inventory (1998), Arnold H. Buss-Perry Aggression Questionnaire (1992), and the World Health Organization Quality of Life Questionnaire (1996) were used. Also, the formal and internal validity and the structure of each three questionnaires were confirmed, and reliability of the questionnaires was reported by using Cronbach's Alpha as (0/87), (0/87), and (0/77). The data were analyzed by statistical methods such as analysis of covariance, average and standard deviation of the pre-test and post-test, Levene's, and Kolmogorov-Smirnov test using SPSS 20 software. The results showed that cognitive-behavioral strategies training influences on reducing anxiety of disabled people with impairments ($F=17/86$, $p=0/001$). The cognitive-behavioral strategies training influences on reducing the aggression of disabled people with impairments ($F=129/8$, $p=0/001$). The cognitive-behavioral strategies training improves the quality of life of disabled people with physical and mobility impairments ($F=138/5$, $p=0/001$). The cognitive-behavioral strategies training influences on reducing the anger of disabled people with physical and mobility impairments ($F=158/8$, $p=0/001$). The cognitive-behavioral strategies training influences on reducing the invasion of disabled people with physical and mobility impairments ($F=38/75$, $p=0/001$). The results showed that cognitive-behavioral strategies training influences on reducing the malice of disabled people with physical and mobility impairments ($F=15/82$, $p=0/001$).

Key words: Physical, Mobility Disabled People, Aggression, Anxiety, Isfahan's Rehabilitation Centers