The Effectiveness of Education Based on the Cognitive, Meta-Cognitive and Behavioral Model on Reducing Post-Event Processing in the Patients with Social Anxiety Disorder (SAD)

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ABSTRACT

Aim: To investigate the effectiveness of education based on cognitive, meta-cognitive, and behavioral developed model on reduction of post event processing in patients with social anxiety disorder (SAD).

Methods: The research method was semi-experimental design with pre-posttest design with control group. The statistical population included all the patients with social anxiety disorder referring to public and private centers in Kermanshah city (Iran) in 2015 which were selected using available sampling method. Thirty of them who was chosen through semi-structured interviews (SCID-I), post event processing of Rachman et al (2000) questionnaire, that were eligible for the study were divided into two groups of experiment and control (waiting list) and replaced randomly. The instrument used in the study post event processing of Rachman et al (2000). Twelve cognitive, meta-cognitive, and behavioral treatment sessions due to the developed model and on the basis of relevant theoretical insights was done twice a week for the experimental group while the control group received no intervention. After the treatment both groups were evaluated with the test. For data analysis one-way covariance (ANCOVA) was used.

Results: The results showed that education based on cognitive, meta-cognitive, and behavioral developed model has been effective on reduction of post event processing among patients with social anxiety disorder (SAD) in the experimental group (P<0.001).

Conclusion: Considering the effectiveness of the model, it seems that therapists and counselors can use this developed model to reduce post event processing among patients with social anxiety Disorder

Keywords: Social Anxiety Disorder (SAD), Cognitive model, Meta-cognitive model, Behavioral model, Post event processing.

INTRODUCTION

Anxiety disorders are the most common psychiatric disorders both in primary care and in clinical medicine. Studies have constantly shown that anxiety disorders cause many complications and problems. Spend high levels of health care on their own and dramatically reduce quality of life and function in a person¹. Social anxiety disorder (SAD) is the third psychiatric disorder with a prevalence of 13%². It is obvious that without treatment, social anxiety can significantly disturb occupational, educational, and social abilities of people in their life³.

Various researches have shown that cognitive processes play an important role in creating and sustaining social anxiety. Cognitive theorists emphasize the role of perceptions and distortion assessments of interpersonal relationships, distortions in social information processing, cognitive avoidance of environmental events, post event processing after establishing interpersonal relationships and social information processing⁴,⁵,⁶,⁷.

According post event processing model, people examine their internal feelings and behavior in social situations, they know social consequences catastrophisingly and negatively, and they make treasure about event after establish event about their past and present actions⁸,⁹. During the processing of the events, people with social anxiety disorder (SAD), tend to focus on negative information about themselves and other comments about themselves in social situations¹⁰.

Different methods have been used to reduce post event processing such as: cognitive therapy¹¹,¹²,¹³,¹⁴,¹⁵, behavioral therapy¹⁵ mind fullness therapy¹⁶, that their effectiveness have been proven. However, according to high prevalence of these disorders and their personal, family, and social damages¹⁷,¹⁸, caused by these disorders and their impact on reduction of life quality¹⁹,²⁰ and also lack of comprehensive and complete research in the combination of cognitive, meta-cognitive, and