

Comparing the Effectiveness of Schema Therapy with Short-term Psychodynamic Therapy on Self-esteem and Socio-Cultural Attitudes towards the Appearance of women applying for Cosmetic Surgery

Arsalan Rahnamei Zekavat,^{*1} Mohammad Moshkani²

Abstract

Introduction: Today, cosmetic surgeries are considered as one of the human concerns among the Iranian society, a value. This research was conducted with the aim of comparing the effectiveness of schema therapy with short-term psychodynamic therapy on self-esteem and socio-cultural attitudes towards the appearance of women applying for cosmetic surgery.

Research method: This research was one of the Semi-experimental studies with a pre-test-post-test design with a control group. The statistical population was all the women applying for cosmetic surgeries who referred to cosmetic surgery clinics in Gorgan city in 2023, 45 of whom were randomly selected in three groups of schema therapy (15 people), short-term psychodynamic therapy (15 people) and group They were witnesses (15 people). The research tools were Crocker et al.'s self-esteem questionnaires and Thompson et al.'s socio-cultural attitudes. Research data were analyzed by multivariate analysis of covariance and using spss software version 26.

Findings: The findings indicate that short-term psychodynamics has a significant increase in self-esteem and a decrease in socio-cultural attitudes compared to the control group ($P < 0.05$). Also, short-term psychodynamics was more effective in increasing self-esteem, and schema therapy was more effective in reducing social and cultural attitudes.

Conclusion: Based on the findings, it can be said that short-term psychodynamic therapy by correcting the attitude towards oneself and revising the values and goals of life has increased self-worth, and identifying schemas and helping people to express suppressed negative emotions and feelings has improved processing. Cognitive and negative socio-cultural decline appears.

Keywords: schema therapy, short-term psychodynamic therapy, self-worth, social and cultural attitudes towards appearance, cosmetic surgery

Received: 22/ January/ 2024

Accepted: 7/ March/ 2024

Citation: Rahnamei Zekavat A, Moshkani M. Comparing the Effectiveness of Schema Therapy with Short-term Psychodynamic Therapy on Self-esteem and Socio-Cultural Attitudes towards the Appearance of women applying for Cosmetic Surgery, Family and health, 2024; 14(2): 132-150

¹ - (**Corresponding author**), Master of Psychology, Islamic Azad University, Bandargaz branch, Iran. arsalanrahnamee@gmail.com, Tell: 09112076091

² - Department of Psychology, Gorgan Branch, Islamic Azad University, Gorgan, Iran. moshkani.moh@gmail.com



Introduction:

Today, cosmetic surgery is considered as one of the human concerns among the Iranian society, a value, despite the many complications pointed out by experts, but the decision about these operations has increased significantly in recent years, causing an increase in workload and high costs. The health system of the country has become (1). Cosmetic surgery is a type of voluntary surgery without medical necessity, the purpose of which is to make the applicant feel satisfied with his appearance. Wrinkles and skin tightening are among the things that many women do every year to get the desired beauty (2). According to the available statistics, about 60% of cosmetic surgery applicants do not need surgery from a scientific and aesthetic point of view, and psychologists believe that the unfavorable spread of cosmetic surgeries in any society is influenced by the cognitive and emotional motivations of young people, especially the need to be noticed by the society from The main motivations are to acquire artificial beauty (3). Since women care and pay more attention to their appearance and beauty compared to men, this abundant attention forces them to adopt extreme behaviors in order to match their body features with the cultural models of face and body beauty. Which sometimes brings negative consequences (4).

Researchers have shown that there are two types of motivation to perform cosmetic surgery: including individual and social factors such as self-evaluation, separation and social acceptance (5). Personality theorists all believe that as long as people cannot enjoy a sense of self-worth, their life satisfaction will decrease and their mental and physical health will be threatened because a healthy mental and physical life will only be formed in the shadow of a sense of worth. (6). Self-worth is the experience of being able to deal with the basic issues of life and a sense of competence and self-confidence, and it is clear that to the extent that people can experience a greater sense of worth, their general performance will be better (7). Self-appreciation and valuing oneself is one of the important examples of self-worth theory that leads to the formation of self-esteem (8), and improves the level of general health, self-regulation, a source of motivation, reducing depression and improving social behavior, the right and appropriate way to face accidents and It is a daily life event that shows its effects at different levels of personal, family, educational and social life (9).

The pressure of family, peers and society plays a role in creating dissatisfaction with body image and internalizing society's standards (10). Socio-cultural attitude about appearance includes normative views and pressures from the text and socio-cultural situation, family, friends, beauty standards in society and media (advertisements on TV, satellite, magazines and movie stars) (11). The standards that cultural and social expectations impose on people based on the desirables of the society have an effective role in the formation and continuation of concerns about body image (12). In addition, exposure to the media can cause physical dissatisfaction in women. People who are under cultural and social pressures compare their body image with the body standards presented in interpersonal interactions with the media and internalize beauty standards (13). Exposure to the media and the internalization of the media's ideal models about appearance and

body affect people's belief in beauty and its importance (14). Socio-cultural attitude towards appearance and self-acceptance has an effect on the attitude towards body image in girls (15).

Studies have shown that psychological treatments may have a positive effect on people applying for cosmetic surgery (16), the schemas of people applying for cosmetic surgery have a fundamental role in their decision to undergo surgery (17). Schema therapy is a new and integrated method, which is mainly based on the expansion of concepts and methods of classical cognitive-behavioral therapy. This model deals with the deepest level of cognition and targets the initial incompatible schemas, and by using cognitive, emotional, behavioral and interpersonal strategies, it helps clients to overcome the initial incompatible schemas, which is considered a key concept in this approach (18). , and its primary goal is to create psychological awareness and increase conscious control over schemas, and its ultimate goal is to improve schemas and coping styles (19). The results of studies indicate that schema therapy by reducing the negative effects of initial incompatible schemas on negative body image and sensitivity to rejection in women applying for cosmetic surgery (20); reducing concern about body image (21); Increasing physical self-esteem in women applying for cosmetic surgery (17); improving perfectionism and ineffective attitudes of women (22); self-concept and social health (23); increasing self-efficacy (19); self-esteem (24); reducing ineffective attitudes (25); correcting dysfunctional beliefs and thoughts (26); Eliminating negative patterns of thinking, emotions and behavior (27), concern about body image (28) is effective.

Another psychological treatment that can help in this regard is short-term psychodynamic therapy. This therapy is a short form of emotion-focused therapy that is compatible with each patient's mental capacity and targets deficits in emotion recognition, anxiety tolerance, self-reflection, and interpersonal functioning (29). In this treatment, patients are helped to regulate their anxiety and excitement and change their defenses, which along with this change, the person becomes stronger and can face the emotions that he has avoided (30). Short-term psychodynamic therapy has an integrative, short-term and intensive nature, is based on self-knowledge and benefits from techniques such as clarification, analysis of defenses, confrontation, interpretation and support, and thus is effective in getting rid of symptoms or disorders and in some cases in changing personality. 31). Regarding the effectiveness of short-term psychodynamic psychotherapy on self-worth and socio-cultural attitudes, no direct research has been done, but some studies indicate the effectiveness of short-term psychodynamic therapy on increasing my strength (32, 33); social adaptation (34); self-respect (35); Reduction of symptoms of body deformity (36); self-esteem (37); mental health (38); increasing self-control (29); Differentiation was (39).

Performing cosmetic surgery and the trend towards it has become a problem of the modern world and has exposed women more than men. Of course, advertisements in the media and virtual world have not been ineffective in developing and strengthening this issue. Therefore, it can be said that psychological and cognitive factors play a role in the formation and tendency towards cosmetic surgeries. Their existence can have harmful effects on the individual, family and society. Now, turning attention to the research background, it has been observed that in different statistical societies, intensive short-term dynamic therapy and schema therapy have had a significant effect

on various psychological components, but the important point is that no research has been done to investigate the effect of intensive short-term dynamic therapy and Based on the authors' search, it was not found that schema therapy has addressed self-worth and socio-cultural attitudes, and this warrants the necessity of the current research. Therefore, considering the strong psychological problems of people applying for cosmetic surgery and the repetition of these operations and in order to help the mental and psychological state of these people, the present study seeks to answer the question whether there is a difference between schema therapy and short-term psychodynamic therapy on self-worth and social attitudes. Is there a cultural difference in the appearance of women applying for cosmetic surgery?

Research Method:

The current research was applied in terms of purpose and in terms of data collection, including semi-experimental studies with a pre-test-post-test design with a control group. The statistical population of the research was all the women applying for cosmetic surgeries who referred to cosmetic surgery clinics in Gorgan in 2023, 45 of whom were randomly selected in three groups: schema therapy (15 people), short-term psychodynamic therapy (15 people) and the control group (15 people) were included. The criteria for entering the research were informed consent, having at least a diploma, performing cosmetic surgery without medical and necessary reasons, and the exit criteria included not doing homework, missing more than one meeting, and unwillingness to cooperate in the research. Research tool:

Self-esteem questionnaire: This questionnaire was created by Crocker et al. in 2003, which contains 35 items, and respondents must answer the statements on a seven-point Likert scale (1=strongly disagree to 7=strongly agree). The range of scores of this questionnaire is between 35 and 245. Higher scores indicate higher self-worth. The subscales of this questionnaire are the internal dimension and the external dimension of self-esteem (40). In Sargent's (2006) study, Cronbach's alpha of 2 scales was reported between 0.78 and 0.84. The reliability of the subscales was between 0.87 and 0.94. The Latin version of this questionnaire has the same and stable validity and reliability based on Crocker et al.'s report (2003). In a research, Zaki showed that the seven subscales of self-worth can be reduced to two factors, and the two mentioned factors can be called internal self-worth and external self-worth (41). There is a significant relationship between self-worth and collective self-esteem, which represents the validity of the research tool. In addition, all items of the questionnaire are reduced in two factors, which shows the construct validity. The reliability of the internal dimension and external dimension of self-esteem subscales in Zare et al.'s research was calculated using Cronbach's alpha coefficient of 0.73 and 0.72 (42). The reliability of the questionnaire in the present study was obtained using Cronbach's alpha coefficient of 0.88.

Scale of Sociocultural Attitudes to Appearance: This scale is one of the most widely used tools to assess the internalization of patterns and pressures of sociocultural beliefs about appearance, which was compiled by Thompson, VanDenberg, Roerig Guarda and Heinberg in 2004 and has 30 items that are used by A 5-point Likert scale (0 meaning completely disagree to 4 meaning

completely agree) is measured (43). The questionnaire emphasizes four theoretical scales, 2 factors based on internalization factors and 2 factors emphasize informational factors. The first component includes 9 phrases and is called general internalization and measures the effects of media such as television, magazines, and movies, and the second component includes 5 phrases and is called athlete internalization and measures the internalization of sports patterns. The range of scores of this scale is between 0 and 120, and higher scores indicate a higher degree of media influence. In Thompson et al.'s (2004) research, the results of exploratory factor analysis showed the existence of four factors: general internalization with an alpha coefficient of 0.96, athlete internalization with an alpha coefficient of 0.92, information with an alpha coefficient of 0.95, and pressures with an alpha coefficient of 0.95. 0.96. Also, the results of this research showed favorable convergent validity of this scale with body image scales and eating problems. In Iran, Mohammad Panah Ardakan, Babapour and Yousefi investigated the validity of this scale using exploratory factor analysis and its reliability using Cronbach's alpha coefficient. The results of this research showed that the data shows a four-factor structure and the alpha coefficient for the entire scale is 0.77 (44). In this research, the general internalization subscale was used; this subscale assesses media influences such as television, magazines, and movies in terms of internalizing patterns presented in these media for appearance. The reliability of this scale was obtained in Kazemi et al.'s research using Cronbach's alpha coefficient of 0.90 (13). The reliability of the questionnaire in the present study was obtained using Cronbach's alpha coefficient of 0.91. Research implementation process:

First, a list of cosmetic surgery clinics in the 1st and 2nd regions of Gorgan was prepared and, with the coordination of a specialist doctor, people applying for cosmetic surgery were contacted and invited to participate in the briefing session. After stating the objectives of the research, among the people who had cosmetic surgery appointments in August 2023 and declared their readiness to participate in the treatment group, 45 people were selected by available sampling method and randomly divided into two experimental groups and one group. They were witnessed. Then questionnaires of demographic characteristics, self-esteem and socio-cultural attitudes were administered as a pre-test, schema therapy and short-term psychodynamic therapy were administered to the experimental groups in 8 sessions of 90 minutes (one session each week), but no training was given to the control group. And no treatment was done and finally the questionnaires were administered as a post-test. After collecting the questionnaires, the research data were analyzed by multivariate analysis of covariance using spss software version 26. After the end of the research, based on the benefit of the experimental group from psychotherapy services, based on the 37 codes of research ethics, the members of the control group also received psychotherapy services.

Schema therapy: Schema therapy sessions based on the protocol of Yang and Bahari (45) were held in 9 sessions of 90 minutes, one session per week.

Table 1: Summary of schema therapy sessions

Meeting	The content of the meetings
1	Familiarizing the members of the group with each other and creating a good relationship based on trust between the members and communicating the rules and goals of the group and guiding the clients in the framework of schema therapy.
2	Familiarity with the concept of schema and types of schemas, and in this session, people will be helped to identify their primary incompatible schemas.
3	Identifying primary incompatible schemas among group members, explaining schemas, examining the effect of schemas on people's lives.
4	Presenting the logic of cognitive techniques, practicing cognitive techniques in the therapy session
5	New definition of schema-confirming evidence, redefining schemas, arriving at a new definition of schemas
6	Implementing cognitive techniques, establishing a dialogue between the healthy side and the maladaptive side of the schema, reaching the healthy aspects of the schemas.
7	Training and compiling and making educational cards, completing individual schemas, completing the schema registration form
8	Presenting the rationale and purpose of behavioral techniques, practicing behavioral techniques in the therapy session, identifying the most problematic behavior.
9	Getting feedback from previous sessions, learning to replace positive schemas, summarizing skills

Short-term psychodynamic therapy: Short-term psychodynamic therapy sessions were held in 90-minute sessions, one session per week based on Dovanlo's (1995) short-term dynamic psychotherapy manual, translated by Khalighi Sigarodi (46).

Table 2: Summary of short-term psychodynamic therapy sessions

Meeting	The content of the meetings
1	Explaining the rules of conducting therapy sessions and initial interview with the implementation of dynamic sequence, which is called experimental therapy.

2	According to the type of people's defenses, appropriate and effective interventions were implemented.
3	Examining specialized words used by people, tactical defenses of indirect speech and morbid and possible thoughts. Effective intervention of challenge with people's defenses and identifying speech, challenge with defense and hesitation in defense.
4	Examining the defense of mental rumination and reasoning. Effective interventions in order: clarifying, asking for a definitive answer, doubting the defense, challenging the defense, challenging, blocking the defense.
5	Defenses of rationalization and generalization. Effective interventions: clarify, block, challenge and specify, challenge with defense.
6	Distraction tactics and forgetting effective interventions: blocking the defense and doubting the defense, challenging the defense.
7	Deny and deny Effective interventions: clarifying, questioning defenses, and challenging defenses.
8	Talking instead of touching feelings. Nonverbal cues. Obedience_passivity. Effective interventions: Enlightenment. Hesitation in defense, challenge with defense. Enlightenment, challenge.
9	Final summary, appreciation and thanks and ending the treatment.

Findings:

Demographic findings showed that the mean and standard deviation of the participants' age was 3.5 ± 25.14 . Among the participants in the research, 43/61 had a diploma, 37/11 an associate degree, and 19/28 a bachelor's degree. Also, 30/67 of the people had the first surgery, 45/18 the second surgery, and 24/15 had more than two surgeries. The average and standard deviation of the research variables are presented in Table 3.

Table 3: Mean and standard deviation of self-worth and social and cultural attitudes according to group appearance

Variable	group	pre-exam		post-test	
		M	SD	M	SD
self-worth	Schema therapy	74/29	14/13	91/86	16/26
	psychodynamic	73/11	15/93	98/60	17/31

	Control	73/45	15/67	71/89	14/30
Social and cultural attitudes to appearance	Schema therapy	76/79	11/56	63/22	9/38
	psychodynamic	75/42	12/17	69/05	9/57
	Control	76/25	12/32	76/16	10/19

Based on the contents of Table 3, there is a difference between the pre-test and post-test scores of the short-term psychodynamic and schema therapy group. But there is no noticeable difference between the pre-test and post-test scores of the control group. Therefore, in order to investigate these differences, statistical methods were used. In using multivariate covariance analysis, it is necessary to respect its defaults. The results of the Shapiro-Wilk test showed that the assumption of normality of the research variables in the pre-test and post-test was met for all the variables and the distribution of all the variables was normal ($P < 0.05$). To check the homogeneity of the variance-covariance matrices, the Mbox test was used, and the results showed that this assumption is true ($P = 0.071$, $F = 2.54$, $MBOX = 18.316$). To check the variances in the dependent variable, Levin's test was used, the F value in Levin's test for self-esteem variables ($P < 0.05$, $F = 1.53$) and apparent sociocultural attitudes ($F = 1.89$, $P < 0.05$) are not significant. Therefore, it can be said that the error variances in the research variables in the test and control groups do not have a significant difference. The results of the multivariate covariance analysis indicated a significant difference in the scores of the two groups ($P = 0.001$, $F = 19.31$, Pillai effect = 0.96). In the following, the results of the multivariate covariance analysis are presented in Table 4 for the post-test scores in the dependent variables.

Table 4: Results of univariate analysis of covariance for group comparison of research variables

Variable	levels	Mean of the sum of squares	df	Sum of squares	F	P	Eta
self-worth	pre-exam	1123/83	1	1123/83	17/71	0/001	-
	group	3017/02	1	3017/02	42/98	0/001	0/61
	error	1712/96	27	63/44			
	Total	159387	30				
Social and cultural attitudes to appearance	pre-exam	1504/97	1	1504/97	31/61	0/001	-
	group	1516/11	1	1516/11	31/84	0/001	0/53
	error	1285/42	27	47/60			

Total	65239	30
-------	-------	----

As the results of Table 4 showed, there is a significant difference in the dependent variables of self-worth and socio-cultural attitudes between the schema therapy and short-term psychodynamic groups and the control group ($P < 0.05$). In order to determine more precisely which of the research groups there is a difference in the dependent variables, the results of the Benferroni follow-up test are presented in Table 5.

Table 5: Post hoc Benferoni test for three study groups in research variables

Variable	group		difference in averages	standard error	P
self-worth	Schema therapy	psychodynamic	-6/74	-1/05	0/004
	Schema therapy	Control	19/97	1/96	0/002
	psychodynamic	Control	26/71	31/61	0/000
Social and cultural attitudes to appearance	Schema therapy	psychodynamic	-5/83	-0/19	0/003
	Schema therapy	Control	-12/94	-0/81	0/001
	psychodynamic	Control	-7/11	-0/62	0/001

As can be seen in Table 5, there is a significant difference between the test and control groups ($p < 0.05$). Based on Tables 4 and 5, the two groups of schema therapy and short-term psychodynamics have a significant increase in self-esteem and a decrease in socio-cultural attitudes compared to the control group ($P < 0.05$). Also, short-term psychodynamics was more effective in increasing self-esteem, and schema therapy was more effective in reducing social and cultural attitudes.

Discussion and conclusion:

This research was conducted with the aim of comparing the effectiveness of schema therapy with short-term psychodynamic therapy on self-esteem and socio-cultural attitudes towards the appearance of women applying for cosmetic surgery. The findings indicated that short-term psychodynamics is more effective than schema therapy on increasing self-esteem in women applying for cosmetic surgery. This finding is in line with the results of studies by Jafari and Johari Fard (32), Mehboodi et al. (35), Aruti Aziz (33), Rashidi et al. This finding is explained by the fact that they consider self-worth (positive self-evaluation) as a central and fundamental factor in the emotional and social adjustment of people (6). Because people applying for cosmetic surgery have problems in their ability to take care of themselves, maintain self-esteem and regulate

communication. In fact, failure in self-care and self-regulation causes painful and confusing feelings in the person and brings heavy psychological suffering to the person. In short-term psychodynamic therapy, it will be able to increase my function and increase my strength for myself. He no longer needs to use the non-adaptive behaviors that worked for him (35), and it helps the person to achieve a better acceptance of the facts of life and to use problem-oriented coping strategies in the face of life's problems, and in this regard, to to achieve a feeling of mastery over the situation, which can lead to self-worth, because self-worth is the result of internal satisfaction with the overall performance of a person, this therapeutic approach through influencing the mechanism of the tendency to accept thoughts, feelings, memories and physical symptoms and annoying desires and Negativity creates awareness that these annoying symptoms do not hinder a meaningful and rich life, and changing attitudes and correcting negative thoughts will lead to positive feelings towards oneself, which can help increase self-esteem (33). In this approach, by working on their feelings, group members can increase their self-awareness and gain significant insight into the functioning of their defenses and resistances. It can also be said that not accepting oneself as a valuable person depends on inner beliefs and mental thoughts, and when a person can avoid unwanted mental experiences, the feeling of worth increases. In fact, active and effective confrontation with thoughts and feelings, avoiding thoughts Inefficient and negative toward oneself, correcting one's attitude toward oneself and revising one's values and goals in life, which is one of the goals of short-term psychodynamic therapy, provides the possibility of correcting one's negative self-image, thereby increasing one's self-worth (38).

Another finding of the research showed that schema therapy is more effective than short-term psychodynamics in reducing socio-cultural attitudes towards appearance in women applying for cosmetic surgery. This finding is in agreement with some of the results of studies by Rabei et al. (20), Bidari et al. (22), Shiri et al. (16) is aligned. In explaining this finding, it should be noted that beauty standards are introduced in several formats, the most important of which are the introduction of actresses, movie and music superstars, celebrities, athletes, and considering the high-profile advertising platform that focuses on popular people in the society, the influence And imitating these people happens easily and leads to body image dissatisfaction (36). In other words, schema therapy is focused on people's past bad experiences and emotions, especially during childhood, and with the help of experiential strategies, reconstructing and correcting past bitter experiences related to the beauty of appearance and identifying schemas and helping people to express and Expressing suppressed negative emotions and feelings can improve the state of multidimensional communication of the body in people applying for cosmetic surgeries (47). By identifying the unsatisfied needs that are rooted in the childhood of people applying for cosmetic surgery and identifying the initial incompatible schemas that cause irrational beliefs, schema therapy tries to adjust the incompatible coping styles and responses that cause the continuation of irrational beliefs during the treatment and changing schemas with The change in the network of irrational beliefs is accompanied, and after that, at the end of the treatment sessions, it brings a reduction of the social and cultural attitudes to the appearance (20). Also, this treatment provides

conditions for people to use normal and adaptive coping strategies. Using adaptive coping strategies is associated with the development of mental capacity and problem-solving skills, and this process improves cognitive processing and reduces ineffective attitudes (25).

In general, it can be concluded that short-term psychodynamic therapy by correcting the attitude towards oneself and revising the values and goals of life increases self-worth, and identifying schemas and helping people to express suppressed negative emotions and feelings improves processing. Cognitive and negative socio-cultural decline appears.

Research limitations: The most important limitation of the current research was that the population was limited to women applying for cosmetic surgery in Gorgan city; therefore, it is suggested to evaluate men and women simultaneously in future studies so that the generalization of the findings to both sexes is possible. Also, follow-up over time to ensure the effectiveness of treatments.

Suggestions: It is suggested that mental health professionals in the field of working with cosmetic surgery applicants use interventions such as schema therapy and short-term dynamic psychotherapy to strengthen the psychological foundation of this group of clients and effectively deal with the problems of these people and strengthen their body image and Sense of self-worth.

Acknowledgments: We would like to thank all the women who participated in this research and the officials of cosmetic surgery clinics in Gorgan city.

Conflict of interest: This research did not have any conflict of interest for the authors.

References:

1. Maffakheri A, Ashrafi Fard, S, & Khorrami M. A structural model of the relationship between body image concern and obsessive beliefs with body management in people applying for cosmetic surgery. *Health Psychology*, 2021; 10(38): 121-140. [Persian] doi.org/10.30473/hpj.2021.55499.4964
2. Rehman U, Perwaiz I, Sarwar M, & Brennan P. Mental health screening in facial cosmetic surgery: a narrative review of the literature. *British Journal of Oral and Maxillofacial Surgery*, 2023; 61(7): 455-463. DOI: 10.1016/j.bjoms.2023.05.003
3. McMahan M, Gressmann K, & Smith M. An Objective Analysis of Quality and Readability of Online Information for Patients seeking Cosmetic Surgery Abroad. *Journal of Plastic, Reconstructive & Aesthetic Surgery*, 2023; 81(6): 88-90. doi.org/10.1016/j.bjps.2023.04.051
4. Gholam Mohammadi H, Mohammadzadeh M, & Talebian Sharif J. Predicting the degree of tendency towards cosmetic surgery based on body image, anxiety and irrational beliefs. *Family and Health*, 2022; 12(2): 66-75. [Persian] 20.1001.1.23223065.1401.12.2.5.7
5. Pour Kaveh Dehkordi E, Khan Mohammadi Ataq Sara A, & Abbasi Esfajir A. Meta-analysis of Iranian women's tendency towards cosmetic surgery. *Health Psychology*, 2020; 9(34): 7-24. [Persian] doi.org/10.30473/hpj.2020.44278.4266

6. Fields L, Brown C, Skelton J, Cain K, & Cohen G. Internalized weight bias, teasing, and self-esteem in children with overweight or obesity. *Childhood Obesity*, 2021; 17(1): 43-50. DOI: 10.1089/chi.2020.0150
7. Ishizu K, Ohtsuki T, & Shimoda Y. Contingent self-worth and depression in early adolescents: The role of psychological inflexibility as a mediator. *Acta Psychologica*, 2022; 230(11), 374-383. doi.org/10.1016/j.actpsy.2022.103744
8. Morbée S, Haerens L, Soenens B, Loeys T, Clerck T, Waterschoot J, & Vansteenkiste M. Predictors and outcomes of sports coaches' athlete-invested contingent self-worth. *Psychology of Sport and Exercise*, 2023; 69(12): 247-258. DOI: 10.1016/j.psychsport.2023.102478
9. Shakeri Nasab M, Bahrami Nasab N, Darodi R, & Rostami T. The effectiveness of treatment based on acceptance and commitment on self-worth and lifestyle self-efficacy of overweight students. *Developmental Psychology*, 2022; 11(9): 210-199. [Persian] 20.1001.1.2383353.1401.11.9.10.3
10. Valois D, Davis C, Buchholz A, Obeid N, Henderson K, Flament M. & Goldfield, G. Effects of weight teasing and gender on body esteem in youth: Body Shape Questionnaire 8C in Women with Eating Disorders. *Psychiatry and clinical psychology*, 2019; 23(4): 480-493. DOI: 10.1016/j.bodyim.2019.02.009
11. Ma J, Wang K, & Thompson K. Translation and psychometric properties of the Chinese version of the Sociocultural Attitudes towards Appearance Questionnaire-4 (SATAQ-4) in college students. *Body Image*, 2023; 45(6): 172-182. DOI: 10.1016/j.bodyim.2023.02.011
12. Sahlan R, Akoury L, & Taravatrooy F. Validation of a Farsi version of the Sociocultural Attitudes towards Appearance Questionnaire-4 (F-SATAQ-4) in Iranian men and women. *Eating Behaviors*, 2020; 39(11): 143-158. DOI: 10.1016/j.eatbeh.2020.101438
13. Kazemi Z, Aghamohammadi S, & Khanzadeh M. Structural model of symptoms of eating disorders in women based on internalization of media patterns, beliefs about eating and concern about body deformity. *Clinical Psychology Studies*, 2022; 12(46): 66-92. [Persian] doi.org/10.22054/jcps.2022.62337.2607
14. Heider N, Spruyt A, & De & Houwer J. Body dissatisfaction revisited: On the importance of implicit beliefs about actual and ideal body image. *Psychologica Belgica*, 2018; 57(4): 158. doi: 10.5334/pb.362
15. Hashemian M, Aflak Sir A, Guderzi M, & Rahimi C. The relationship between attachment style and body image attitude in high school female students: the mediating role of sociocultural attitude towards appearance and self-acceptance. *Cognitive and behavioral science research*, 2021; 11(2): 1-26. [Persian] 10.22108/CBS.2022.131524.1598
16. Omar A, Eid M, Ali R, El Missiry M, Gawad A, & El Ghoneimy S. Psychiatric morbidity among Egyptian patients seeking rhinoplasty. *Middle East Current Psychiatry*, 2019; 26(1): 1-7. DOI: 10.1186/s43045-019-0008-5
17. Tavakoli Z, Kadampour E, Bagheri N, & Tannah Z. Comparing the effectiveness of positive psychotherapy and schema therapy on cognitive flexibility and physical self-

- respect in women applying for cosmetic surgery. *Journal of Psychological Sciences*, 2022; 21(115): 1462-1443. [Persian] 20.1001.1.17357462.1401.21.115.2.2
18. Kang N, & Kwack Y. An Update on Mental Health Problems and Cognitive Behavioral Therapy in Pediatric Obesity. *Pediatric gastroenterology, hepatology & nutrition*, 2020; 23(1): 15-25. doi: 10.5223/pghn.2020.23.1.15
 19. Aghili M, Asghari A, Karimian N, & Namazi M. The effectiveness of schema therapy on increasing self-efficacy and life expectancy of divorced women and its effect on reducing the initial maladaptive patterns of their female children. *Journal of Women's Interdisciplinary Research*, 2022; 3(2): 7-19. [Persian] <https://civilica.com/doc/1553694>
 20. Rabei M, Mashaikh M, Hatami M, Zam F, & Shabani S. Comparing the effectiveness of schema therapy and therapy based on self-compassion on feelings of loneliness, negative body image and sensitivity to rejection in women applying for cosmetic surgery. *Journal of Disability Studies*, 2023; 13(1): 53-53. [Persian] <http://jdisabilstud.org/article-1-2962-fa.html>
 21. Nourizadeh Mirabadi M, Hosseinzadeh Taqvai M, Molodi R, Sodagar S, & Bahrami Hidji M. The effectiveness of schema therapy on coping styles and body image concerns in obese individuals with binge eating disorder: a single subject study. *Journal of Psychological Sciences*, 2022; 21(120): 2518-2511. [Persian] 10.52547/JPS.21.120.2501
 22. Bidari F, Amir Fakhraei A, Zarei I, & Karamati K. The effectiveness of schema therapy on perfectionism and dysfunctional attitudes of women with marital conflict with primary incompatible schemas. *Cognitive Analytical Psychology Quarterly*, 2022; 13(49): 19-32. [Persian] https://journals.iau.ir/article_693920.html
 23. Mustafa M, Sadaqat M, Makund Hosseini S, & Seyed Ali Naghi A. The effectiveness of schema therapy on self-concept and social health of people with human immunodeficiency virus (HIV). *Journal of Disability Studies*, 2022; 12(1): 116-116. [Persian] <http://jdisabilstud.org/article-1-2361-fa.html>
 24. Khodabandeh S, Najafi M, & Rahimian Bogar I. The effectiveness of mindfulness-based schema therapy on the self-esteem of people with narcissistic personality disorder: a single case study. *Clinical Psychology Studies*, 2018; 8(30): 65-101. [Persian] doi.org/10.22054/jcps.2018.8579
 25. Shiri T, Gol Mohammadian M, & Hojat Khah M. The effectiveness of schema therapy on dysfunctional attitudes towards choosing a spouse in female students. *Culture of Counseling and Psychotherapy*, 2016; 7(27): 171-188. [Persian] doi.org/10.22054/qccpc.2016.6737
 26. Kreuter E, & Moltner K. *Treatment and management of maladaptive schemas*. New York: Springer international publishing. 2021.
 27. Rafaeli E. Schema therapy. In *Encyclopedia of Personality and Individual Differences* (pp. 4559-4564). Cham: Springer International Publishing. 2020.
 28. Khasho D, Van Alphen S, Heijnen-Kohl S, Ouwens M, Arntz A, & Videler A. The effectiveness of individual schema therapy in older adults with borderline personality

- disorder: Protocol of a multiple-baseline study. *Contemporary Clinical Trials Communications*, 2019; 14(1): 321-330. DOI: 10.1016/j.conctc.2019.100330
29. Caldiroli A, Capuzzi E, Riva I, Russo S, Clerici M, Roustayan C, Abbass A, & Buoli M. Efficacy of intensive short-term dynamic psychotherapy in mood disorders: A critical review. *Journal of Affective Disorders*, 2020; 1(1): 375-379. DOI: 10.1016/j.jad.2020.04.002
 30. Russell L, Abbass A, & Allder S. A review of the treatment of functional neurological disorder with intensive short-term dynamic psychotherapy. *Epilepsy Behav*, 2022; 2(1): 130-139. DOI: 10.1016/j.yebeh.2022.108657
 31. Ranjbar Bahadori S, Tekloi S, & Kazemi R. The effectiveness of short-term psychodynamic therapy on emotional expression and differentiation of betrayed women. *Development of Psychology*, 2022; 11(1): 113-124. [Persian] 20.1001.1.2383353.1401.11.1.11.8
 32. Jafari S, & Johari Fard R. The effectiveness of intensive and short-term dynamic psychotherapy on dyslexia, defensive styles and assertiveness in patients with irritable bowel syndrome: a quasi-experimental study. *Journal of Rafsanjan University of Medical Sciences*, 2023; 22(3): 243-258. [Persian] 20.1001.1.17353165.1402.22.3.4.2
 33. Orvati Aziz M. The effectiveness of the combination of cognitive-behavioral therapy and short-term psychodynamic therapy on increasing my strength and reducing the symptoms of generalized anxiety disorder. *Quarterly Journal of Applied Psychological Research*, 2021; 12(3): 353-369. [Persian] 10.22059/JAPR.2021.311846.643666
 34. Salehian N, & Moradi F. The effect of intensive short-term dynamic psychotherapy (ISTDP) on the social adjustment of patients with histrionic personality disorder (HPD). *New Ideas of Psychology Quarterly*, 2022; 15(19): 1-15. [Persian] <http://jnip.ir/article-1-854-fa.html>
 35. Mahbodi K, Mohammadi N, Rahimi C, & Sarfazar M. The effectiveness of short-term intensive dynamic psychotherapy on self-esteem, emotion regulation and defense mechanisms in men with social anxiety disorder. *Journal of Psychological Sciences*, 2022; 21(111): 474-461. [Persian] 20.1001.1.17357462.1401.21.111.3.5
 36. Hashemian Rizi M, Rezaei A, & Yazidi F. The effectiveness of short-term psychodynamic therapy based on neutralizing the main defenses on reducing physical deformity symptoms, the first national conference on living with quality from the perspective of psychology, counseling and social work, Khomeini Shahr. 2023. [Persian] <https://civilica.com/doc/1689744>
 37. Rashidi A, Quaidi O, & Karmi J. The effectiveness of short-term group psychodynamics on the self-esteem of people with social anxiety. *Development of Psychology*, 2016; 5(3): 67-88. [Persian] 20.1001.1.2383353.1395.5.3.2.1
 38. Rocco D, Vincenzo C, Vito A, Francesca B, Luce M, Silvia M, Giovanna P, & Allan A. Intensive short-term dynamic psychotherapy provided by novice psychotherapists: effects on symptomatology and psychological structure in patients with anxiety disorders.

Research in Psychotherapy: Psychopathology, Process and Outcome, 2021; 21(4): 110-119. DOI: 10.4081/ripppo.2021.503

39. Schweitzer R, Sia B, & Arthey S. Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review. *American Journal of Psychotherapy*, 2020; 73(3): 145-152. DOI: 10.1176/appi.psychotherapy.20190025
40. Crocker J, Luhtanen R, Cooper M, & Bouvrette S. Contingencies of self-worth in college students: Theory and measurement. *Journal of Personality and Social Psychology*, 2003; 85(5), 894-908. DOI: 10.1037/0022-3514.85.5.894
41. Zaki M. Testing and validation of self-esteem questionnaire among female and male high school students in Isfahan city. *Journal of Psychological Methods and Models*, 2012; 2(7): 21-45. [Persian] 20.1001.1.22285516.1391.2.7.5.2
42. Zare F, Manshai G, & Arai N. The effectiveness of psychological empowerment training on self-worth and psychological capital of women heads of households. *Quarterly Journal of Applied Psychological Research*, 2023; 14(1): 195-210. [Persian] 10.22059/JAPR.2023.328890.643947
43. Thompson J, Van Den Berg P, Roehrig M, Guarda A, & Heinberg L. The sociocultural attitudes towards appearance scale-3 (SATAQ-3): Development and validation. *International journal of eating disorders*, 2004; 35(3): 293-304. DOI: 10.1002/eat.10257
44. Mohammad Panahardan E, Babapourkhairuddin J, & Yousefi R. Determining the validity of the Persian version of the questionnaire of cultural-social attitudes about body appearance using factor analysis. *Skin and Beauty*, 2014; 5(1): 22-32. [Persian] <http://jdc.tums.ac.ir/article-1-5061-fa.html>
45. Young J, & Behary W. Schema-focused therapy for personality disorders. Translated by Ali Sahibi, Hassan Hamidpour. Tehran: Honorable, 2016. [Persian]
46. Dovanlo H. Short-term dynamic psychotherapy. Translated by Khalili Sigaroudi, A. (2018). Tehran: Honorable. [Persian]
47. Pitron V, Alsmith A, & Vignemont F. How do the body schema and the body image interact? *Consciousness and cognition*, 2018; 65(1): 352-358. DOI: 10.1016/j.concog.2018.08.007