The efficacy of Group Reality Therapy on elder people's social relations and living environment in Isfahan

Bahareh Ghaziof
Islamic Azad University, Iran

The purpose of the present study was to evaluate the efficacy of reality therapy on social relations and living environment among elders in Isfahan. This was a semi-experiential research with an experimental and 20 participants control group. For this purpose 40 elders from Isfahan were randomly selected and asked to complete a WHO quality of life questionnaire. The experimental group received eight sessions of training in reality therapy. The follow-up was performed after three months. The findings were statistically reviewed through multiple co-variances. The results revealed that there was a significant difference in the pre-test and post-test of the two groups on social relations and living environment. The intervention in the follow up was constant (p<0.05).

Biography
Bahareh Ghaziof has completed her Master’s degree in Clinical Psychology from Islamic Azad University, Najafabad, Isfahan, Iran. She has developed her passion for academic research and experiences in cognitive psychology, reality therapy, elder people and mental health at University of Isfahan.