

The Effectiveness of Unified Transdiagnostic Treatment in Anxiety, Rumination and General Health among Children of Martyrs and Sacrifice

Ghovati, Atefeh ¹; Delroba, Mina ²; Ahovan, Masoud ^{*3};
Aghamohammadian Sharbaf, Hamid Reza⁴; Farnoosh, Maryam⁵

1. Master of General Psychology, Hekmat Razavi Institute of Higher Education, Mashhad, Iran 
2. Master of clinical Psychology, Psychology group, Faculty of Literature and Humanities, Shahid Bahonar University, Kerman, Iran 
3. Corresponding Author: PhD, Counseling, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran. 
4. Professor and Member of Psychology group, Faculty of Education and Psychology, Ferdowsi University of Mashhad, Mashhad, Iran 
5. School Counseling, Quchan Branch, Islamic Azad University, Quchan, Iran 

Abstract

The aim of this study was to determine The effectiveness of Unified Transdiagnostic Treatment in reducing anxiety, rumination and increasing general health in children of Witness and Sacrifice. The present study is a quasi-experimental study with an intervention and control group. The statistical population of the study was all children of Witness and Sacrifice of the holy city of Mashhad, which in a purposeful way, 9 patients were selected in each group. Measurement tools included a general health questionnaire(GHQ), rumination response style(RRS), and Hamilton anxiety(HA). The intervention group of Unified Transdiagnostic Treatment for 12 sessions of 90 minutes, while the control group did not receive any intervention during this period. After the treatment, post-test and Follow up was performed. The results of repeated measures analysis of variance showed that integrated meta-diagnostic treatment has a significant effect on reducing anxiety, rumination and increasing general health.

Keywords: Anxiety, general health, rumination, Unified transdiagnostic treatment

Introduction

One of the negative consequences of war is its psychological effects on the families of warriors. Children are one of the groups that experience the most pressure under the influence of war and its unfavorable experiences (Schram, & Hodes, 2018). Anxiety is defined as excessive and unreasonable worry about everyday events and activities (Gao, et al., 2020). Ruminants are associated with depression, negative moods, poor problem solving, behavioral inhibition, and stress, all of which reduce general health in individuals (Gazillo, et al., 2020). Leading theorists have argued that defects in the application of emotion regulation strategies may be very important meta-diagnostic factors that underlie various types of psychological trauma, including depression and anxiety(Aldao, et al., 2010) The main goal of integrated transdiagnostic therapy is to develop skills that can effectively manage negative emotion. They need to have the necessary capabilities and training to deal with problems in various political, economic, cultural and social fields. In this regard, the present study was conducted to investigate the effectiveness of unified transdiagnostic treatment in anxiety, rumination and general health among children of martyrs and sacrifice. The hypotheses were:

- Unified Transdiagnostic Treatment is effective on anxiety of martyrs and sacrifice in post-test.
- Unified Transdiagnostic Treatment is effective on rumination of martyrs and sacrifice.
- Unified Transdiagnostic Treatment is effective on general health of martyrs and sacrifice.

Method

The statistical population of this study consisted of all children of martyrs and sacrifice who referred to Mehregan and Artiman Counseling Centers in Mashhad in 2019. Out of 25 client referred to the centers, 18 of them willing to participate in the study formed a research sample. All participants with anxiety, based on a structured clinical interview by a psychiatrist and clinical psychologist and the implementation of an anxiety questionnaire (with a higher score criterion 25), were selected by available sampling according to the inclusion criteria. They were randomly assigned to two groups of 9 in the experimental group and the control group (waiting for treatment). The experimental group underwent integrated Barlow meta-diagnostic treatment. The treatment program included 12 interventions of 90-minute sessions, once a week in a group manner at Mehrgan Counseling Center in Mashhad. Data were collected from both groups in three stages before, after intervention and follow-up three months later. Statistical test of analysis of variance with repeated measures was performed on data, using SPSS software version 22.

Tools

Goldberg General Health Questionnaire: Goldberg (1972) developed this scale. This scale contains 28 items. Cronbach's alpha coefficient of 0.92 for this scale reported by Nazifi, et al. (2014) and its convergent validity was 0.69. In the present study, Cronbach's alpha coefficient is 0.87.

Ruminative Responses Scales(RRS): This Questionnaire was developed by Nolen-Hoeksema & Morrow (1991) and consists of 22 items and two factors. Cronbach's alpha was obtained in the range of 0.88 to 0.92. In the present study, Cronbach's alpha coefficient for 2 factors was 0.77and 0. 68.

Hamilton Anxiety Questionnaire: It is one of the first semi-structured instruments developed by Max Hamilton in 1959 to assess the severity of symptoms. In the present study, Cronbach's alpha coefficient is 0.89.

Results

The results of intragroup effect tests (repeated measures) indicate that F variables of rumination, mental health and anxiety in the experimental group are significant ($P < 0.05$) and this indicates the positive effect of integrated meta-diagnostic therapy on rumination, Mental health and anxiety in the pre-test, post-test and follow-up stages.

Table 1: Results of intragroup effect tests) repeated measurements)

Variable	The third type of squares	df	F	P
----------	---------------------------	----	---	---

Rumination	۳۲۰/۷۸	۱	3.42	۰/۰۰۲
General Health	۴۹۰/۴۸	1	۴/۳۴	۰/۰۰۱
Anxiety	۴۲۵/۴۷	1	۵/۲۱	۰/۰۰۱

Discussion and Conclusion

The results of the present study effect of meta-diagnostic therapy on rumination can be explain that meta-diagnostic therapy emphasizes a concept called emotional avoidance and acceptance of emotions and offers exercises to deal with avoidance. This treatment also deals with the concept of problem solving, which helps people to acquire problem-solving skills instead of engaging in rumination, thereby reducing their rumination process. Explaining the effectiveness of this treatment on mental health, it can be said that this treatment will help increase this component through several issues. First, it focuses on discussing emotions, recognizing them, and managing them properly, which affects mental health. Second, the treatment emphasizes skills training and problem solving, and this can explain the impact of this treatment on mental health. Third, the holistic view, which is described in this treatment, helps to form a comprehensive view of the individual, and this affects mental health.

References

- Aldao, A., & Nolen-Hoeksema, S. (2010). Specificity of cognitive emotion regulation strategies: A transdiagnostic examination. *Behaviour Research and Therapy*, 48, 974- 983.
- Barlow, D. H., Farchione, T. J., Bullis, J. R., Gallagher, M. W., Murray-Latin, H., Sauer-Zavala, S., ... & Cassiello-Robbins, C. (2017). The unified protocol for transdiagnostic treatment of emotional disorders compared with diagnosis-specific protocols for anxiety disorders: A randomized clinical trial. *JAMA Psychiatry*, 74(9), 875-884.
- Fdaei, M., Ghanbari Hashem Abadi, B. A., Kimiai, S. A. (2019). The efficacy of integrated meta diagnosis therapy on their differentiation and the difficulty of regulating excitement in patients with anxiety syndrome. *Journal of Mashhad University of Medical Sciences*. 61(1), 1-11. (Text in Persian).
- Gazzillo, F., Leonardi, J., & Bush, M. (2020). Pathological worry and rumination according to control-mastery theory. *Psychoanalytic Psychology*. 21(4), 12-34.
- Gao, W., Ping, S., & Liu, X. (2020). Gender differences in depression, anxiety, and stress among college students: a longitudinal study from China. *Journal of Affective Disorders*, 263, 292-305. DOI: 10.1016/j.jad.2019.11.121
- Goldberg, D.P. & Hillier, V.F. (1979). A scaled version of the General Health Questionnaire. *journal of Psychological Medicine*, 9(2), 139-151.
- Hamilton, M. A. X. (1959). The assessment of anxiety states by rating. *British Journal of Medical Psychology*. 32(1), 50-55.
- Nazifi, M., Mokarami, H. R., Akbaritabar, A. K., Faraji Kujerdi, M., Tabrizi, R., & Rahi, A. (2014). Reliability, validity and factor structure of the persian translation of general health questionnire (ghq-28) in hospitals of kerman university of medical sciences. *Journal of Fasa University of Medical Sciences*, 3(4), 336-342. (Text in Persian).
- Nolen-Hoeksema, S. and Morrow, J. (1991) A Prospective Study of Depression and Posttraumatic Stress Symptoms after a Natural Disaster: The 1989 Loma Prieta Earthquake. *Journal of Personality and Social Psychology*, 61, 115-121. <http://dx.doi.org/10.1037/0022-3514.61.1.115>
- Schram, S. R., & Hodes, N. J. (2018). The War between Chiang Kaishek and the Guangxi Warlords:(To the Tune of “Clear Calm Music”) 1. In *Mao's Road to Power* (pp. 190-190), Routledge.

Acknowledgment

We hereby thank the Mehregan and Artiman Counseling Center of Mashhad for approving the present research project and all the participants in this study for their patience.

Financial support

This article has not received any financial support.

Conflict of interest

There is no conflict of interest in this study.



© 2022 Alzahra University, Tehran, Iran. This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution-Noncommercial 4.0 International (CC BYNC4.0 license) (<https://creativecommons.org/licenses/by-nc-nd/4.0/>).
