

The Effectiveness of Psychodrama in the Reduction of Social Anxiety Disorder among Male Adolescents

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Abstract : This study has been performed with the goal of investigating the effectiveness of psychodrama in the reduction of social anxiety among the male adolescents in Kermanshah. 210 adolescents (13-14 year-olds) from four junior high schools in Kermanshah filled Liebowitz Social Anxiety Scale for Children and Adolescents (LSAS-CA) (Masia-Warner, Klien & Liebowitz, 2003). 30 of the adolescents who obtained the highest scores in LSAS-CA scale were chosen as the sample and were randomly assigned as experimental group (15 people) and control group (15 people). The experimental group participated in two-hour sessions of psychodrama twice a week for 6 weeks. The control group received no intervention. The findings of this study showed a significant reduction in the symptoms of social anxiety among the adolescents in experimental group in comparison to that of the control group. Also a three-month follow-up confirmed the stability of the results. Adolescents' interactions in the psychodrama group, talking about their problems to the group, and achieving appropriate solutions by themselves are the useful factors of this intervention.

Keywords : psychodrama, social anxiety disorder, adolescents, male adolescents

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