
Borosi Towaniyeh: Mahr Karoen Khatim e Afradegi Khastegar va Shidid

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Effect of Towaniyeh on the Level of Stress in Schizophrenic Patients

Introduction

The results of previous studies have shown that Towaniyeh is an effective method in reducing stress in various patient groups. Therefore, the present study was conducted to investigate the impact of Towaniyeh on the level of stress in schizophrenic patients.

Methods

The study was conducted on a sample of 50 schizophrenic patients who were randomly divided into two groups: the experimental group (n=25) that received Towaniyeh sessions and the control group (n=25) that did not receive any intervention. The level of stress was measured using the State-Trait Anxiety Inventory (STAI) before and after the intervention.

Results

The results showed a significant reduction in the level of stress in the experimental group after the Towaniyeh sessions compared to the control group.

Conclusion

Towaniyeh appears to be an effective method in reducing stress in schizophrenic patients. Further studies are recommended to explore the long-term effects of Towaniyeh on stress reduction in this population.

Keywords:
Towaniyeh, Stress, Schizophrenia, Intervention

References


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