

The Impact of Life Skills Training on Improving Quality of Life and General Health of clients at Imam Khomeini Relief Committee in shaft and Fouman small provinces

Morteza YousefNejad Choobari*, Seyyed Vali-allah Mousavi,

The purpose of present research was determined effectiveness life skills training program on improving the mental health and quality of life supported by the Khomeini relief committee. in order to achieve this goal , the researcher used of Quasi- experimental study with pretest -posttest control group. Among all families supported by Fuman & Shaft Imam Khomeini relief committee in the 2015- 2016 , 32 people who had earned the lowest score in quality of life and the highest scores on mental health(in the mental health and quality of life questionnaire), ed and Purposefully divided into two groups of 16 people(experimental and control) were replaced. Then 10 groups' life skills training meeting conducted daily two hours in the experimental group. The covariance test results showed that training quality of life program could improve meaningful mental health and quality life the families that supported by Imam Khomeini relief committee (P

Keywords : life skills, quality of life, mental health, and families that supported by the relief committee

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