

## Rational emotive behavior therapy (REBT) for depression and smoking cessation in infertile women

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Cigarette smoking and depression frequently comorbid in community and clinical samples. Smokers have usually been shown to reveal higher rates of depression symptoms. Cigarette smoking is associated with lower productiveness rates, adverse reproductive outcomes and a higher risk of IVF-ICSI failures. Over the last few decades, prevalence of smoking among women of reproductive age has increased.

The present study aimed at evaluating the effectiveness of Rational Emotive Behavior Therapy (REBT) intervention program in reducing depression and Smoking Cessation in infertile women. A purposive sample of 20 infertile women by history of smoking were selected randomly from Mediwave IVF & Fertility Research Hospital in Mysore-India. All subjects were assessed using Beck Depression Inventory-II (BDI-II). Then were divided into experimental group (N=10) and control group (N=10). Experimental group received 24 sessions of manual based intervention. Pre assessment was carried for both the group at the beginning of the intervention. Post assessment was done for both the groups after completing REBT intervention. Third assessment was follow up assessment which was done carried at 4<sup>th</sup> week after post assessment.

Results of repeated measure ANOVA indicate that the REBT was effective in reducing depression in both Affective component and Somatic component of depression and Smoking Cessation in experimental group from pre to post assessment and follow up.

Results provide evidence that cognitive behavior strategies can be effective in reducing depression and smoking cessation in women undergoing infertility medical treatment. REBT helped in positive coping statements, pleasurable activities and helped them to reduce negative affect associated with infertility and feeling of hopelessness. Further REBT led to a gain in confidence over coping with problems related to infertility.

### Biography

Maryam Mousavi Nik have completed her diploma degree in Midwife from Islamic Azad University, Arsanjan, Shiraz-Iran in 2003. She had completed her Bachelor degree in clinical Psychology from Islamic Azad University, Arsanjan, Shiraz -Iran in 2006, she was the honor in her Bachelor Degree and as a result of that she studied Master without entrance exam as an award. She had done Master Degree in Clinical Psychology in Islamic Azad University, Roudehen, Tehran-Iran in August 2009 and she was honor in Master Degree, as well.

She is a Ph.D. student in Clinical Psychology in Mysore University-India under Prof. Basavarappa guidance and supervision on the topic "Effect of Rational Emotive Behavior Therapy (REBT) on Depression and Irrational Beliefs among infertile women". She have teaching experience in Roudehen University-Tehran-Iran and also participated in different educational workshop. Further she had presented some papers in various congresses and published some articles in several journals held during her student days.

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