

## THE EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY IN GENERAL HEALTH OF OBESE WOMAN IN TEHRAN

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### ABSTRACT

The aim of the present study has been to determine the effectiveness of cognitive behavioral therapy (CBT) in general health of obese women. This study is quasi-experimental and it has employed pre- test/post- test control group design. The sample size included 40 woman suffering from DMI who were selected through random sampling ; from among them , 20 woman were placed in control group . In order to collect data , Goldberg's (1996) General Health Questionnaire (GHQ) was used; they were completed by the respondents both in pre-test and post- test stages. Experimental group were provided with cognitive behavioral therapy for 12 sessions (one 1-hour session per week ) ,but the control group did not receive any treatment .The obtained data were analyzed by using analysis of covariance technique. Data analysis indicated that the mean scores for general health for experimental group have significantly increased compared to control group. The results of this study suggested that cognitive behavioral therapy is effective in the improvement of general health results in weight loss.

**KEYWORDS:** “general health” , “obesity” , “cognitive behavioral therapy”