Letter to the Editor

Effectiveness of forgiveness skill on anxiety and depression among women victims of sexual abuse in childhood

1. Introduction

Sexual abuse in childhood is a crisis and this problem is prevalent in many countries (Grubb and Turner, 2012). Several studies showed that its prevalence in boys is about 2–30% and in girls about 4–60%. In 2008, it has been estimated that about 772,000 sexual abuse in children at the U.S (Lopez-Castroman et al., 2013). In Iran, prevalence of child sexual abuse is 8–15% (Mirzaii et al., 2006). Child sexual is related to many short and long term negative consequences and 30–50% of victims suffer from depression and anxiety (Rodriguez, 2010). Spirituality approach special forgiveness is effective strategies in reduction of psychological problems (Worthington et al., 2013, Zuccurini et al., 2012).

2. Methode

The current study aimed at determining effectiveness of forgiveness skill in reduction of depression and anxiety among women victims of sexual abuse in childhood. This is a semi-experimental study with pretest-posttest as well as control and experimental groups. 30 depressed and anxious women who reported a sexual abuse before the age 7 by relatives. They select randomly into two 15-member test and control groups. Test group trained forgiveness individually within 12 sessions and control group members were in waiting list. Both groups filled out Beck’s Depression and Beck’s Anxiety Inventory in baseline and after intervention. The intervention protocol was derived from study of Wright (Reed and Enright, 2006).

3. Results

The results of adjusted mean value and results of Covariance for dependent variables are presented in Table 1 and show effectiveness of independent variable in the dependent variable.

Table 1

<table>
<thead>
<tr>
<th></th>
<th>Experimental group</th>
<th>control group</th>
<th>covariance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>Anxiety</td>
<td>7.03</td>
<td>1.64</td>
<td>1.40</td>
</tr>
<tr>
<td>Depression</td>
<td>6.20</td>
<td>1.26</td>
<td>21.12</td>
</tr>
</tbody>
</table>

4. Conclusion

The results showed that forgiveness skill is effective in reducing anxiety and depression among women victims of sexual abuse in childhood. This result is in consistence with findings of (Reed and Enright, 2006) and Leach et al. (2010) that they showed forgiveness could lead to significant reduction of negative mood.

Conflict of interest

The authors declare no conflict of interest.

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References


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