

AN ATTEMPT OF EVALUATION OF THE INFLUENCE OF BODY PSYCHOTHERAPY ON ACTUAL LEVEL OF ANXIETY AND MOOD

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ABSTRACT

The “manifest anxiety test” and the “mood scale” (MS-E) (Raskin&Crook, 1988) were given to a sample consisted of 50 students of Psychology. After a month the same group of students took part in educational workshop of body psychotherapy. It was meant that students get information about this kind of psychotherapy. The workshop lasted for three hours and supervised by dr Klisic Lj.

After the workshop the participants were retested by the same instruments mentioned above, and were asked to answer to the questionnaire related with their impressions and knowledge about this kind of psychotherapy.

The analysis and evaluation of test results were done. The significant differences were found at the level of actual anxiety, as well as concerning different factors of the actual mood. The scores on dimensions “tension”, “fatigue” and “depression” were reduced and the scores on dimensions “consideration” and “energy” were significantly higher ($p<0.01$).

The questionnaire analysis showed that the students had a very little information about this kind of psychotherapy, that they are very interested in it and that their expectations about the therapy were surpassed.

The most of them expressed greater body consciousness, the feeling of relaxation, contentment and higher level of energy and optimism.

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GOALS:

1. To examine whether the workshop of Body Psychotherapy has caused effects on:

- general level of actual anxiety (STAI –Form Y1) /Ch.D.Spielberger/
- Self estimation of actual mood measured with MS-E Scale (MOOD SCALE ELDERLY) /Raskin&Crook,1984/

2. To examine:

- Students' earlier experience with any form of group psychotherapy
- Students' motivation for Body Psychotherapy
- Actual impressions and feelings about the workshop

SAMPLE

- 55 undergraduate students of Psychology , University of Nis, participated (50 females and 5 males), aged between 22 and 25.
- They were divided in two groups (N1=27 and N2=28).

PROCEDURE

- Two weeks before the workshop was held, the participants were tested with the STAI – anxiety test and the MS-E mood estimation scale.

- Immediately after the workshop the participants were retested with the same instruments and
- They had to fill the questionnaire comprising a series of question on:
 - *earlier experience with body psychotherapy or any kind of group psychotherapy*
 - *participants' motivation for Body Psychotherapy*
 - *the effects of Body Psychotherapy*

workshop :



INSTRUMENTS:

- STAI Form Y1 – consists of 20 statements that evaluate how respondents feel “right now”, at this moment!
- MS-E scale /Mood Scale Elderly/ (Raskin & Crook 1984)

Although this scale is constructed for examination the mood of elderly persons, we used it in our research because it is economic and simple to use.

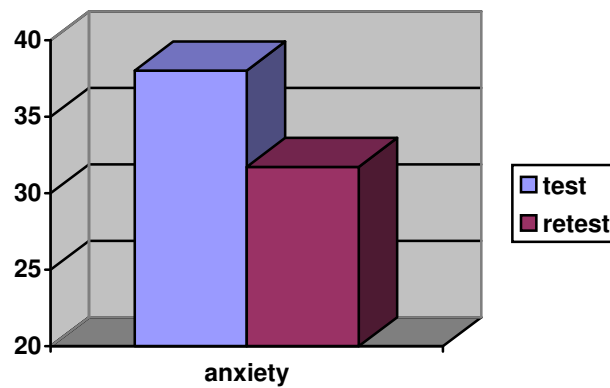
It consists of 50 adjectives taken from different sources that divided in following **factors** of mood self estimation:

- F1 - TENSION

- F2 – CONSIDERATION
- F3 – COGNITIVE DISTURBANCES
- F4 - HELPLESSNESS
- F5 - DEPRESSION
- F6 - FATIGUE
- F7 - ENERGY / ABILITY

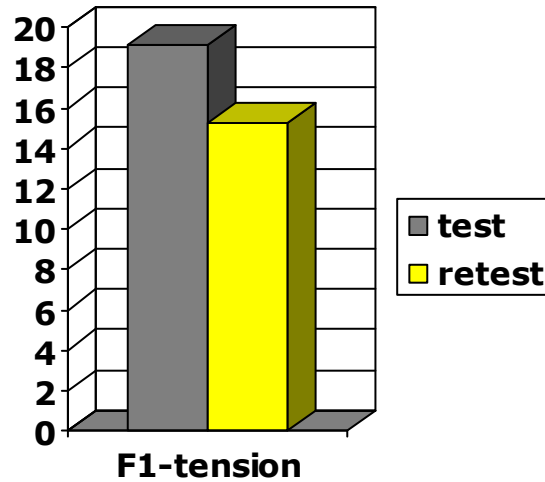
RESULTS:

1.1. The level of actual state ANXIETY is significantly lower after the workshop



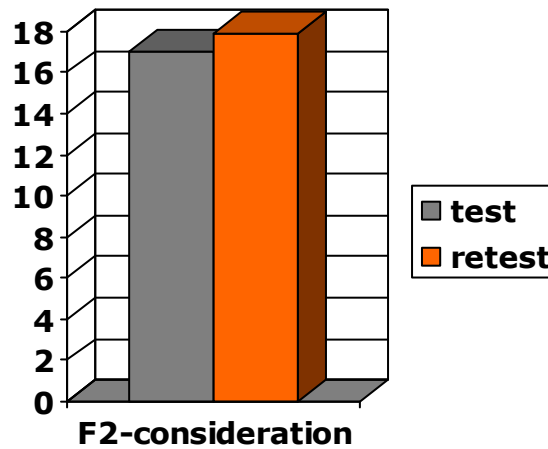
SPIELBERGER TEST	>	SPIELBERGER RETEST	t	df	p
38,02		31,73	6,5	54	<0.01

1.2. The level of TENSION is significantly lower after the workshop



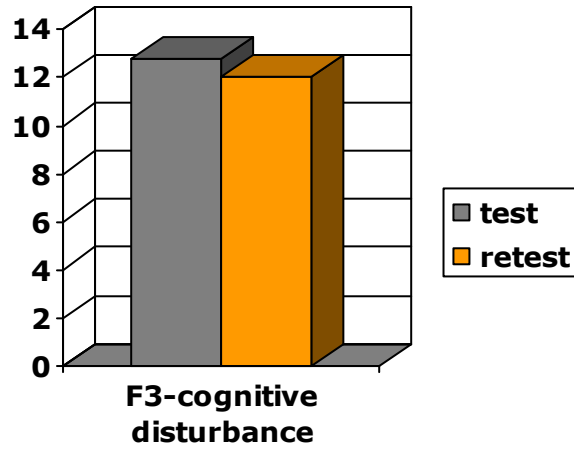
	TEST		RETEST	t	df	p
F1	19.13	>	15.25	5.94	54	<0.01

1.3. The level of CONSIDERATION significantly increased after the workshop



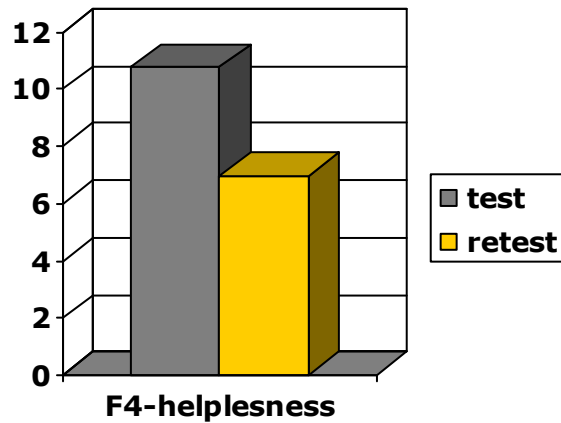
	TEST		RETEST	t	df	p
F2	17.04	<	17.93	-2.73	54	<0.01

1.4. The self estimation of the COGNITIVE DISTURBANCES shows significant decreasing



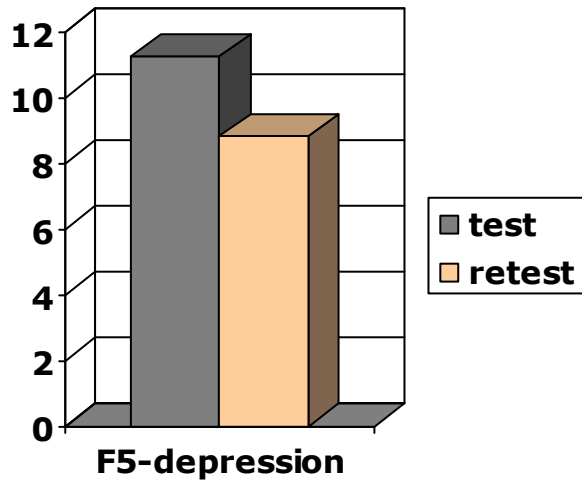
	TEST		RETEST	t	df	p
F3	12.75	>	12.00	2.63	54	<0.05

1.5. The feeling of HELPLESNESS is also significantly lower after the workshop



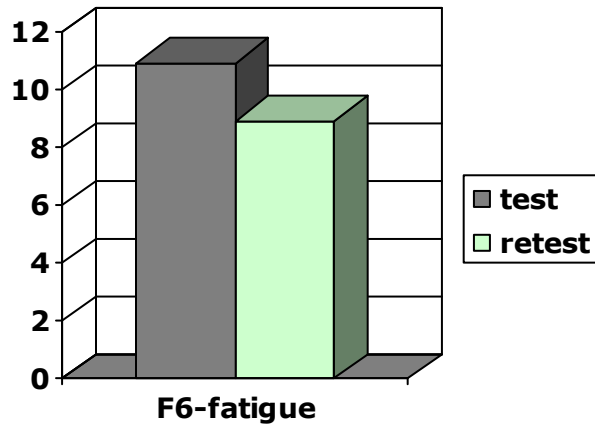
	TEST		RETEST	t	df	p
F4	19.13	>	15.25	5.94	54	<0.01

1.6. The feeling of DEPRESSION is also significantly lower after the workshop



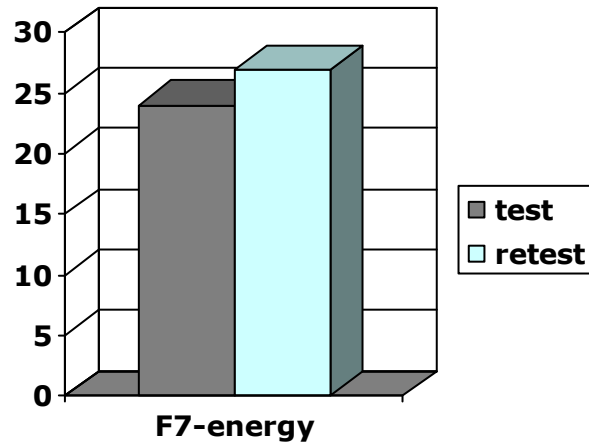
	TEST		RETEST	t	df	p
F5	11.22	>	8.82	3.91	54	<0.01

1.7. The FATIGUE is also significantly lower after the workshop



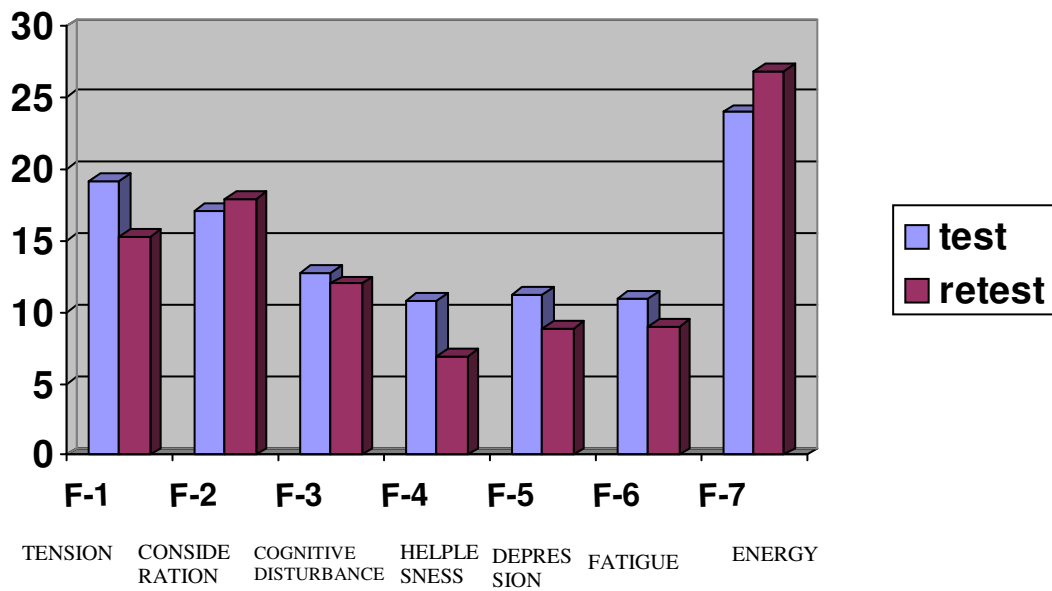
	TEST		RETEST	t	df	p
F6	10.93	>	8.95	4.50	54	<0.01

1.8. . The subjects' level of ENERGY is higher which is supported with their statements



F7	TEST	>	RETEST	t	df	p
F7	24.00	<	26.91	-4.30	54	<0.01

all factors together



2.1 EXPERIENCE WITH WORK SHOPS AND PSYCHOTHERAPY

Experience with Body psychotherapy	3	5,4%
.....other group psychotherapies	4	7,2%
Never participated in workshops or group psychotherapies	48	87,4%

2.2.INTEREST IN BODY PSYCHOTHERAPY

Believe that is necessary to organize similar workshops in their environment	47	85%
Interested in body psychotherapy and experiencing work	26	47%
Interested in body therapy education	5	5%
Believe that this type of psychotherapy wouldn't be accepted in their conservative environment	2	4%

2.3.How do you feel after the workshop?

Intensive positive feelings	28	51%
Positive feelings	23	42%
Neutral feelings (same as before workshop)	3	5%
Moderate negative feelings (fear, unpleasant sensations etc.	1	2%

CONCLUSIONS:

- Body psychotherapy affected on decreasing of the level of manifest Anxiety. This was confirmed by verbal statements given in the feedbacks like "I feel relaxed", "I feel calm", "fulfilled" etc.
- Body psychotherapy affected on the level of mood. It was observed decreasing of tension, cognitive disturbances, feeling of helplessness , depressiveness and fatigue.
- Body psychotherapy led to increasing of consideration and energy

- Students have shown great interest in this kind of work on themselves
- Beside of the present fear of conservative environment, the majority of participants believe that it would be very useful to organize similar workshops and
- it be useful to organize suitable education by the Association for Body Psychotherapy of Serbia and Montenegro, (led by Lj.Klasic) for interested students of psychology and medicine.



- Those results offer enough of optimism for further work and applying of body psychotherapy's knowledge.