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## **Mental Health Improvement of Women with Obsessive- Compulsive Disorder through Cognitive- Behavioral Group Therapy**

### **Abstract**

**Introduction:** Obsessive-compulsive disorder is anxiety disorders with 1 out of 40 cases in adult was given to the disorder. The is 1.8 % in Iranian population. Prevalence aim of the article was to study the effect of group cognitive-behavioral therapy on improvement of obsession beliefs and reduction of obsessive-compulsive disorder symptoms in woman participants from tehran who referred to the two public hospitals in this city.

**Methods:** The research was a semi-experimental study with experimental and control groups and pre-test and post-test plan. Out of 50 clients 15 women were diagnosed with obsessive-compulsive disorder according to diagnostic and statistical manual of mental disorder (DSM-IV-TR). Out of 15 women 8 were selected randomly as a sample group. Obsession Belief Questionnaire (OBQ-44) and Yale - Brown Obsessive Compulsive Symptoms (Y-BOCS) were applied as data collection. 10 session of cognitive- behavioral therapy was hold for experimental group. Descriptive and inferential statistics (t-test) were used to analysis of data with SPSS software.

**Results:** statistically significant reduction on obsessive-compulsive symptoms of experimental group was found after cognitive-behavioral therapy. Besides, there was improvement on their obsession beliefs. Also total mean score and standard deviation of OBQ in group decreased from 213.38 and 62.32 in pretest to 174.62 and 41.39 in post-test.

**Conclusion:** The cognitive-behavioral therapy can be effective method for improvement of obsession beliefs and symptoms of obsessive-compulsive disorder in women. Application of this method by therapists especially by Iranian clinicians is recommended.

**Keywords:** Mental health, Women, Obsessive-Compulsive Disorder, Cognitive-Behavioral Therapy