

The Impact of Training Positive Thinking Skills with Emphasis on the Quran and Islamic Teachings on Psychological Hardiness, Self-Compassion and Body Image Dissatisfaction in Patients with Multiple Sclerosis

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Abstract

Background and Objective: Multiple sclerosis (MS) is the most common debilitating disease in adults. It occurs due to the inflammatory process of demyelination of the central nervous system and has a great impact on the quality of life of these patients. Therefore, the present study was conducted to examine the impact of training positive thinking skills with emphasis on the Quran and Islamic teachings on psychological hardiness, self-compassion and body image dissatisfaction in patients with MS.

Methods: This was a quasi-experimental study with a pre-test, post-test and control group design and a follow-up stage. Out of the patients with MS who referred to Milad Hospital in Tehran during 2020, 40 were selected by available sampling method, and were randomly divided into experimental (n=20) and control (n=20) groups. Data were collected using a checklist of demographic information and Multidimensional Body-Self Relation Questionnaire, Short form of the Self-compassion Scale and Ahvaz Psychological Hardiness Questionnaire. In the experimental group, the training of positive thinking skills with emphasis on the Qur'an was performed in 10 sessions (two 1-hour sessions per week). After the training, the groups were retested. Data were analyzed by descriptive statistics. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that the educational intervention of positive thinking combined with Islamic teachings had a positive and significant effect on increasing the psychological hardiness and self-compassion of the experimental group in the post-test stage. There was a significant difference between the two groups in the mean scores related to body image on the post-test ($P < 0.05$). This effectiveness was also maintained during the follow-up period.

Conclusion: The results of this study showed that a positive thinking educational intervention combined with Islamic teachings can be effective in improving the psychological status of people with MS, and researchers and therapists can use this approach to improve health-promoting behaviors in MS patients.



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Summary

Background and Objective

Multiple sclerosis is a chronic and debilitating disease (1). In Iran, statistics indicate an increase in chronic diseases (2, 3). Having the disease is associated with mood problems and anxiety (4), and these symptoms reduce adherence to treatment instructions (5). However, psychological hardiness has a negative relationship with psychological symptoms (5). People with high hardiness have better mental and physical health conditions (6). Self-compassion is another important factor in patients (7). Some studies have shown a relationship between self-compassion and psychosocial adjustment and psychological hardiness (8, 9). On the other hand, dissatisfaction with body image is associated with cognitive distortion in patients (10, 11). Despite the negative consequences, dissatisfaction with body image in MS patients has not been considered (12). There are several interventions for the health of chronic patients (13, 14). But these interventions have often been associated with relative success and instability over time (15, 16); Therefore, in the last decade, scientific attention to the positive psychology movement has increased (17-18). In the meantime, the factor of religious values has been especially neglected (18). In this regard, there are several verses from the Holy Quran (19-21). Therefore, this study was designed and conducted with the aim of examining the effectiveness of teaching positive thinking skills with emphasis on the Quran and Islamic teachings on psychological hardiness, self-pity and body image in patients with multiple sclerosis.

Methods

Compliance with ethical guidelines: In this research, the ethical principles such as the number of sessions, randomization, obtaining informed consent, leaving the participants to withdraw from the study, ensuring privacy/confidentiality, avoidance of any physical, psychological and social harm, avoidance of discrimination, non-exploitation, or harm caused by participation in research, confidentiality of identity information and data analysis were generally observed. In addition, the participants were explained about the objectives of the study and, finally, those who were willing to participate were invited for an interview.

This was a quasi-experimental study with a pretest-posttest and control group design with a

follow-up stage. The statistical population included all MS patients who referred to Milad Hospital in Tehran in 2020. Using the available sampling method and based on Fleiss equation (22), 40 patients were selected and divided into two equal groups. In the experimental group, a Quran-based positive thinking program was implemented in 10 sessions according to previous researchers' plan (23). Data were collected using the Psychological Hardiness Questionnaire (24), the Self-Compassion Questionnaire (25, 26), and the Self-Body Multidimensional Relationships Questionnaire (27, 28). Data were analyzed by descriptive statistics and analysis of variance by repeated measures.

Results

The results showed that the educational intervention of positive thinking combined with Islamic teachings had a positive and significant effect on increasing the psychological hardiness and self-compassion of the experimental group in the post-test stage. There was a significant difference between the two groups in the mean scores related to body image on the post-test ($P < 0.05$). This effectiveness was also maintained during the follow-up period.

Conclusion

The results of the present study are consistent with the findings of Zavala and Muniz, who showed that religious education is effective in psychological hardiness and reduction of violence (17). Wang et al. also showed that spiritual-religious program education is effective in reducing mental disorders and promoting patient resilience (29). Self-awareness increases by participating in a positive thinking program based on Islamic teachings. As a result, one can study the meaning and purpose of life with more self-awareness and use the opportunity of life and its blessings better by accepting the reality. The verses of the Quran also emphasize the proper use of blessings and time. In line with the results of previous studies, (17-20) another finding of the present study showed that this intervention method is effective in improving self-compassion in patients with MS. By participating in this educational program, one learns to pay attention to the positive aspects of the disease in addition to the negative points. This style of thinking can be associated with increased responsibility and flexibility and thus increased well-being. The final finding of the present study is indirectly in line with the results of previous studies (15, 19, 29), showing that Quran-based positive thinking

training is effective in improving the patients' body image. By participating in this educational program, one realizes that the value of life is more than materializing it, and instead of feeling desperate and having a negative interpretation of one's appearance, one can pay more attention to spirituality and focus one's energy on social and personal issues, which is in line with the true purpose of creation. In this way, her dissatisfaction reduces.

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Conflict of interest

The authors reported no conflict of interest in this study.

Authors' contribution

Data collection, preparation for analysis and determining the framework of the article: first, second and third authors; writing the abstract and statement of the problem: fourth author; Carrying out the study, writing the method section and data analysis: fifth author; and writing the discussion and conclusion sections: sixth author.

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تأثير تعليم مهارات الفكر الإيجابي على الإجهاد النفسي، والتعاطف مع الذات، والتصوير الجسدي لدى المصابين بمرض التصلب المتعدد من منظور القرآن الكريم والتعاليم الإسلامية

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الملخص

خلفية البحث وأهدافه: يعد مرض التصلب اللويحي المتعدد أو ما يشار إليه باختصار بـ M.S من أكثر الأمراض شيوعاً عند كبار السن. من أعراض هذا المرض تخريب بقع من الميالين وتعطيل جزئي للجهاز العصبي؛ ما يترك تأثيراً هائلاً على نوعية حياة المريض. بناء على ما سلف تسعى هذه المقالة دراسة تأثير تعليم مهارات الفكر الإيجابي على الإجهاد النفسي، والتعاطف مع الذات، والتصوير الجسدي لدى المصابين بمرض التصلب اللويحي المتعدد من منظور القرآن الكريم والتعاليم الإسلامية.

الكلمات الرئيسية:

الإجهاد السيكلوجي
 التعاطف مع الذات
 التفكير الإيجابي
 التصلب اللويحي المتعدد
 التصوير الجسدي

منهجية البحث: يعتمد هذا البحث على دراسة شبه تجريبية لمجموعة الاختبار القبلي والبعدى والمجموعة الضابطة مع مرحلة المتابعة. اشتمل المجتمع الاحصائي نزلء مستشفى ميلاد في مدينة طهران من المصابين بمرض M.S لعام ٢٠١٩ للميلاد. وقام الباحثون في هذا المقال باختبار ٤٠ مصاباً بصورة عشوائية وقسم هؤلاء الأفراد إلى مجموعتين. ٢٠ مصاباً في المجموعة التجريبية و ٢٠ مصاباً في المجموعة الضابطة. أما المعطيات فقد جمعت بناء على قائمة المعلومات الديمغرافية واستبيان العلاقات متعددة الأبعاد المسماة "الذات/الجسد" واستبيان التعاطف مع الذات واستبيان الإجهاد النفسي لمدينة الأهواز. كما خضعت المجموعتين إلى تعليم مهارات التفكير الإيجابي بالتأكيد على التعاليم القرآنية والتعاليم الدينية في عشرة حصص (جلستان في كل أسبوع وساعة واحدة لكل جلسة). وخضع المشاركون للإختبار بعد إنتهاء الدورة التدريبية. أما تحليل المعطيات فقد كان عبر المنهجية الوصفية ومنهجية تحليل واريانس. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى ذلك فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: أثبتت النتائج أنّ الدورة التدريبية لتعليم التفكير الإيجابي بالتأكيد على التعاليم الإسلامية من شأنها أن تعزز الجهد الفردي وتزيد من قدرة الفرد على المواجهة وتساعد على التعاطف مع الذات وقادرة على مساعدة الفرد على تجاوز العقبات. كما أشارت إلى أن معدل درجات التصوير الجسدي لكلا المجموعتين في مرحلة ما بعد الإختبار تختلف إحتلافاً كبيراً مع ما قبلها ($P < .05$) كما استمر هذا التأثير في مرحلة تحليل النتائج.

الاستنتاج: أثبتت لنا مخرجات الدراسة أنّ الدورة التدريبية لتعليم التفكير الإيجابي والتأكيد على التعاليم الدينية من شأنها أن تحسّن من حالة المصابين بمرض M.S. ولهذا يستطيع الباحثون ومعالجو مرض التصلب اللويحي المتعدد تحسّن سلوك المصابين بهذا المرض ويرفعوا من معنويات من يعاني منه.

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اثربخشی آموزش مهارت‌های مثبت‌اندیشی با تأکید بر قرآن و آموزه‌های اسلامی بر سرسختی روان‌شناختی، خوددلسوزی و تصویر بدنی در مبتلایان به مولتیپل اسکلروزیس

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چکیده

سابقه و هدف: مولتیپل اسکلروزیس یا ام‌اس شایع‌ترین بیماری ناتوان‌کننده بزرگسالان است که به علت فرایند التهابی میلین‌زدای سیستم عصبی مرکزی اتفاق می‌افتد و تأثیر زیادی بر کیفیت زندگی این بیماران می‌گذارد. بنابراین، پژوهش حاضر با هدف بررسی اثربخشی آموزش مهارت‌های مثبت‌اندیشی با تأکید بر قرآن و آموزه‌های اسلامی بر سرسختی روان‌شناختی، خوددلسوزی و تصویر بدنی در مبتلایان به ام‌اس انجام شده است.

روش کار: این پژوهش نیمه‌آزمایشی از نوع پیش‌آزمون-پس‌آزمون و گروه گواه با مرحله پیگیری است. جامعه آماری تمام بیماران مبتلا به ام‌اس بودند که طی سال ۱۳۹۸ به بیمارستان میلاد شهر تهران مراجعه کرده بودند. از میان جامعه آماری تعداد ۴۰ نفر به شیوه در دسترس انتخاب و به صورت تصادفی در گروه‌های آزمایش (۲۰ نفر) و گواه (۲۰ نفر) قرار گرفتند. جمع‌آوری داده‌ها با استفاده از چک‌لیست اطلاعات جمعیت‌شناختی و پرسش‌نامه روابط چندبُعدی خود-بدن، پرسش‌نامه خوددلسوزی و پرسش‌نامه سرسختی روان‌شناختی اهواز انجام شد. در گروه آزمایش، آموزش مهارت‌های مثبت‌اندیشی با تأکید بر قرآن و آموزه‌های اسلامی در ۱۰ جلسه (دو جلسه ۱ ساعته در هفته) اجرا شد. پس از پایان آموزش از گروه‌ها پس‌آزمون گرفته شد. تحلیل داده‌ها با روش‌های آمار توصیفی و تحلیل واریانس با اندازه‌گیری مکرر انجام شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج پژوهش نشان داد که مداخله آموزشی مثبت‌اندیشی توأم با آموزه‌های اسلامی بر افزایش سرسختی روان‌شناختی و خوددلسوزی گروه آزمایش در مرحله پس‌آزمون تأثیر مثبت و معنی‌داری داشت. بین میانگین نمرات تصویر بدنی دو گروه نیز در مرحله پس‌آزمون تفاوت معنادار بود ($P < 0.05$). این اثربخشی در دوره پیگیری نیز پابرجا بود.

نتیجه‌گیری: برآیندهای این پژوهش نشان داد که مداخله آموزشی مثبت‌اندیشی توأم با آموزه‌های اسلامی می‌تواند برای بهبود وضعیت روان‌شناختی مبتلایان به ام‌اس کارساز باشد و پژوهشگران و درمانگران می‌توانند از این رویکرد برای بهبود رفتارهای ارتقادهنده سلامت در بیماران مبتلا به ام‌اس استفاده کنند.

استناد مقاله به این صورت است:

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