Title:
The effectiveness of cognitive-behavioral therapy on emotional control and quality of life in patients with multiple sclerosis in Isfehan city

Abstract:
This study aimed to determine the effectiveness of cognitive-behavioral therapy on emotional control and quality of life in patients with multiple sclerosis in Isfehan city. Quasi-experimental study using pretest-posttest control group was. The study population included all members of the MS Society in 2016-2017. The sample included 30 participants who were selected using available to sampling of the population and were randomly assigned to experimental and control groups (n = 15 per group) were replaced. Both emotional control Williams and Chambless (1997) and quality of life in multiple sclerosis Wackery (1995) as pre-completed and after completion of eight sessions cognitive-behavioral therapy, re-test and control group was conducted. Data were collected using descriptive statistics such as mean and standard deviation and inferential statistics MANCOVA were analyzed by SPSS software version 20. Based on the findings, cognitive-behavioral therapy, improve quality of life and emotional control and their components have been effective in MS patients (p<0.05). So it seems that with the implementation of this type of intervention can improve the quality of life and emotional control MS patients helped.

Keywords:
Cognitive-behavioral therapy, Emotional control, Quality of life, MS