

P-153 - EFFECTIVENESS OF MUSCLE RELAXATION AND SOCIAL PROBLEM-SOLVING SKILLS TRAINING ON DECREASING ANXIETY

M.Taheri¹, M.Shafiei Amiri²

¹Psychology, Islamic Azad University, Roudehen Branch, Tehran, ²Psychology, Islamic Azad University & Young Researchers Club, Roudehen Branch, Babol, Iran

The research purpose is to assess the effectiveness of muscle relaxation and social problem-solving skills training on decreasing anxiety. The method was semi-experimental including pretest and post-test on the control group. The statistical population involved all the educational staff referred to the counseling centers in 2010, out of which a sample of 60 individuals who demonstrated a higher level of anxiety were randomly selected and assigned to the experimental and control groups and were then tested with the "Sixteen Personality Factor Questionnaire of Catell". Results using covariance analysis indicated that the three mentioned methods were effective in decreasing the anxiety. There was no significant difference between social problem solving and incorporative one. Social problem solving skills was more effective than muscle relaxation in decreasing the anxiety however the incorporative method was the most effective of all. ($F(2, 41) = 19.7, P < 0.001$). Overall, the three mentioned methods were significantly effective in decreasing the anxiety.