

The effectiveness of Individual application defusion technique in reducing anxiety, depression, and stress and increasing mindfulness based

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Abstract This research aimed to investigate the effectiveness of individual application defusion in reducing anxiety, depression and stress and increasing mindfulness based. This study used a quasi-experimental design with pre-test and post-test with control group. The sample of available sampling among students in different grades in Islamic Azad University, daily Univesitise and Payame Noor University (PNU) were willing to participate in research. 60 student volunteers randomly assigned to one of the experimental group or a control group. The experimental group individually in a 15 to 20 minute sessions were trained. The subjects in the control group received no intervention. The data in the pre-test and post-test Inventory, depression, anxiety and stress (DASS-42) and Freiburg Mindfulness - short form Inventory (FMI-SF) was used. Data was analyzed using SPSS20 software. The Multivariable Analyze of Covariance (MANCOVA) showed that the group in post-test anxiety, depression, stress and Mindfulness there was a significant difference ($0.01 > P$); in the sense that in the control group anxiety size (74.8), depression (14.11), stress (97.15) and Mindfulness (63.33), the corresponding measures of anxiety in the experimental group (59.5), depression (22.5), stress (23.10) and Mindfulness (31.37), has been different. The results of this research, individual application defusion, anxiety, depression and stress, and increased the level was Mindfulness.

Keywords : Key words: defusion, anxiety, depression, stress, Mindfulness.

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