

The Effectiveness of Intensive Short-Term Dynamic Psychotherapy on Ambiguity Tolerance, Emotional Intelligence and Stress Coping Strategies in Financial Market Traders

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Abstract : This study aims to evaluate the effectiveness of intensive short-term dynamic psychotherapy (ISTDP) on ambiguity tolerance, emotional intelligence and stress coping strategies in financial market traders. The methodology of this study was quasi-experimental, pre-test and post-test with control group. The statistical population of this study includes all students at Jabalameli Information Technology Academy in 2022. Among them, 30 people were selected by voluntary sampling through interviews, and were randomly divided into two experimental and control groups of 51 people. And the components were measured according to McLain Ambiguity Tolerance Questionnaire, Bar-On Emotional Intelligence and Lazarus Stress Coping Strategies. The data were obtained by SPSS software and were analyzed by using multivariate analysis of covariance. The results indicate that intensive short-term dynamic psychotherapy influences the emotional intelligence as well as the ambiguity tolerance of traders.

Keywords : ISTDP, ambiguity tolerance, trading, emotional intelligence, stress

Conference Title : ICNBF 2023 : International Conference on Neurofinance and Behavioral Finance

Conference Location : Paris, France

Conference Dates : October 30-31, 2023