

---

# **The effectiveness of group therapy in reducing depression and improving quality of life**

farnoosh amiri fard\*,Dr. ghorbanali yahyaee,

**ABSTRACT** The main objective of this article is studying the effectiveness of group logotherapy in improving the quality of life and reduce of depression in menopausal women. The research method is quasi-experimental with pretest and posttest and control group. The statistical population of this study is all menopausal women (80 ones) who went to Social Security clinic in Bandar-e Anzali to receive medical care and counseling in 2015. Simple random sampling was used for ion of the sample members. 30 women were randomly ed. Then using lottery, 15 women were placed in the experimental group and 15 ones in the control group. The group logotherapy training program was given in 10 sessions of 90 minutes to the experimental group while the control group did not see any particular training and responded positive to the World Health Organization and Life Quality Questionnaires. Mancoa Test in SPSS 19 software was used in order to analyze the data. The results showed that there was a significant difference between experimental and control groups in terms of quality of life (P

**Keywords :** Keywords: Group Logotherapy Training, Quality Of Life, Depression Menopausal Women

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)