

Therapeutic Lifestyle regulation: A Short-Term Intervention to Prevent and Treat Anxiety Based on Multidimensional God-oriented Spiritual Therapy

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As a factor involved in health or a psychological disorder, lifestyle is very important. Lack of lifestyle regulation on the one hand causes mental disorder and on the other hand prolongs and exacerbates psychological disorders. The purpose of this study is to identify the intervention method for lifestyle regulation that is the result of clinical experience. The research data were collected based on a lifestyle questionnaire (prepared for this purpose), clinical observation, Cattell anxiety test and religious texts, and analyzed quantitatively and qualitatively. This study was conducted in a ten-session protocol in which, on the one hand, people practice the gradual method of physical-mental relaxation and on the other hand, they balance their lifestyle.

Lifestyle intervention in several general actions (sleep, food, sports, health, and sex), mind management and relationship management is the focus of this program and is based on the Janbozorgi and Noori clinical program that has been used for clients for years. The program was implemented on 42 anxious clients volunteering to participate in the group program, and the results were reported. According to the results, lifestyle regulation protocol as a group treatment method for anxiety is valid both from the perspective of experts and clinically, and can activate the spiritual aspect of lifestyle in people at a high level. This can significantly reduce people's anxiety at the personality level and prevent the return of psychological disorder; the relaxation gained from lifestyle regulation helps to alleviate psychological problems. In addition, in this program, manifest and latent anxiety, social anxiety (factor L) and self-blame (factor O) are significantly reduced, and the power of "ego" (factor C), self-awareness (factor Q3) and mental peace (Factor Q4) have increased significantly.

As a result, therapeutic lifestyle regulation based on God-oriented spiritual therapy can have both balancing and transcending aspects.

Keywords: Lifestyle, God-oriented spiritual therapy, Anxiety, Mental health.

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