



BASIC COMPATIBILITY AND EFFECTIVENESS OF SCHEMA THERAPY ON QUALITY OF LIFE FOR PEOPLE WITH DISABILITIES SPINAL INJURY

Farnaz Zand Pour¹, Afsaneh Tohidi²

1. MA of Psychology, Department of Psychology, Islamic Azad University, and Kerman, Iran
2. PhD of Educational Sciences, Shahid Bahonar University, Kerman, Iran

ARTICLE INFO

Received:

03th Jun 2017

Accepted:

29th Nov 2017

Available online:

14th Dec 2017

Keywords: *schema therapy, compatibility, quality of life, disability spinal cord injury*

ABSTRACT

This study aimed effectiveness of schema therapy on general consistency and quality of life in patients with SCI. Disabilities including spinal cord injury is reaching influence on the quality of life of patients with spinal cord injury patients with life and creates many problems. Therefore, 30 patients with available sampling from among persons with disabilities of SCI dynamic (under the auspices of the well-being of the province) have the lowest scores in the pretest questionnaire consistent and quality of life achieved, they were selected and then randomly simple Measuring Instruments Bell Adjustment Questionnaire (1961) and the short form quality of life questionnaire (1996) were the participants of the pre and post-test questionnaires. By testing hypotheses (MANCOVA) were tested. The results show that schema therapy on quality of life, improve public Compatibility significant effectiveness. It is concluded that schema therapy in the treatment of mental disorders can be disabled with SCI have a positive effect.

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To Cite This Article: Farnaz Zand Pour, Afsaneh Tohid, (2017), "a review: basic compatibility and effectiveness of schema therapy on quality of life for people with disabilities spinal injury", *Pharmacophore*, **8(6S)**, e-1173004.

Introduction

Common causes include traffic accidents, falls, violence and injuries associated with the sport. Spinal cord injury has adverse effects on the physical, emotional and social. As well as spinal cord injury causes several health problems that affect not only the physical condition of patients but also on all aspects of their lives such as goals, communication and above all the quality of life and their adjustment affects [1].

According to compatible with spinal cord injuries in terms of mental effort more than physical needs. This is because the inability of people to match their mood created with the need to have more time. So usually after an injury has faced significant changes in his life that the quality of life, family and people close to devastating effect. And separation of spouses in spinal cord injured patients compared to normal individuals from the higher. So that the person can maintain his ability in activities with the value of life. Chronic diseases have a negative impact on health and quality of life and the quality of life and health are closely interrelated Compatible with spinal cord injuries after trying more psychological than physical needs. This is because the disability in people with spinal cord injuries suddenly caused the people to match their mood with special circumstances in these people a great impact on mental status and family relations, and social and physical disability would impact on psychological adjustment social and mental health of the person [2]. So the adjustment process by which that person in a period of time and be actively involved in the use of different strategies. Choose a strategy can have positive or negative impact on quality of life and hope. If you take good compatibility, quality of life increases, otherwise not only they, but also family problems such as inability to resolve the conflict and family is disintegration? The quality of life of one of the most

Corresponding Author: Farnaz Zand Pour, MA of Psychology, Department of Psychology, Islamic Azad University, and Kerman, Iran

important issues facing the world today and a major issue in the development of social policy-making is that issues such as welfare, quality of life, meet the basic needs of life, growing and satisfied, altruism and self-sacrifice in covers communities [3].

Depending on the disability, spinal cord, causing adverse effects on physical and emotional for the individual and society are looking for an effective treatment we were given that schema therapy by applying the principles and strategies of cognitive - behavioral therapy and components of other theories such as attachment, object relations, structuralism and psychoanalysis and integrated Tafyq together a new model of medical education with schema therapy, people can express their emotions more appropriately. By managing your emotions and feelings can better practices with the environment and their community, be consistent. Approach effectively such as schema therapy to improve emotions and beliefs, vision and mental health will result also can increase and improve the quality of life that is affected by social and environmental factors and psychological and physical well-crafted. For people with spinal cord injury can attend meetings of schema therapy to improve the consistency and quality of life with their environment early in providing them.

Compatibility of Darwin's theory perspective:

All people have different needs, and each day the amount of time and energy in trying to meet these needs. In the life of all living creatures, vicious emergence of need and satisfies it can be seen, the sequence of the process is called adaptation. Each and meet their needs available to keep trying to adapt to the environment in which it lives, this effort is the human dynamic flow without interruption. The problem of proliferation of human territory are not unique, but also in other animals and plants it is only natural death cannot be in between animals and plants in balance, but instead a continuous struggle for survival between them and those traits more prominent, and the trait it can be compatible with nature and the environment, can be competitors who lack the characteristics of the right to remain in themselves.

Quality of Life Theory:

According to the World Health Organization, quality of life, people's perception of their position in life in terms of culture, value system where they live, objectives, expectations and priorities of their standard. It was quite individual and cannot be viewed by others and the understanding of different aspects of their lives is based.

Yang theory from the perspective of schema therapy:

Schema Therapy is a combination of the following:

- . Cognitive Behavioral School
- . Gestalt attachment
- . Object relations
- . Constructivism
- . Psychoanalysis

Prohibit the use of Schema Therapy Cognitive behavior therapy for the treatment of chronic scheme is designed to reduce acute symptoms of mental disorders such as severe depression, substance abuse ... not good. Developmental disorders such as autism and Asperger syndrome In addition, it prevents the use of schema therapy. Schema is generally meant the structure and framework. Piaget's stages of cognitive development psychology in the context of a word associated schema that is necessary to understand individual experiences. In general schema can be compatible or incompatible and can also be formed early in life or in the course of life.

Research Methodology:

According to the study, assumptions and information about it, for experimental, pretest-posttest control group. The study population consisted of all spinal cord injured patients admitted to the dynamic center (under the guise of well-being) in Kerman in 2016 formed the criteria of inclusion spinal cord injury disability, age range 18 to 50 years. This study on 30 people with disabilities SCI Kerman that the acute phase of injury (12 weeks after injury up to 3 years) traveled from the hospital, the ability to communicate in Farsi have a member of the Association of Disabled SCI Kerman and desire to participate in the study had been done. The sample size of 30 persons who pre-test scores than the general adaptability and quality of life of all patients with a population of 60 people had acquired were between the ages of 18 to 50 years education level of the maximum diplomas are, then people sampling methods to randomly alternate between intervention and control groups were 15, then by F. Zndpvr therapist (author of the study) who is trained in the course of schema therapy was performed. Data is collected using a questionnaire.

A questionnaire): Bell Adjustment Questionnaire consists of 100 questions and is two versions, one for students and one for adults. Have established that low scores in social contact with aggressive; 4 -Backwards compatibility emotional: people with a high score. The validity of the questionnaire in terms of content and appearance by three professors, lawyers, psychometric and statistical and was approved. Reliability through Cronbach's alpha coefficient for component compatibility, emotional, social, educational, health and family 6.10, respectively, 68/0, 81/0, 69/0 and vary from 850 and for the overall adjustment 76/0 to respectively .

Questionnaires b): Inventory quality of life of the World Health Organization of 26 questions to 24 questions of 4 areas of physical health, mental health, social relations and environmental health measures. First in any of these areas does not belong and health status and quality of life evaluates in general. Responding to this questionnaire 5 degrees scale (1 = very little, very high = 5). Since this is a questionnaire with a total score, in this study, the overall score is considered. The

internal validity (consistency) of the questionnaire was 92/0. Cronbach's alpha for the whole questionnaire 91/0 and for each of the components of the physical, social, psychological, environmental health, respectively, 79/0, 88/0, 80/0 and 89/0 is. After the meeting justification for each group and provide clear explanations and clear about the objectives of the study and obtaining informed consent from them and complete Quality of Life Questionnaire and the Bell compatibility questionnaire by members of both groups completed the protocol training schema therapy that a proposed method for training schema therapy as an intervention study in the intervention group used this protocol by Yang. Devised and different stages of training schema therapy based on the package in the study consisted of two sessions and eight individual session for weekly 30-minute sessions by a therapist F Zand Pour, who had completed the training course was conducted schema therapy. In descriptive statistical indices such as frequency, percentage, mean deviation, and in inferential analysis of covariance was used to test the hypotheses.

Research findings:

In response to hypothesis it is necessary to first examine a hypothetical situation. After confirming the default conditions can benefit analysis of covariance. First hypothesis: schema therapy is effective in improving general compatibility spinal cord injured patients.

The second hypothesis:

Schema therapy on quality of life of people with spinal cord injury is caused.

Levine test for homogeneity of variance test scores general consistency and quality of life in both control and experimental group's shows.

Levine test for homogeneity of variance test scores of the dependent variables

The significance level	Degrees of 2 freedom	Degrees of 1 freedom	F	
0/11	28	1	2/81	General Compatibility
0/59	28	1	0/30	Quality of Life

Default homogeneity of variances is true. According to the table above test results variances quality of life scores in both control and experimental groups showed significant levels obtained for (59/0 = p and 0/30 = F) is larger than 05/0, the default homogeneity of variances approved is.

The slope of the regression line penetration.

The effect of the interaction and consistency tests to check the slope of the regression line shows the consistency and quality of life.

The effect of the interaction and compatibility tests to check the homogeneity of the slope of the regression line and quality of life

Level Significant	F	average of squares	Degrees of freedom	sum of squares	Change source	
18/0	91/2	11/117	1	11/117	Interaction Group And pre-test	Compatibility
29/0	16/1	28/2	1	28/2	interaction Group And pre-test	Quality of Life

Due to the high amount of interaction F variable pre-test group and 2/91 in the 05 / 0≥P significant (0/18 = p and 2/91 = F), so we can conclude that the null hypothesis homogeneity of the slope of the regression line between acceptable and alternative hypothesis is rejected and the default regression slope homogeneity is observed. According to the table above, F interaction variable group pre-test 1/16 in the 05 / 0≥P significant (0/29 = p and 1/16 = F), so we can conclude that the null hypothesis of homogeneity the slope of the regression line between acceptable and alternative hypothesis is rejected and the default regression slope homogeneity is observed.

According to the above table it is observed that the 93/28 = F obtained for the source of changes in the test 05 / 0≥P significant (001/0 = p and 93/28 = F), while it can be said that the default covariate solidarity and independence were observed.

Based on the above table it is observed that the 6/61 = F for source changes pretest level 05/0 = P meaningful (016/0 = P and 61/6 = F), while it can be said that the default correlation with independent is being observed.

To study the effect of the intervention, a multivariate analysis of covariance (MANCOVA) by comparing the pre-test and post-test scores were performed. The following table multivariate analysis of covariance dependent variables by comparing the pre-test and post-test scores on show.

Summary results of multivariate analysis of covariance to compare the average of the dependent variables by comparing the pre-test and post-test in the intervention and control groups

Significance level	Error df	Hypothesis Df	F	Value	Test	Effect
0/01	25	2	80/20	0/91	Pile effect	Knot

Contents table above shows that between intervention and control groups in terms of at least one of the dependent variables (compatibility, quality of life) there is a significant difference. The following table compares the results of covariance analysis in the context of MANCOVA for compatibility tests, the quality of life in the intervention and control groups suggests.

The results of ANCOVA in the MANCOVA to compare the test of compatibility, quality of life intervention and control groups

Effect size	Significance level	F	Mean Square	Degrees of freedom	Sum of squares	The dependent variable	Effect
0/45	0/01	5/89	1022/82	1	1022/82	Compatibility	group
0/38	0/01	4/42	987/89	1	987/89	Quality of Life	

The results in the table above show that the analysis of covariance on strong values I (89/5 = F and 01/0 = P) and spiritual well-being (42/4 = F and 01/0 = P) is significant. The hypothesis that the effectiveness of the compatibility, quality of life can be verified. The effect size can also be said that the effectiveness of the adjustment (45/0) was higher.

After a variable table obtained from the analysis of covariance (ANCOVA) for the effect of the adjustment to show the effectiveness of the intervention.

The results of a multivariate analysis of covariance (ANCOVA) for the effect of the adjustment Effectiveness

Square It	Level Significant	The F	Mean Square	Degrees of freedom	Sum of squares	Index / Variable
0/48	0/02	7/48	1752/02	1	1752/02	pre-exam
			2012/27	1	2012/27	Group (intervention)
			269/02	29	7801/58	Error

According to the results obtained from the analysis of covariance in the table above intervention (group) of Statistics (48/7) meaningful (05/0 > p). The result can be said to have involved a significant effect on compatibility. The effectiveness rate was 48/0.

Schema therapy on quality of life of people with spinal cord injury is caused.

The following table is a variable results obtained from the analysis of covariance (ANCOVA) to study the impact on quality of life shows the effectiveness of the intervention.

The results of a multivariate analysis of covariance (ANCOVA) to review the effectiveness of the intervention impact on quality of life

Square It	Level Significant	The F	Mean Square	Degrees of freedom	Sum of squares	Index / Index
0/39	0/02	6/42	1425/17	1	1425/17	pre-exam
			1894/20	1	1894/20	Group (intervention)
			221/65	29	6428/09	Error

According to the results obtained from the analysis of covariance in the table above intervention (group) with the UAE (42.6) is significant ($0.05 > p$). According to intervene result can be a significant impact on quality of life. The effectiveness rate was 39/0.

Discussion:

First hypothesis:

Schema therapy is effective in improving general compatibility spinal cord injured patients.

These findings can be explained as follows in this regard in his study on the effectiveness of schema therapy adjustment problems of children of divorce Ardabil. The results showed that schema therapy improves emotional adjustment, school, and community. Divorce increases the incompatibility family and the development of maladaptive schemas, and in his research concluded shows of schema therapy as a method of effective mental health problems and promote compatibility adolescents divorce can be used. These results are consistent with our results.

Also Shyasy to evaluate the effect of counseling group forgiveness based on the consistency and quality of life of women referring to advice centers, the results showed that forgiveness Axis increases the quality of life and adjustment in women who referred to counseling centers have been such as research, education increases the consistency of the sample.

The results jury study which examines the state of emotional adjustment and social warfare Veterans with one eye on the city in 2011, the findings suggest that the emotional adjustment, most of them (53/4 percent) Adjustment status were weak in the social aspect, 4.44% of them were poor compatibility and only 11/2 percent of persons with good compatibility. However, the adaptation rate adjustment veteran's home compared with other aspects of a good situation, so that most of the samples (66.7%) had a moderate adaptation and only 22.2 percent had poor compatibility.

In general, all the research has shown that training increases the compatibility, all the results (training schema therapy adjustment affects) the same line. So can this study and previous research It concluded that compatibility with the right training can be increased and improved patient compliance and spinal cord injury patients.

The second hypothesis:

Schema therapy on quality of life of people with spinal cord injury is caused.

Hypothesized that the effectiveness of schema therapy to improve the quality of life of people with spinal cord injury is confirmed. Thus schema therapy has been effective in improving the quality of life of people with spinal cord injury.

These findings are then explained: Previous research showed that people with disabilities in the quality of life of ordinary people lower. For example, in the study the results showed that people with disabilities because of limitations within the area physical independence and quality of life scores were lower than healthy people. Blind was found that the average quality of life score was low. Also examined the quality of life of patients with spinal cord injury results showed that veterans with spinal women do not have a good quality of life. And showed that the quality of life of women veterans with spinal cord injury, in the areas of social functioning, emotional and mental health problems, lower than the general population of Iran. By consulting the other hand showed that the scheme Schema therapy improved in both quality of life and mental health status is divorced. As well as with the intervention of the conclusion that the program could not. The rating of quality of life, ability of daily living, motor abilities, social interaction and participation in social life for disabled people significantly improve will. Jones, pollute found that the quality of life in large Adults with physical-motor disabilities is lower than their normal counterparts. In general all previous research that demonstrated all was observed with the study results show the effect of education on quality of life for people with spinal cord injury is disabled. Thus it can be concluded that previous studies showed the effectiveness of schema therapy, working on aspects of a person's life is multifaceted.

Attention to quality of life as the ultimate goal of rehabilitation for people with physical disability specialists in the field of rehabilitation has been widely accepted. And can be schema therapy training to raise the level of consistency and quality of life of people with spinal cord injury helped. Awareness about the quality of life for people with chronic diseases will lead to the improvement of quality of life, solve problems and meet their needs to be tried. In order to identify factors affecting quality of life and general compatibility contributed to this track.

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