Title:
Studying the effectiveness of compassion focused therapy on depression and resilience in patients with type II diabetes

Abstract:
The aim of this research was to examine the effectiveness of compassion focused therapy on depression and resilience in patients with type 2 diabetes. Method of this research was conducted in the form of quasi-experimental, with design of pre-post-test and experimental and control groups. The statistical population of this research included all patients with type II diabetes in Najaf Abad in 1395. The sample of current research were consisted of 24 patients with type II diabetes who selected by available sampling method of the patients referred to several psychology clinics and the Jahan Diabetic Association in Najaf Abad. Then were assigned randomly in two groups as experiment (n = 12) and control (n = 12). Instrument of this research was the Beck Depression Inventory (BDI) and Conner-Davidson Resilience Scale that were completed by both groups in pre- and post-test. Compassion focused therapy was conducted in the experiment group for 10 sessions weekly. The data were analyzed by (SPSS) statistical software and multivariate analysis of covariance (MANCOVA). The results of the multivariate analysis of covariance indicate that compassion focused therapy have a significant effect on depression and resilience in patients (05/0> p). Overall, the research showed that compassion focused therapy is effective in improving depression and resilience, especially in patients with diabetes.

Keywords:
Key words: diabetes, compassion focused therapy, depression, resilience.