

Original Paper

Effectiveness of body psychotherapy technique on stress and salivary cortisol level in high school girl students

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Abstract

Background and Objective: Body psychotherapy technique (BPT) is a program teaches to deal more effectively with stressors. This study was done to evaluate the effectiveness of body psychotherapy technique on the stress and salivary cortisol level in high school girl students.

Methods: In this randomized clinical trials study, thirty 15-18 years old female students were randomly divided into intervention and control groups. BPT group was given to the intervention group in nine sessions during two months. Cohen stress scale was used perior and the end of study to determine the scale of stress. Perior and at the end of study, salivary samples of subjects were collected directly after getting up in the early morning , 15, 30 and 45 minutes later on to measure salivary cortisol level.

Results: The mean of stress scale scores and salivary cortisol level in the intervention group significantly reduced in comparison with the controls ($P < 0.05$).

Conclusion: Body psychotherapy technique reduces stress scale scores and salivary cortisol level in high school girl students in Gorgan, northern Iran.

Keywords: Body Psychotherapy Technique, Stress, Cortisol, Female

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Received 6 Apr 2013

Revised 16 Jun 2014

Accepted 6 Jul 2014