



## The Efficacy of Self-Compassion Oriented Mindfulness Training on Worry and Resilience in the Sexually Abused Girls (With Emphasis on Culture)

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### Abstract

The present study was conducted with the aim of determining the efficacy of self-compassion oriented mindfulness training on worry and resilience in the sexually abused girls with emphasis on culture. The statistical population was the whole client girls with sexually abused of Ostad Shahriar Psychology Clinic in Ardabil on the year 2021. Thirty sexually abused girls were selected through the purposive sampling method and randomly assigned into two equal experimental and control groups. The research was semi-experimental of pretest, posttest with control group and follow-up phase. To evaluate the subjects Pennsylvania Worry Questionnaire (Meyer & et al, 1990) and Resilience Questionnaire of Conner and Davidson(2003) were implemented. The experimental group received 8 weeks of self-compassion oriented mindfulness training; 90 minutes each session. Two months after the end of the training sessions the follow-up phase was done. The control group did not receive any intervention. Data were analyzed by Multivariate Analysis of Covariance (MANCOVA) and Analysis of Covariance (ANCOVA). The results of the comparison of the two groups posttest indicated that the experimental and control groups score significantly differed ( $p < 0.01$ ). Concerning the obtained results, it could be concluded that self-compassion oriented mindfulness training was effective on the worry and resilience in the sexually abused girls. The results were consistent after the two months follow up.



## Extended abstract

**Introduction:** Girls are among the most vulnerable individuals in society and the harm of aggression to different people in the community or family constantly threatens them. These girls are exposed to various types of physical and mental problems and experience many problems in legal, social, emotional and cultural fields compared to normal people. From a cultural point of view, sexual harassment is a psychological and social concept that has been scientifically studied by feminists, but despite this, there are many differences of opinion in different cultures on the cultural terms of sexual harassment and conflict it has. Behaviors and attitudes related to sexual abuse from a cultural point of view include blaming the abused person, ignoring and underestimating the rape, avoiding and not accepting the cultural, psychological and emotional damages of sexual violence. There are many evidences that consider cultural factors related to sexual abuse to be aligned with other social factors. Worry is considered as the central structure of anxiety and stress. This construct is defined as repetitive and uncontrollable anxiety thoughts about life events. Worry is related to psychological, emotional and physiological inflexibility and is mixed with recurring negative thoughts, and it can be said that worry itself is a type of recurring negative thoughts. The present study was conducted with the aim of determining the efficacy of self-compassion oriented mindfulness training on worry and resilience in the sexually abused girls with emphasis on culture.

**Method:** The statistical population was the whole client girls with sexually abused of Ostad Shahriar Psychology Clinic in Ardabil on the year 2021. Thirty sexually abused girls were selected through the purposive sampling method and randomly assigned into two equal experimental and control groups. The research was semi-experimental of pretest, posttest with control group and follow-up phase. To evaluate the subjects Pennsylvania Worry Questionnaire (Meyer & et al, 1990) and Resilience Questionnaire of Conner and Davidson (2003) were implemented. The experimental group received 8 weeks of self-compassion oriented mindfulness training; 90 minutes each session. Two months after the end of the training sessions the follow-up phase was done. The control group did not receive any intervention. Data were analyzed by Multivariate Analysis of Covariance (MANCOVA) and Analysis of Covariance (ANCOVA).

**Results:** The results of the comparison of the two groups posttest indicated that the experimental and control groups score significantly differed ( $p < 0.01$ ). Concerning the obtained results, it could be concluded that self-compassion oriented mindfulness training was effective on the worry and resilience in the sexually abused girls. The results were consistent after the two months follow up.

**Conclusion:** As the results revealed self-compassion oriented mindfulness training was effective on the worry and resilience in the sexually abused girls. To explain the results, it could be stated that sexually abused girls had clinical concerns about the experience of sexual harm and the socio-cultural view of this event. This discomfort affected the mental health, social and cultural interactions of these girls in various ways. These girls chose worry as an emotional state to have an exclusive experience, and their point of view was that because they had suffered such a bitter incident in the past, they should always be worried about their state and the looks of others. To extend the explanation it



could be proposed that there are many clinical evidences that indicate violations in mental health, quality of life and resilience of sexually abused girls. In fact, abused girls show less resilience compared to other people in the normal group to many external negative factors. In mindfulness training based on compassion, girls learned to experience their anxiety states in different forms and events. In fact, in this training, girls learned how to accept events that they could not change (experiencing sexual harassment) without any challenge or bias. In such a way that they did not deny and suppress their anxiety and did not avoid it. Because this state itself, meaning denial and avoidance, leads to an increase in the intensity of anxiety and intolerance of events that cannot cause a change in it.

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