Comparison of the Effectiveness of Interpersonal Psychotherapy and Cognitive - Behavioral Therapy on Body Image in Women Referred to Cosmetic Surgery Centers

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Abstract

Introduction: Body image is complex concern including biological, psychological, internal and external social factors. The purpose of this study was to comparison of the effectiveness of interpersonal psychotherapy and cognitive - behavioral therapy on body image in women referred to cosmetic surgery centers.

Materials and Methods: This experimental study was a post-test pre-test by control group. The statistical population of all women in Mashhad who had referred to women's cosmetic surgery centers 1398. 45 were randomly placed in three groups (interpersonal psychotherapy, cognitive-behavioral therapy and control). The data gathering tool was multidimensional body-self relations questionnaire (Cash, 1997). Content validity was used and their reliability was estimated through Cronbach’s alpha. SPSS24 software and descriptive and analytical statistics (covariance) were used to analyze the data.

Results: The analysis of covariance showed that interpersonal psychotherapy had a positive and significant effect on body image satisfaction (P <0.05). Cognitive - behavioral therapy had a positive and significant effect on body image satisfaction (P <0.05). Results of post hoc test indicated that both training methods interpersonal psychotherapy and cognitive - behavioral therapy, there is no significant difference in post-test scores (P > 0.05).

Conclusion: Considering the significant effect of methods interpersonal psychotherapy and cognitive - behavioral therapy on the body image satisfaction, it is suggested to use these two methods to increase women’s body image satisfaction.

Keywords: body image, interpersonal psychotherapy, cognitive-behavioral therapy, cosmetic surgery center

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Introduction

Physical attractiveness and physical satisfaction in society are recognized as an important element of their concept in women. The media advertises more cosmetic products for women and uses women who have a special and flawless appearance, body shape in their advertisements. An important issue occurs when internalized beauty standards are not achievable and lead to the formation of unrealistic goals for women that cause shame and dissatisfaction with appearance and body. Dissatisfaction with body image is known as negative and dysfunctional feelings and beliefs about a person's weight and shape, which is more common in women than men. Misunderstanding body image can cause mental and physical problems for a person. Physical dissatisfaction in the future can lead to unhealthy behaviors such as depression, low self-esteem, smoking, and unhealthy weight control behaviors and can become a trait in individuals. Studies have shown that people with physical dissatisfaction pay attention to their photos. Josberg, Pete, Josberg, and Ackerman in their study examined the bias of attention to body images in women with body image disorders and their research showed that such people have a strong tendency to adjust body size.

The results show that cognitive-behavioral intervention and interpersonal psychotherapy can reduce dissatisfaction with body image. According to cognitive theories, selective attention is combined with the process of obtaining body image information and leads to an increase in negative emotions; Therefore, due to the high prevalence of dissatisfaction with body image in women, which often leads to cosmetic surgery, and dissatisfaction with body image may not be treated after cosmetic surgery, and eventually lead to feelings of loneliness and anxiety. The reason for comparing cognitive-behavioral therapy and interpersonal psychotherapy is that they are based on very different psychological and philosophical traditions. Traditions of cognitive-behavioral therapy are based on rational, empirical, rational, and cognitive positivist assumptions. This approach combines the core elements of cognitive and behavioral patterns and focuses on reducing negative spontaneous thoughts and malfunctions that underlie unwanted symptoms. In contrast, interpersonal psychotherapy traditions are based on interpersonal, dynamic, and process assumptions, using the relationship between current interpersonal moods and experiences and on changing the important interpersonal challenges that women experience. They focus. Research has shown that interpersonal therapy and cognitive-behavioral therapy are effective in improving body image. Farahzadi, Madahi and Khalatbari in a study of the effectiveness of cognitive-behavioral group therapy on body image dissatisfaction and showed that cognitive-behavioral group therapy improves satisfaction with body image. Sohrabi, Pasha, Naderi et al. examined the effectiveness of cognitive-behavioral therapy on body mass index and self-concept of overweight people and the results showed that cognitive-behavioral therapy, in addition to weight loss and retention, improves self-concept and changes in personal beliefs. It is about appearance and self-efficacy. Abedi Paricha et al. examined the effectiveness of group cognitive-behavioral intervention on improving negative body image in male adolescents and concluded that group cognitive-behavioral intervention in improving negative body image of male adolescents can be used as an effective treatment method. Wang, Chang, and Kindi studied the effect of interpersonal psychotherapy on physical disorder and showed that psychotherapy is effective in reducing pain and increasing satisfaction with physique (body image). Margolis and Orsilo examined the effect of cognitive-behavioral therapy on body image dissatisfaction and concluded that cognitive-behavioral therapy improves body image dissatisfaction. Pearson, Munt and Hayes examined the effect of cognitive-behavioral therapy on body image dissatisfaction and the results of their study showed that body image satisfaction and physical satisfaction component increased in the experimental group. Much research has been done on two approaches to interpersonal psychotherapy and cognitive-behavioral therapy; but so far research on which has a more effective role in satisfaction with women's body image; It's not done; Therefore, the researcher decided to compare the two approaches in the treatment of body image dissatisfaction of women referring to beauty centers.

Methodology

This quasi-experimental study was a pre-test-post-test with a control group. All women aged 23-40 years referred to beauty centers in Mashhad in 1398, 45 of whom were selected by available sampling method and randomly assigned to three groups of 15 people. A questionnaire (1997) was
used to assess a person's attitude towards their body image. This questionnaire has 46 items and six dimensions (face evaluation, face orientation, fitness evaluation, fitness orientation, weighting and physical satisfaction) which is used to assess people's attitudes about body image. The scoring of the questionnaire is based on a 5-point Likert scale (strongly disagree: 1 and strongly agree: 5). Many researchers in their research have confirmed the validity and reliability of this questionnaire (including: Hosseini and Afsharnia (and Musa Diva and Mahmoudian. In this study, the reliability of the study using alpha test. Cronbach obtained 0.95 and before the sessions, all three groups were given informed consent to be informed; For the first experimental group, cognitive-behavioral therapy was provided weekly for 12 sessions and for the second experimental group, interpersonal psychotherapy sessions were performed in 12 sessions. After the test, two experimental groups (the group receiving interpersonal psychotherapy training and the group receiving cognitive-behavioral therapy) and the control group answered the questionnaire. To analyze the data from descriptive statistics (mean and standard deviation) Analysis of covariance based on its assumptions was used with the help of SPSS software version 24. The significance level of these tests is considered to be 0.05.

Results

The descriptive findings of the study showed that the mean and standard deviation of the body image score of the control group were pre-test (M = 99.60), (SD = 8.83) and post-test (M = 101.13), (SD = 8.70). The mean and standard deviation of the psychotherapy group were pre-test (M = 86.93), (SD = 14.76) and post-test (M = 97.93), (SD = 11.093), and the mean and standard deviation of the group were: Cognitive-behavioral was in the pre-test (M = 0.06), (SD = 6.85) and in the post-test (M = 101.33), (SD = 5.55).

In order to evaluate the effectiveness of interpersonal and cognitive-behavioral therapy, analysis of covariance was used and Ben Ferny post hoc test was used to detect differences between groups. Assumptions of covariance analysis were tested before the test.

The results showed that the distribution of diffraction variables (P = 1.21 and KS = 0.428) is normal; the variance of the control and experimental groups is equal (P = 0.82 and F = 3.097), the regression slope between the scattering variable is homogeneous at different levels of the independent variable (P = 0.42 and F = 3.398). Examining the presuppositions indicates the optimal observance of the presuppositions.

After fulfilling the assumptions of covariance analysis, the analysis of covariance analysis and Benfferny post hoc test were performed to compare the effectiveness of interpersonal and cognitive-behavioral treatment methods.

The results showed that there was a difference between the experimental and control groups in body image satisfaction (F = 4.04) (P <0.05).

The results of Benferny post hoc test showed that there is a significant difference between the experimental and control groups and cognitive-behavioral therapy and interpersonal psychotherapy are effective in increasing satisfaction with body image (P <0.05); But there is no significant difference between the two experimental groups (P <0.05)

Discussion

The results showed that interpersonal psychotherapy is effective in increasing satisfaction with women's body image. The study of Wang et al. indicates the effectiveness of psychotherapy on reducing pain and increasing satisfaction with body image, which is consistent with the above findings. In the above explanation, it can be said that in interpersonal therapy sessions, emphasis is placed on identifying interpersonal problem areas, current relationships and helping the patient to master the interpersonal context, and accordingly, skills training strategies. Social-behavioral skills, teaching social perception skills, teaching the use of self-learning to guide behavior, teaching social problem-solving skills, replacing effective and positive thoughts with dysfunctional and negative thoughts that emphasize satisfaction People are influenced by their body image. Individual psychotherapists believe that with the proper implementation of the interpersonal therapy process, clients become armed with social and interpersonal skills, and it is in this way that they review their problems and get excited. They examine themselves in relation to them and in this situation, they choose a new skill appropriate to their current situation and deal more problematically with the problems that have arisen.

Another finding showed that cognitive-behavioral therapy is effective in increasing satisfaction with body image. Farahzadi et al. in
their research showed that cognitive-behavioral group therapy improves satisfaction with body image. Sohrabi et al. in a study showed that cognitive-behavioral therapy improves self-concept and changes in personal beliefs about appearance and self-efficacy. Abedi Paricha et al. concluded that group cognitive-behavioral intervention in improving the negative body image of adolescent boys can be used as an effective treatment. Margolis and Orsilo examined the effect of cognitive-behavioral therapy on body image dissatisfaction and concluded that cognitive-behavioral therapy improves body image dissatisfaction, which is consistent with the findings of the present study. According to this finding, it can be said that in cognitive-behavioral therapy, members in group meetings pay their selective attention to the physical characteristics in interpersonal relationships.

And through practice, identify negative future thoughts or thought errors, such as mind-reading in interpersonal relationships, and understand how thought errors affect their selective attention to appearance components. Practice and extract these errors with exercises and identify the emotions associated with the errors, in regular relaxation and desensitization sessions of emotions such as guilt, shame, anxiety and sadness that cause to reduce them. They were exaggerated in performing strategies such as the type of clothing, makeup, desire for surgery, and postponing social relationships such as going to a sports class until they lost weight. Anxiety is controlled. Cognitive-behavioral group members also substitute more adaptive thoughts after identifying and challenging thought errors. Body image satisfaction is a complex structure of the mental image about size, shape, appearance to the body, and feelings about these characteristics. Based on cognitive-behavioral perspectives, attitudes or schemas related to shape, weight, and appearance affect the information process about body image and, due to biases in attitudes, lead to selective attention that ultimately leads to in turn, it affects the information processing process. Cognitive-behavioral pattern can lead to success and improvement in the body image of subjects in general as well as the subscale of physical satisfaction. In this model, people focus on their perceptions, thoughts and feelings about body image. What is addressed in this model is the emphasis on the possibility of creation and satisfaction of the body.

**Conclusion**

The results also showed that there is no significant difference between the effectiveness of cognitive-behavioral therapy and interpersonal psychotherapy on the body image of women. In fact, both cognitive-behavioral therapy and interpersonal psychotherapy have been effective on the body image of women referred to cosmetic surgery centers, but none of these methods was superior to the other in improving body image satisfaction and was statistically superior. Their difference in improving body image satisfaction was not significant, which can be concluded that to increase body image satisfaction in women, especially women referred to surgical and cosmetic centers can be used between cognitive-behavioral therapy and psychotherapy. It is suggested that these two methods be used as effective and complementary methods along with other common therapies as a non-pharmacological and low-complication treatment to improve body image.

**Acknowledgment**

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**Conflict of Interest**

This study has not received any financial support and therefore there is no conflict of interest.
مقایسه اثربخشی روان درمانی بین فردی و درمان شناختی - رفتاری بر تصویر بدنی زنان

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چکیده

مقدمه

ظرفیت زنان: روان درمانی، دانشگاه آزاد اسلامی، واحد شاهرود، ایران

Synopsis

Aim: This study aimed to compare the effectiveness of individual and cognitive-behavioral therapy in women on body image satisfaction. Methods: A randomized controlled trial was conducted on 50 women in Bandar Abbas, Iran, with body image problems. The intervention group received individual and cognitive-behavioral therapy, while the control group received individual therapy. Results: The results showed statistically significant differences between the two groups in terms of body image satisfaction and self-esteem. Conclusion: Individual and cognitive-behavioral therapy can be effective in improving the body image of women with body image problems.

کلیدواژه‌ها:

صدای بدنی، روان درمانی - فردی، روان درمانی - شناختی، رفتاری

مقدمه

با شنید استفاده می‌کند، مسئله مهم زنان، اتفاق می‌افتد که مهم‌ترینی روش‌های درمانی در زنان، ابتدا دستیابی نیازهای زنان و سپس گردیده که سبب شده، گیری هدف عوائق بیشتر یا به شکل گیری، نارضایتی از زنین یا به‌سیب شرمنده، نارضایتی از تصویر بدنی، به‌عنوان احساسات و باره‌های مختلفی، ناکارآمد می‌شود و فرم
۵. Wang, Chang, Kennedy
۶. Margolis & Orsillo
۷. Pearson, Follette & Hayes

۱. Usberg, Peet, Usberg & Akketmann
۲. Liposuction
۳. Congnitiye - Behavioral Therapy
۴. Interpersonal Psychotherapy

۲۸۶
نیز برای اجرای پسآزمون دو گروه آمادگی (گروه دریافت کننده آموزش روان درمانی بین فردی و گروه دریافت کننده روان شناختی-رفتاری و گروه کنترل) به پرسش‌نامه مجزا، پایش داده. برای تجزیه و تحلیل کووپارنس براساس مفروضه‌ای آن با کمک نرم‌افزار SPSS ویرایش 44 استفاده گردید. سطح معناداری این آزمون 0/05 در نظر گرفته شده است. این پژوهش با شناسه اختلاطیر در کمیته اختلاطیر در IAU.SHAROOOD.REC.1399.057 انجام‌گردید.

1. یافته‌ها

یافته‌های توصیفی پژوهش نشان داد میانگین و انحراف استاندارد نمره تصور بدنی کنترل در پسآزمون (870) بود میانگین (S.D= 9/43) و پسآزمون (M=83/23) و انحراف میانگین در پیشآزمون (M=99/06) و در پسآزمون (S.D= 1/96) و در پیشآزمون (M=98/85) و در پسآزمون (S.D= 1/31)

به منظور بررسی اثراتی روشن درمانی بین فردی و شناختی رفتاری از تحلیل کووپارنس و برای تشخیص نفوذ بین گروه‌ها از آزمون تغییری بن فردی استفاده شد. قبل از اجرای آزمون پیش‌فرض های تحلیل کووپارنس مورد آزمون قرار گرفت.

نتایج جدول 1 نشان داد که توزیع متغیر همیارش (KS = 0/28) و نرمال پیش‌فرض‌ها (P=0/42) به دریافتگروه، کنترل و آزمایش بررسی است (KS = 0/82) و نرمال نیز جلسات روان درمانی بین فردی در 12 جلسه اجرا شد (پیوست 2.3) در بیان‌های آزمایشی می‌تواند متغیر مستقل همگن (F=3/98 و P=0/42) می‌باشد (F=2/398 و P=0/42) می‌تواند همیارش فاصله‌ای می‌باشد. بررسی پیش‌فرض‌ها حاکی از رعایت مطلب‌های پیش‌فرض‌ها دارد.

جدول 1. پیش‌فرض‌های تحلیل کووپارنس

<table>
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<tr>
<th>نوع آزمون</th>
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<td>تایید</td>
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<td>نتایج</td>
<td>P&gt;0/05</td>
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1 Kolmogorov-Smirnov
پس از اجزای بیشتری از تصویر‌های تحلیل کواریانس برای مقایسه ارتقایی روش درمانی بین درمانی و سنی-رفتاری آزمون تحلیل کواریانس و آزمون تغییرات بین فرای اجرا شدند. نتایج نشان داد که بین گروه‌های آزمایش و کنترل در

نتایج آزمون تغییرات بین فرکانس برای مقایسه گروه‌های آزمایش و کنترل

### جدول 4

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نتایج آزمون تغییرات بین فرکانس برای مقایسه گروه‌های آزمایش و کنترل

پژوهش حاضر با هدف مقایسه ارتقایی روان درمانی بین درمانی که به مرکز جراحی زیبایان انجام شد. نتایج پژوهش نشان داد که درمان درمانی بین درمانی در افزایش رفتاری تغییراندی و کاهش درمانی و زیبایی، مؤثر است. مطالعه وانک و همکاران (21) حاکی از این موضوع بودند.

### بحث و نتیجه‌گیری

پیامد مثبتی و تفکرگر روابطی روان درمانی بین درمانی و درمان شناختی و رفتاری برتصویر بدنی در زنان مراجعه‌کننده به مرکز جراحی زیبایان انجام شد. نتایج پژوهش نشان داد که درمان درمانی بین درمانی در افزایش رفتاری و کاهش درمانی و زیبایی، مؤثر است. مطالعه و انک و همکاران (21) حاکی از این موضوع بودند.

### جدول 3

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عنوان یک درمان
توان از دو روش
که بین ابربیشی روش
عات تأبیر
خصوص زنان
درمانی بین فردی
رود از ادراکات، افکار و احساسات خود در مورد تصویر بدنی متمرکز
گردد که
شکل، وزن، ظاهر
در فرایند
درمانی بین فردی استفاده کرد
توان نتیجه گرفت
فردی در تصویر بدنی زنان
رفتاری
به آزمودنی
تأکید بر
تواند سبب موفقیت و
کننده در پژوهش و کلیه مسئولین

References


تشکر و قدردانی

نویسندگان از زنان شرکتکنندگان در پژوهش و کلیه مسئولین
مکاری که اجرای این مطالعه را ممکن ساخته، سپاسگزارند.


