

## The Effectiveness of group schema therapy on self-concept, in women with sexual identity disorder

Kashani Vahid, S.<sup>1</sup>, & Minaee, A.\*<sup>2</sup>

### Abstract:

**Introduction:** The purpose of this study was to determine the effectiveness of group schema therapy on self-concept in women with sexual identity disorder.

**Methods:** The research method was descriptive and semi-experimental with the experiment and control group and the pre-test-post-test design. The statistical population of this study consisted of all women with gender identity disorder referring to the Support Association of sexual identity disorder patients in Tehran in the spring of 2017, of which 30 were selected by available sampling and homogeneously of age and education, and randomly assigned to two groups of experiment and control. Both groups for pre-test answered to Tennessee self-concept Questionnaire by Fitts & Warren (1997). After 8 sessions of therapeutic design for the experiment group, both groups responded to the above questionnaire for post-test and the data were analyzed using covariance analysis.

**Results:** The results of this study showed that the schema therapy was effectiveness on improvement of self-concept ( $F=1.77$ ,  $P=0.019$ ), of women with sexual identity disorder.

**Conclusion:** The findings of this study suggest that the goal of schema therapy is to help sexual identity disorder patients meet their basic emotional needs.

**Keywords:** *self-concept, schema therapy, sexual identity*

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## The effectiveness of group schema therapy on self-concept in women with sexual identity disorder

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### Abstract

**Introduction:** The purpose of this study was to determine the effectiveness of group schema therapy on self-concept, body image and loneliness in women with sexual identity disorder.

**Method:** The research method was descriptive and semi-experimental with the experiment and control group and the pre-test-post-test design. The statistical population of this study consisted of all women with gender identity disorder referring to the Support Association of sexual identity disorder patients in Tehran in the spring of 2017, of which 30 were selected by available sampling and homogeneously of age and education, and randomly assigned to two groups of experiment and control. Both groups for pre-test answered to Tennessee self-concept Questionnaire by Fitts & Warren (1997). After 8 sessions of therapeutic design for the experiment group, both groups responded to the above questionnaire for post-test and the data were analyzed using covariance analysis.

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**Conclusins:** The findings of this study suggest that the goal of schema therapy is to help sexual identity disorder patients meet their basic emotional needs.

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