



Original Article

Effectiveness of group reality therapy on symptoms of social anxiety, interpretation bias and interpersonal relationships in adolescents

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Abstract

Introduction: The present study investigates the effectiveness of group reality therapy on symptoms of social anxiety, interpretation bias and interpersonal relationships in adolescents.

Materials and Methods: The research population of this clinical research consisted of all students in ninth grade female Sabzevar city in academic year of 2016-2017 that this number based on social anxiety scale score teens, a negative interpretation consequences social and interpersonal relationships in the pre-test were 24 persons who were selected via convenient method and they randomly divided into two groups of experimental and control. The experimental group received group reality therapy and the controls received no treatment. Data analyzed through covariance analysis and SPSS software version 21.

Results: The results showed that social anxiety scores and interpretation bias and interpersonal relationships in adolescents who participated in the experimental group than in the control group have been replaced teens that had a significant change ($P < 0.05$).

Conclusion: It seems that group reality therapy is effective on social anxiety, interpretation bias and interpersonal relationships in adolescents.

Keywords: Adolescent, Interpersonal relationships, Reality therapy, Social anxiety

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Introduction

Socialization is a process in which current social norms, skills, motivations, attitudes and behaviors are shaped to the current and future role in society becomes appropriate. Unfortunately, one of the teenager's problems, poor social and communication skills are required. In the meantime, social anxiety is one of the factors that disrupts the growth and development of adolescent social and damage to personal and social functioning in various areas (1).

Social anxiety is severe and persistent fear of social or performance situations in which an individual is located in front of unfamiliar people, and it is likely that others are under scrutiny him in such a situation a person is afraid that such behavior is judged to be

negative (2). Some studies have pointed out that social anxiety in adolescents with problems such as excitations of many physiological and cardiovascular responses (3) Biased interpretation of ambiguous social situations and substance abuse and social performance deficiencies faced (4). According to Psychiatric Association America the prevalence of social anxiety disorder is 3 to 13% which is more common in women than men 3 to 1 and this requires more attention to this disorder in women (5). Over the past few decades several theoretical models to explain the mechanisms underlying social anxiety disorder has been proposed that some of the communication process and some focus on cognitive processes (6). Interpersonal communication is a unique, systematic and selective engagement to progress that constructive knowledge of the parties to each other and to create shared meanings between them. People with social anxiety disorder for fear of

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being judged as well as estimating and communicating trouble explaining negative events (7,8). Among cognitive factors, interpretation bias and fear of negative evaluation in social anxiety disorder are the major factors (9). Interpretation bias based on the definition of Clark and Wells (10) is paying attention to the maladaptive practices that including internal and external attention. A lot of researches with interpretation bias suggest that if the neutral stimulus and threatening them together, according to people anxious to find a bias towards threat. It is assumed that interpretation bias has a special relationship with social anxiety, because in everyday life, many social situations are ambiguous and people with social anxiety tend to interpret ambiguous social events negatively (11 and 12). Given that social anxiety disorder disrupts person daily and social activities, Distress and avoidance of social interaction for people followed. People with this disorder are faced with numerous problems, that's why seeking treatment strategies to reduce and eliminate their symptoms. So far, multiple treatments, including medication, psychotherapy, insight oriented, cognitive-behavioral, and social anxiety disorder is done. Reality Therapy is one of those treatments. Reality Therapy is a way Based on common sense and emotional conflicts in which the reality and responsibility, knowledge of right and wrong and their relationship is stressed with daily living (13,14). Reality therapy teaches choice theory to person. Choice theories a psychology internal control and Explains why and how our choices we've inefficient and painful and How can we better choices and more efficiently (15,16). The main goal of treatment fact creates the person responsible behavior, because irresponsible behavior that causes discomfort and anxiety in humans (17). Research shows that reality therapy is effective in reducing anxiety and increasing accountability (18).

Alsavalemah and Alsamadi (19) in a study to examine the impact of reality therapy on pregnant women's stress and anxiety. The results of this study showed that this treatment reduces stress and anxiety in pregnant women. Cheryl (20) also in another study on the number of patients with post-traumatic stress disorder with reality therapy and choice theory showed education this therapy significantly reduces signs of disorder. Also Kim (21) in a study reality therapy conducted on patients who had stress, showed that the group who participated in the meetings than the control group better able to cope with their stress. Matthew and Wales (22) the effectiveness of reality therapy in reducing anxiety in 36 people who showed

symptoms of anxiety were evaluated. The results showed that reality therapy in reducing anxiety has effective.

Also Shafeeabadi et al. (23) the effect of reducing anxiety group reality therapy on female students were examined. In this study, the anxiety of the students in the experimental group were significantly decreased after therapy sessions. Esmkhani et al. (24) research of the effectiveness of reality therapy by group therapy on woman's anxiety, the results showed reality therapy group led to reduce woman's anxiety. In a study conducted by Pasha and Amini (25) the impact of reality therapy on life expectancy and anxiety martyrs' wives were examined The results showed that reality therapy increases the life expectancy and reducing anxiety them.

Since social anxiety as disorder is important that is in public health, Therefore, early detection, and then select the appropriate therapeutic approaches in children and adolescents in order to prevent serious damage in adulthood can have a great impact (1). Special reality therapy approach and its emphasis on internal controls and individual choices led the research using this approach as an effective strategy on Social Anxiety Disorder done. This study aimed to evaluate the effectiveness of reality therapy on symptoms of social anxiety, interpretation bias and interpersonal relationships in adolescents.

Materials and Methods

This is clinical study in which the pretest-posttest control group design was used. the study population consisted of all ninth grade students of Sabzevar city in the 2015-2016 school year. So then coordinates the questionnaires were completed by the ninth grade students And 24 students who had the highest scores on all three questions selected And two groups with 12 members were assigned to experimental and control randomly Then the experimental group (reality therapy group) was performance over the 8 weeks on the experimental group And the effect of the independent variable (reality therapy group) on dependent variables were studied (social anxiety, interpretation bias and interpersonal relationships). During this period the control group did not receive any treatment plan. Finally, both groups were post-test after 8 treatment sessions.

Research instruments

- *Social Anxiety Scale for Adolescents (SAS-A)*: To assess social anxiety of SAS-A was used with 28 items teenagers SAS-A. In this study, Lopez et al. (26), Cronbach's alpha coefficient for the subscales

of understanding and fear of negative evaluation and tension and inhibition in social interaction obtained and overall score of anxiety respectively 95.0, 80.0 and 91.0.

In this study, Khodaei et al. (27), Cronbach's alpha coefficient for the subscales of understanding and fear of negative evaluation and tension and inhibition in social interaction obtained and overall score of anxiety respectively, 84.0, 68.0 and 83.0. questionnaire scored is 5-point Lickert alternately.

- *Negative Connotation Social Events Questionnaire*: This questionnaire was used to measure the variables of interpretation bias. Wilson and Rapee (28) reported to help the internal consistency coefficient alpha for the subscale of the negative self-perception and the perception of negative evaluation by others and perception long-term negative consequences for social events respectively 75.0, 70.0 and 63.0. Reliability and validity of the scales for self-assessment questionnaire in the Iranian sample was reported negative perception of negative evaluation from others using Cronbach's alpha was 89.0 and 90.0 And KMO coefficient was equal to 90.0 (29). This questionnaire was incorporated four subscales self-assessment negative, negative evaluation by others, negative consequences of short-term and long-term negative consequences for social events.

The questionnaire of interpersonal problems: This questionnaire has 32 items that Barkham et al. (30) have gained Cronbach's alpha coefficient of the total scale 86.0. In Iran this questionnaire by Fatah et al. (31) was Standardize and Cronbach's alpha

coefficient was total scale 82.0. This questionnaire is a self-report tool that statements in relation to the problems that people normally experience in interpersonal relationships on the spectrum points 5-point Likert scored.

During the eight sessions of group therapy reality familiar topics such as participating members, stated goals and expectations of the group, said the process of change and influence mechanisms in Reality Therapy and discuss basic needs, education, choice theory and its implications and to identify the needs of members, explain the overall behavior of the car and its components (knowledge, action, emotion, physiology) and the role of the car in movement behavior, create a sense of responsibility for the satisfaction of basic needs, discuss the concepts of internal control and external control, determine respectively.

Data from the pre-test and post-test in both groups using descriptive and inferential statistical methods and SPSS version 21 was analyzed.

Results

The average age of all subjects in both control and experimental groups were 15 years old and all female that twelve subjects in the experimental group and the control group participated in a dozen subjects. At the first, average and standard deviation of dependent variables to distinguish the experimental group and group control is offered pre-test, post-test in two time periods dumped (Table 1).

As seen in Table 1, changes in pre -test score, post-test then in the dependent variables have

Table 1. The demographic variables separate groups

Variable	Reality therapy group				Control group			
	pre-test		post-test		pre-test		post-test	
	average	standard deviation	average	standard deviation	average	standard deviation	average	standard deviation
Social anxiety	71.83	4.89	50	5.37	65.50	6.72	65.41	5.82
Negative self-assessment	37.33	11.38	22	8.91	35.75	7.92	36.08	7.98
Perception assessment of others	53.41	6.43	33.91	6.48	53.91	6.70	56.33	13.32
Interpersonal relationships	95.75	5.34	49.08	13.06	102.50	14.95	96.41	20.86

occurred in both the experimental and control groups. In reality therapy groups, the mean and standard deviation scores of social anxiety, self-perceived negative evaluation and other evaluation and interpersonal relationships in a post-test scores decreased compared to the pre-test significantly. In

this study, multivariate covariance test is used because of more propriety and compatibility with the hypothesis of the research. Also in the analysis of the covariance multivariate is examined four defaults.

Table 2. The results of covariance analysis on the variable effects of reality therapy group for social anxiety

Variable	Test of homogeneity of variances	The homogeneity of regression test	pre-test effect	The effect of group	Partial η^2
Post-test social anxiety	F(1,22)=2.24	F(1,20)=0.03	*F(1,21)=5.68	*F(1,21)= 39.67	0.65

* $P < 0.05$

Pre-test scores of social anxiety symptoms as well as diffraction were variable (Table 2). With statistical control pre-test effect ($F(1,21)=5.68$,

$P < 0.05$), analysis of covariance test showed that group therapy can reduce symptoms of social anxiety becomes reality.

Table 3. Results of analysis of covariance effects of reality group therapy on reducing negative self-perception scores further evaluation

Variable	Test of homogeneity of variances	The homogeneity of regression test	pre-test effect	The effect of group	Partial η^2
Negative self-assessment	$F(1,22)=3.75$	$F(1,20)=4.11$	* $F(1,21)=5.68322.67$	* $F(1,21)= 308.58$	0.93
Perception assessment of others	$F(1,22)=0.005$	$F(1,20)= 3.43$	* $F(1,21)=11.48$	* $F(1,21)= 38.79$	0.64

* $P < 0.05$

Also the self-assessment scores pre-test negative and perception other evaluation were as a diffraction variable (Table 3) with statistical control pre-test effect ($F(1,21)= 322.67$, $P < 0.05$ for negative self-assessment) and ($F(1,21)= 11.48$, $P < 0.05$ for

understanding the others), analysis covariance test showed that reality group therapy reduces the negative self-perception scores and others evaluation.

Table 4. Covariance analysis the effects of reality therapy group decreased scores on interpersonal relationships

Variable	Test of homogeneity of variances	The homogeneity of regression test	pre-test effect	The effect of group	Partial η^2
Interpersonal relationships	$F(1,22)=0.34$	$F(1,20)=1.17$	* $F(1,21)=168.03$	* $F(1,21)=555.58$	0.96

* $P < 0.05$

To compare the effectiveness of group therapy on reducing scores fact interpersonal relationships, interpersonal relationships Pre-test scores entered as a diffraction variable (Table 4) with statistical control pre-test effect ($F(1,21)=168.03$, $P < 0.05$) analysis of covariance test showed that reality interpersonal therapy group is decreased scores.

Discussion

The collected results from social anxiety in comparison with two groups represent that participating in group therapy sessions fact that social anxiety scores of students who participated in the experimental group was significantly increased compared to control group So reality therapy group therapy is effective in reducing symptoms of social anxiety.

Glaser (16) describes the behavior of irresponsible people cause anxiety, rather than being irresponsible behavior causing anxiety-reducers. Since the focus of the responsibilities, the core work is in reality therapy, so training using techniques such as role responsibility, rational arguments and facing the authorities with ideas and irresponsible behavior,

can lead to increase assertiveness and confidence esteem in social situations (17).

However, another definition of human needs in the medical facts need to love and be loved .To achieve this requires a person should behave in a way acceptable for others to love him, But a person with social anxiety because of the difficulty in communicating with others can not properly respond to this need And lack of response to the needs of social anxiety is in the individual amplifier (17). According to Glaser create a welcoming environment and support group counseling methods such as using postponing judgment about the client, the disclosure helpful, paying attention to the metaphor of self-expression style of patient, pay attention to the issues and sum up, the satisfaction of the needs of and create successful relationships with others in that increases and this in turn reduces stress and anxiety Member and practice improvement (32).

These findings are consistent with findings of other research is aligned such as Anderson and Hope (3), Matthews and Wells (22), Alsavalemah and Alsamadi (19), Esmkhani et al. (24), Shafeebadi et

al. (23), Pasha and Amini (25), Purehsan and forearm (33).

Another interpretation bias results showed that the scores of students who participated in the experimental group compared to the control group was significantly increased, so reality therapy group is effective in reducing interpretation bias people with symptoms of social anxiety.

When faced with different interpretations of the events that happen to us in life usually come to our minds and choose one of these events to process that. Sometimes it is because the people dealing with too anxiety, may limit the choices that comes to mind and do your solutions useful for their selection and the easiest and most clichéd thing that will remind them to do. More options for people when they can see something ahead of them according to their own circumstances to choose a more efficient attack (16). In reality therapy sessions learning opportunities provided better solutions for better handling confrontation with reality. Defeat your behavior is based clients that have used discretion in this field do not always have what he must do so. If the client has difficulty in objectively evaluate your behavior, then the therapist behaves on the basis of originality, and at the same time care for the intervention. When clients realize the difficulty in assessing their behavior, re-designed to help the therapist began to behave. Part of the consultant is to make the plan or map out the abilities and motivations unrelated to authorities not to implement it (17). Choose adolescents with learning theory for the events that were in the surrounding environment Rather than an interpretation could bias their options in dealing with a place to think and have a wider choice; With this situation has changed significantly as scores on the interpretation bias (23).

It was also found that the fact of group therapy is effective in reducing scores of interpersonal

relationships. Glaser (23) believes that adolescents to avoid self-destructive to the parent-child and teacher-student relationships need good, Because family ties and links with the school and parents and teachers, youth preserves against risky behaviors. He stressed the importance of creating meaningful and satisfying relationship, language-based choice theory has to offer. Practice and application of language can transition from external control means criticizing, blaming, complaining, nagging, threatening, punishing and account right now, in internal control that is listening, support, encouragement, respect, trust, acceptance and dialogue on the cases in dispute, is effective. Although little researches has been done regarding this issue but these findings are aligned with the results of Kahnouji (34), Dadash (35) and Jen Derpan researches (36). Choice theory builds relationships to avoid damage to any of the parties, internal control suggests that how to cope to improve with each other to significantly. Choice Theory and internal control led training to teenagers. They learn to solve the dispute and dialogue and communication that are both pleased and satisfied, how to take action and to improve relationships with peers and teachers and parents using internal control and creativity in terms of creative and compassionate, intimate relationships and away from blame and make threats and humiliation (25). In the end, reality therapy method for solving youth problems such as depression and other problems caused by the parents' relationship with teen, and finally comparing the effectiveness of reality therapy with other therapies and counseling as recommended.

Conclusion

It seems that group reality therapy is effective on social anxiety, interpretation bias and interpersonal relationships in adolescents.

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