Title:
A Study of the effectiveness of group therapy based on compassion-focused therapy on self-compassion, depression, anxiety and the quality of life of male patients diagnosed with Multiple Sclerosis in Isfahan

Abstract:
Multiple Sclerosis is a central nervous system disorder. Which has developed so many challenges pertaining to psychological adjustment of the patients in all over the world. In this regard, compassion-focused therapy is one of the third-generation treatments in the field of treating mood and anxiety disorders. This study aimed to investigate the effectiveness of group therapy based on compassion-focused therapy, on reducing depression, anxiety and increasing the quality of life in male patients diagnosed with multiple sclerosis in Isfahan. Using A pretest-posttest quasi experimental Design, this study was conducted with an experimental group and a control group. Sample for study was chosen with available sampling from the male patients who came to MS society and among them a group of 30 patients was randomly divided into a experimental group and a control group of 15 individuals. In the pretest stage, Beck’s questionnaire of self-compassion, anxiety, depression and quality of life was used. The experimental group of compassion-focused therapy received 8 90-minute sessions and the control group received no treatment. In the post-test, the questionnaire was administered to both groups again. And the data were analyzed using variance and covariance method. Results: The results demonstrated that in the post-test stage, scores of self-compassion, and quality of life of the experimental group increased significantly compared to the control group and anxiety and depression scores decreased significantly compared to control group. Therefore, group therapy which was based on compassion-focused therapy have been effective in the treatment of anxiety and depression and in increasing self-compassion and quality of life in men with Multiple Sclerosis. Conclusion: The results emphasize the importance of these interventions in the treatment of anxiety, depression, self-compassion and quality of life of people with multiple sclerosis and also put emphasis on presenting new horizons in clinical interventions.

Keywords: compassion-focused therapy, group therapy, self-compassion, depression, anxiety, multiple sclerosis