

The Effectiveness of Cognitive Behavioral Therapy in Nursing and Psychological Capital of Primary Girl Mothers

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Abstract The purpose of this study was to evaluate the effectiveness of cognitive-behavioral therapy in the negligence and psychological capital of primary school mothers. In this research, a semi-experimental method has been used which is a practical purpose. The statistical population of this study was all mothers of elementary girls in a district of Rasht city. The sample size consisted of 30 mothers of students who were tested and controlled in two groups of 15. In this research, multi-stage cluster sampling was used. The treatment used in this study was a 10-session cognitive-behavioral intervention program. In the pre-test and post-test, Takman's negligence questionnaire (1991) and Lutan's Psychological Capital Inventory (2007) were used. In the main hypothesis that the effectiveness of cognitive-behavioral therapy in the negligence and psychological capital of mothers of elementary girls, the findings of the multivariate analysis of covariance showed that there was a significant difference between the experimental and control group in the new hybrid variable due to negligence and psychological capital. **Keyword: cognitive-behavioral therapy - negligence - psychological capital**

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