

The Effect of Logic Therapy Combined with Quran Recitation and Prayer on Depression Symptoms in Women with Major Depressive Disorder

Nafiseh Rafiei-Mohammadi¹ , Mohammad Mehdi Jahangiri^{2*} 

1- Department of Psychology, Faculty of Humanities, Islamic Azad University, Arak Branch, Arak, Iran.

2- Department of Psychology, Faculty of Humanities, Islamic Azad University, Mahallat Branch, Mahallat, Iran.

*Correspondence should be addressed to Mr. Mohammad Mehdi Jahangiri; Email: m_jahangiri@iaumahallat.ac.ir

Article Info

Received: Sep 18, 2019

Received in revised form:

Nov 17, 2019

Accepted: Nov 30, 2019

Available Online: Dec 22, 2019

Keywords:

Logotherapy

Major Depressive Disorder

Women



 <https://doi.org/10.22037/jrrh.v5i4.21692>

Abstract

Background and Objective: Major Depressive disorders are one of the most common and chronic disorders that require treatment. The present study was an attempt to investigate the effect of Logotherapy with Quran recitation and prayer on severity of depressive symptoms in women with major depressive disorder.

Methods: This study used a quasi-experimental pretest-posttest control group design. The statistical population included all women with depressive disorder in Qom in 2017. The sample population consisted of 30 women with major depressive disorder (15 for each group) and the participants were selected on a voluntary basis. They were randomly assigned to experimental and control groups. The instrument used for gathering data was Beck depression Inventory. The data were analyzed using ANCOVA. In the present study, all ethical considerations were observed and the authors reported no conflict of interest.

Results: In terms of severity of depressive symptoms, the mean scores for the experimental and control groups at the pretest stage were 35.80 and 33.60, respectively. Meanwhile, the mean scores were 19.86 for the experimental group and 32.46 for the control group. The level of depression remained unchanged in the control group but decreased in the experimental group at the post-test phase following the intervention, which was statistically significant ($P < 0.001$).

Conclusion: The findings indicate that Logotherapy along with Quran recitation and prayer is effective in reduction of the symptoms of depression in women with major depression.

Please cite this article as: Rafiei-Mohammadi N, Jahangiri MM. The Effect of Logic Therapy Combined with Quran Recitation and Prayer on Depression Symptoms in Women with Major Depressive Disorder. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):88-98. <https://doi.org/10.22037/jrrh.v5i4.21692>

Summary

Background and Objective

Depression disorder is the second major health problem in the world, in terms of the lack of ability caused by illness. It has affected more than 350 million people across the world (1). Based on national studies on illnesses and harms in Iran, depression is the third major health problem in the country (2) with a rate of 6.25% (3, 4). It has been reported to be more widespread among women than men (5). Depression disorder is a type of mood disorder characterized by at least a period of major depression without a manic

period. In this case, a state of boredom or lack of pleasure from life activities and four symptoms including lack of energy, increased or decreased appetite and sleep, reduced concentration, feelings of guilt or worthlessness, and suicidal thoughts is expected to last for at least two weeks (6). Therefore, considering the prevalence of depression in women and the need for studies on the therapeutic approaches that are appropriate to the socio-religious and social conditions of the community, the aim of the present study was to investigate the effect of Logotherapy along with Quran recitation and prayer on severity of depressive symptoms in the women with major depressive disorder.

Methods

Compliance with ethical guidelines: The ethical considerations in the present study included informed and voluntary consent of the participants, signing the written consent form, participants' awareness of the duration of the research, the method used and the potential benefits and disadvantages of the study and the right to withdraw from the study during the study and the intervention provided to the control group at the end of the research. Therefore, codes 1, 3 and 24 (subjects' consent) and also code 20 (consistency of the research with the religious and cultural principles) have been observed in the present study.

The present study is an applied research in terms of purpose and a quasi-experimental study with a pre-test-post-test control group design. The statistical population of the study included all women with major depressive disorder who referred to psychotherapy centers of Qom province in 2017. The sample population included 30 women with major depressive disorder selected using voluntary sampling method. They were randomly assigned to two groups (15 as the experimental and 15 as the control group). The experimental group received Logotherapy in addition to Quran recitation and prayer once a week for 12 sessions, and the control group did not receive any intervention. After completing the sessions, post-tests were administered to both groups. Beck Depression Inventory was used for data collection. Beck Depression Inventory is a self-assessment instrument with 21 items developed by Beck and colleagues in 1961. It measures the physical, behavioral, and cognitive symptoms of depression. The scores ranges from 0 to 63 ranked in a scale of 0 to 3. It reports various degrees of depression from mild to severe.

Results

Data were analyzed by using covariance analysis. The mean score for the experimental group was 35.80 and 60.33 on the pretest related to the severity of depression. On the post test, the mean score related to the experimental and the control group was 19.86 32.46, respectively. Following the intervention, the level of depression in the control group did not change, but the depression scores of the experimental group decreased. Thus, there was a significant difference in depression severity between the experimental and control group on the post-test ($F=65.88$, $P<0.01$).

Conclusion

The present study was aimed at investigating the effect of Logotherapy with Quran recitation and prayer on severity of depressive symptoms in women with major depressive disorder. The results showed that altogether, Logotherapy with Quran recitation and prayer has a significant effect on the severity of depression in women with major depression. In the present study, Logotherapy was integrated with the religious teachings of Islam and the results pointed to the effectiveness of Logotherapy when combined with the Qur'an recitation and prayer in reducing the severity of depression.

The results of a study by Meer and Mir also

Journal of Pizhūhish dar dīn va salāmat

(i.e., Research on Religion & Health)

Indicated that the integration of religious teachings into psychotherapy highlights the role of therapeutic approaches and increases the effectiveness of treatment (7). Therefore, by focusing their wishes on the other world, trusting the Lord, reliance on God, contentment and satisfaction with what they have and the divine destiny, attention to the divine wisdom in the world, understanding the realities of the world and the fact that this world is an introduction to the hereafter and life is full of hardships, they were able to adopt a new logical attitude and conception of the world and themselves, and having a sense of control over their fate, they were able to reduce their symptoms of depression. Therefore, it can be concluded that having a sense of meaning in life is associated with lower levels of depression, and those who live a religious life and believe in divine destiny in coping with problems are more resilient in coping with their problems.

One of the limitations of the present study was the lack of a follow-up period. Considering the voluntary sampling method used in the study and limiting the statistical population to Qom province, caution should be practiced in generalizing the results.

Acknowledgements

The authors thank and appreciate all those who contributed to this study.

Ethical considerations

Research Council of Islamic Azad University of Arak has confirmed this research.

Ethics code: IR.IAU.ARAK.REC.1398.007

Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Implementation of the intervention: First Author; Plan supervision, treatment protocol development, drafting of articles, and data analysis: Second Author.

References

1. Levav I, Rutz W. The WHO World Health report 2001: New understanding-New Hope. The Israel journal of psychiatry and related sciences. 2002;39(1):50.
2. Montazeri A, Mousavi SJ, Omidvari S, Tavousi M, Hashemi A, Rostami T. Depression in Iran: A systematic review of the literature (2000-2010). 2013. (Full Text in Persian)
3. Moayedoddin B, Rubovszky G, Mammana L, Jeannot E, Sartori M, Garin N, et al. Prevalence and clinical characteristics of the DSM IV major depression among general internal medicine patients. European journal of internal medicine. 2013;24(8):763-6.
4. Sadeghirad B, Haghdoost A-A, Amin-Esmaeili M, Ananloo ES, Ghaeli P, Rahimi-Movaghar A, et al.

Vol. 5, No. 4, Winter 2020

Epidemiology of major depressive disorder in Iran: a systematic review and meta-analysis. *International journal of preventive medicine*. 2010;1(2):81. (Full Text in Persian)

5. Astbury J. The social causes of women's depression: A question of rights violated. *Silencing the self across cultures: Depression and gender in the social world*. 2010:19-45.

6. Schaakxs R, Comijs HC, Lamers F, Beekman ATF, Penninx BWJH. Age-related variability in the presentation of symptoms of major depressive disorder. *Psychological Medicine*. 2016;47(3):543-52.

7. Meer S, Mir G. Muslims and depression: The role of religious beliefs in therapy. *Journal of Integrative Psychology and Therapeutics*. 2014;2(1):2.

دراسة مدى تأثير العلاج المعنائي المصحوب بتلاوة القرآن وقراءة الأدعية على شدة أعراض الاكتئاب لدى النساء المصابات بالاضطراب الاكتئابي المتجذر

نفيسة محمدي رفيعي^١، محمد مهدي جهانغيري^{٢*}

١- قسم علم النفس، كلية العلوم الإنسانية، جامعة آزاد الإسلامية، فرع أراك، أراك، إيران.

٢- قسم علم النفس، كلية العلوم الإنسانية، جامعة آزاد الإسلامية، فرع المجلات، المجلات، إيران.

* المراسلات الموجهة إلى السيد محمد مهدي جهانغيري؛ البريد الإلكتروني: m_jahangiri@iaumahallat.ac.ir

معلومات المادة

الوصول: ١٨ محرم ١٤٤١

وصول النص النهائي: ١٩ ربيع الأول ١٤٤١

القبول: ٣ ربيع الثاني ١٤٤١

النشر الإلكتروني: ٢٥ ربيع الثاني ١٤٤١

الكلمات الرئيسية:

العلاج المعنائي

مرضيّة الكآبة المتجذرة

النساء

الملخص

خلفية البحث وأهدافه: الكآبة المتجذرة هي إحدى العوارض الشائعة والمزمومة التي تستدعي العلاج. تهدف هذه الدراسة إلى تبين التأثير الإيجابي الذي تحققه طريقة العلاج المعنائي المصحوب بتلاوة القرآن الكريم و قراءة الأدعية؛ ودوره في تخفيف وطأة هذا النوع من الكآبة على النساء المبتليات به.

منهجية البحث: تُصنّف هذه الدراسة من فصيل الدراسات الشبه إختبارية المتقومة على مرحلتين قبل الإختبار و بعده؛ وذلك بتطبيقها على أفراد الهدف، واشتمل المجتمع الاحصائي لهذه الدراسة على كافة النساء اللواتي أُبتلين بمحنة الحالة المرضيّة في مدينة قم خلال العام ٢٠١٧ م ونظراً لأنّ الدراسة شبه إختبارية، فقد أُجريت على ٣٠ شخصاً (كل مجموعة تتكون من ١٥ فرداً) وذلك على ضوء تبرع أفراد الهدف وقبولهم لإختبار التجربة، وقد تمّ تصنيف عينة البحث بشكل عشوائي مبسّط الى مجموعتي التجربة والضابطة. وشملت أدوات الدراسة في جمع المعلومات على مقياس "بيك" للاكتئاب. تم تحليل البيانات وتجزئتها باستخدام تحليل التباين. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث؛ وازدادة الى هذا، فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: كان متوسط المجموعة التجريبية ٣٥/٨٠ و ٣٣/٦٠ في الاختبار القبلي في شدة الاكتئاب، وفي الاختبار البعدي، كانت المجموعة التجريبية ١٩/٨٦ وكانت المجموعة الضابطة ٣٢/٤٦. لم يتغير مستوى الاكتئاب بعد التدخل في مجموعة التحكم وانخفضت درجات الاكتئاب في المجموعة التجريبية، والتي كانت ذات دلالة إحصائية ($P < 0.01$).

الاستنتاج: أظهرت النتائج أن العلاج المعنائي المصحوب بتلاوة القرآن الكريم و قراءة الأدعية، له تأثيره و دوره الفعّال على تخفيف شدة الكآبة التي تعترى النساء.

يتم استناد المقالة على الترتيب التالي:

Rafiei-Mohammadi N, Jahangiri MM. The Effect of Logic Therapy Combined with Quran Recitation and Prayer on Depression Symptoms in Women with Major Depressive Disorder. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):88-98. <https://doi.org/10.22037/jrrh.v5i4.21692>

اثربخشی معنادرمانی توأم با تلاوت قرآن و دعا بر شدت علائم افسردگی زنان مبتلا به اختلال افسردگی اساسی

نقیسه رفیعی محمدی^۱ ID، محمدمهدی جهانگیری^۲ ID*

۱- گروه روان‌شناسی، دانشکده‌ی علوم انسانی، دانشگاه آزاد اسلامی، واحد اراک، اراک، ایران.
 ۲- گروه روان‌شناسی، دانشکده‌ی علوم انسانی، دانشگاه آزاد اسلامی، واحد محلات، محلات، ایران.

* مکاتبات خطاب به آقای محمدمهدی جهانگیری؛ رایانامه: m_jahangiri@iaumahallat.ac.ir

اطلاعات مقاله

دریافت: ۲۷ شهریور ۱۳۹۸
 دریافت متن نهایی: ۲۶ آبان ۱۳۹۸
 پذیرش: ۹ آذر ۱۳۹۸
 نشر الکترونیکی: ۱ دی ۱۳۹۸

واژگان کلیدی:

اختلال افسردگی اساسی
 زنان
 معنادرمانی

چکیده

سابقه و هدف: افسردگی اساسی از شایع‌ترین و مزمن‌ترین اختلالاتی است که به درمان نیاز دارد. هدف پژوهش حاضر اثربخشی معنادرمانی توأم با تلاوت قرآن و دعا بر شدت علائم افسردگی زنان مبتلا به اختلال افسردگی اساسی بود.

روش کار: پژوهش حاضر نیمه‌آزمایشی از نوع پیش‌آزمون-پس‌آزمون با گروه گواه است. جامعه‌ی آماری شامل کلیه‌ی زنان مبتلا به اختلال افسردگی اساسی شهر قم در سال ۱۳۹۶ بود که از بین آنان نمونه‌ی به حجم ۳۰ بیمار (هر گروه ۱۵ نفر) با توجه به معیارهای شمول به‌صورت داوطلبانه انتخاب شد. اعضای نمونه به‌صورت جایگزینی تصادفی ساده در دو گروه آزمایش و گواه قرار گرفتند. ابزار گردآوری اطلاعات مقیاس افسردگی بک بود. برای تجزیه و تحلیل داده‌ها نیز از روش تحلیل کوواریانس استفاده شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: میانگین گروه آزمایش در مرحله‌ی پیش‌آزمون در مؤلفه‌ی شدت علائم افسردگی ۳۵/۸۰ و گروه گواه ۳۳/۶۰؛ و در مرحله‌ی پس‌آزمون برای گروه آزمایش ۱۹/۸۶ و برای گروه گواه ۳۲/۴۶ بود. پس از اعمال مداخله‌ی میزان افسردگی در گروه گواه تغییری ایجاد نشد ولی نمرات افسردگی گروه آزمایش کاهش یافت که از نظر آماری معنادار بود ($P < 0/01$).

نتیجه‌گیری: نتایج نشان می‌دهد معنادرمانی توأم با تلاوت قرآن و دعا در کاهش شدت علائم افسردگی زنان مبتلا به افسردگی اساسی مؤثر است.

استناد مقاله به این صورت است:

Rafiei-Mohammadi N, Jahangiri MM. The Effect of Logic Therapy Combined with Quran Recitation and Prayer on Depression Symptoms in Women with Major Depressive Disorder. *Journal of Pizhūhish dar dīn va salāmat*. 2020;5(4):88-98. <https://doi.org/10.22037/jrrh.v5i4.21692>

مقدمه

اختلال افسردگی اساسی^۱ از نظر ناتوانی ناشی از بیماری دومین مشکل عمده‌ی بهداشتی در سراسر جهان است که بیش از ۳۵۰ میلیون نفر در جهان را تحت تأثیر قرار داده است

(۱، ۲). بر اساس مطالعه‌ی ملی بیماری‌ها و آسیب‌ها در ایران، افسردگی سومین مشکل سلامت کشور است (۳)، با نرخ شیوع ۲۵-۶ درصد (۴، ۵)، که در زنان بیش از مردان گزارش شده است (۶). اختلال افسردگی یکی از انواع اختلالات خلقی است که دست‌کم با یک دوره افسردگی اساسی بدون دوره‌ی شیدایی توصیف می‌شود و باید خلق ملول یا لذت نبردن از

^۱ Major Depressive Disorder