



University of Tehran

Research Report:

Psychotherapy and Rehabilitation of Prisoners in Rajaei-Shahr Prison: A Study of Effectiveness

Principle Investigator:

Mohammad Khodayarifard, PH.D.

Associate Professor, Faculty of Psychology and Education,
University of Tehran

Co-Investigators:

Faramarz Sohrabi, PH.D.; Mohsen Shokoohi Yekta, PH.D.;
Bager Ghobari bonab, PH.D.; Ahmad Behpazhoh, PH.D.;
Ali Naghi Faghigi, PH.D.; Saeed Akbarizardkhoneh, M.A.;
Yasamin Abedini, PH.D.

Consultants:

Ali Asghar, Ahmadi, PH.D.; Iraj Esmaili, M.D.; Mohammad Ali Besharat,
PH.D.; Reza Rostami, PH.D.; Morteza Motavali Khameneh, M.D.; Jalal
Younesi, PH.D.

Supervisors:

Gholam Ali Afrooz, PH.D.; Ali Shams, M.A.

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Recruiting rehabilitation methods and emphasizing on the for prisoners who suffer from mental disorders have been considered important issues. The purpose of current study was to determine the effectiveness of individual and group cognitive-behavioral techniques in decreasing psychological symptoms of inmates at Rajaei Shahr Prison. A total of 300 prisoners were selected randomly and they were allocated into three groups with equal size: a) participants receiving individual cognitive-behavioral psychotherapy along with teaching cognitive-behavioral techniques; b) participants receiving only individual cognitive-behavioral psychotherapy; and c) participants control group. Using GHQ and SCL-90 tests ,as well as a diagnostic interview conducted by a psychiatrist based on DSM-IV-TR criteria before and after interventions, participants' psychological status was measured. Data collected was analyzed using Multiple Analysis of Variance procedure. Findings indicated that although both individual therapy and combined therapy approaches were effective, the latter had more impact in diminishing psychological symptoms of prisoners. In other words, after applying cognitive-behavioral interventions, scores of prisoners in both experimental groups decreased score in both indexes of GHQ and SCL-90. Follow up studies after 8.5 month's indicated the maintenance of treatment effect with no recitivism of the treatment groups. Theoretical implication and practical application has been discussed in the paper.

Keywords cognitive-behavioral interventions, individual therapy, group training, prisoners, psychological statuses.