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The effect of stress inoculation training on psychological well-being in different identity styles

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Abstract

Introduction: The purpose of this experiment is study the effect of stress inoculation training on psychological well-being in different identity styles.

Methods: Participates from simple random samplings were chosen and identity style questionnaires were performed.

Entrance criteria for participant include:

Female, undergraduate students in Educational courses, having psychological and physical health by self-report.

67 Subjects were divided by random assignment into 2 subject groups on the basis of their identity style (normative, diffuse/avoidant), 2 control groups specialized to each group.

In the pre-test stage psychological well-being questionnaires were performed. Then we presented our treatment in 12 sessions. In the post-test we repeated again psychological well-being questionnaires.

Results: The results indicated stress inoculation training and interaction between this variable and identity styles can develop psychological well-being .according to psychological well-being components, stress inoculation training can affect to all component and interaction of stress inoculation training and identity styles can affect on autonomy, mastery of environment, self growth and positive relationship with others.

Conclusion: Changing on the basis of self instruction can increase rational believes, proper actions and affect on psychological well-being, moreover identity styles can moderate this process