The Effect of Mindfulness-Based Cognitive Insight in Pregnant Women

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Abstract

The aim of this study was to investigate the efficacy of mindfulness based cognitive insight in pregnant women. In this study, a quasi-experimental pre-test - post-test for both test and control groups were used. The study population consisted of all pregnant women in urban health centers of Urmia and the sample included 30 pregnant women referred to health centers of the available sample of health centers of Urmia were selected. All women before initiation of treatment and then filled out questionnaires, cognitive insight. Mindfulness training as a group in 8 sessions (a two-hour session a week) was conducted on the experimental group. MANCOVA for examining the research hypotheses, analysis of covariance was used. Analysis of the results showed that the level of significance (p < 0.05) is. So it can be concluded that mindfulness training can be found on cognitive insight and its components (self-thinkers and self-confidence), will have a significant positive effect.

Keywords: mindfulness, cognitive insight, pregnancy.
Introduction

Pregnancy is an emotional experience that causes psychological changes in women. It leaves a profound influence upon his life. A very important physiological and psychological changes that despite the joy of motherhood, is sometimes associated with pathologic changes (Foruzandeh, 2003). Research conducted in different regions, the prevalence of depression and anxiety during pregnancy of the 13.5% to 42% reported that this difference may be due to cultural differences, social and environmental, as in surveys conducted in this regard prevalence in Japan 9/4% (Evans et al, 2011) and Iran (21%) reported the largest amount of 38.9% in Chaharmahal and Bakhtiari province (Noorbala, 2003). This difference may be due to the fact that in our country and in an environment where research is done and women are psychologically prepared to spend a good pregnancy and childbirth and care for the maintenance of the child have not spent and up to the time of delivery, more anxiety and depression. In recent years the concept of vision is widely used by clinicians in the field of psychiatric disorders, particularly psychotic and is also considered to improve mental health. And this attention is due to the link and strong linkages between the vision and quality of life there (David, 1990). Many authors and researchers had insight into the past as multi-dimensional structures with sub-factors that are described on a continuum (Joseph et al, 2013). Insight is a challenging concept and definition of the problem is agreed by all experts are experts’ owner (Amadoro David, 2004 quoted Yusuf et al, 2013). In the past few decades, it has changed the definition of insight in psychopathology. Clinicians at first insights about mental illness are regarded as a state of consciousness that exists or does not exist (Carpenter et al., 1973). Many authors and researchers’ insight into the past as multi-dimensional structures with sub-factors that are described on a continuum (Amadoro David, 2004, quoted Yusuf et al., 2013). Early writers such as Jaspers (1968), Lewis (2015) insight as a single phenomenon, according to the authors of a patient And.bh considers or has insight or lack of it. Early writers such as Jaspers (1968), Lewis (2015) insight as a single phenomenon, according to the authors of a patient And.bh considers or has insight or lack of it.

On the other hand, mental health and improved quality of life for people at risk (or health is impaired) such as medication and psychotherapy, there are several treatment methods, among the treatments that focus on the mind and mental awareness, is "mindfulness" treatment. Historically, the main techniques used in Buddhist meditation are rooted in the faith. The foundations of this concept can be traced back to the most ancient Buddhist texts. The conscious mind as a purpose is known in Buddhist religions, particularly reflection (Falnkenstrom, 2003). Mindfulness is going through mental training methods, not only in the course of functional and subjective clinical references, but also help change the way the relationship to authorities. The main goal of mindfulness is to treat the patient through automatic monitoring of the activities of this mentality do, realize and through the creation and application in mind the presence of mind to stay aware and through repeated practice purposeful orientation with respect to a neutral object (e.g., a breathing circuit) to observe your thoughts and emotions or physical sensations sit. Inner and outer realities of the conscious mind freely and without distorting their perception and many capabilities in dealing with a wide range of thoughts, emotions and experiences (both pleasant and unpleasant) (Brown and Kesser, 2005). Research shows that mindfulness-based cognitive therapy can reduce the size of new therapies, cognitive behavior and depressive
symptoms in patients with recurrent major depression to be effective (Mohammad Khani, 2011). As well as Freedom (2008) showed that mindfulness-based cognitive therapy, enhancing the quality of life and reduces depression. Also, Karmodi et al (2008) study found that mindfulness-based meditation may interact with body-mind is being reported. Given the importance of this research was expressed, so this study aims to investigate the effects of mindfulness training on perceived stress and cognitive insight pregnant women check.

Research Methodology

In this study, a quasi-experimental pre-test - post-test for both test and control groups were used. The study population consisted of all pregnant women in urban health centers of Urmia and a sample, consisting of 30 pregnant women referred to health centers of the available sample of health centers of Urmia were selected.

Measuring Tool:
In this study, data collection questionnaire used the following:

Beck Cognitive Insight Scale (BCIS): Questionnaires to measure the cognitive view by Beck and colleagues made. This scale measures cognitive insight with respect to its two-factor - radical thinkers and their confidence in the measures. Beck Cognitive Insight Scale, a tool itself - survey has 15 questions and will be completed by the individual. Respondents are asked to rate their agreement with each statement on a scale 4-point scale ranging from 0 (totally disagree) to 3 (strongly agree) is calibrate. No, there is no time limit for responding to the questionnaire. Beck Cognitive Insight Scale includes two sets of questions. Or the cognitive insight composite index, by reducing the component subjects rated their confidence in the extreme, its components - obtained scholars. The scale for the first time for use in research Yousefi et al by authors translated and localized failure is corrected by a master of the English language. In terms of reliability and validity were examined. Face and content validity of the scale by the second and third author of the original article as well as three other psychiatric approved. The main form of internal consistency of the scale, the scale by its creators for themselves - intellectual (α = 0.68) and its extreme reliability for the following scale (α = 0.70) was obtained. In Yousefi et al for the following scale - thinker (α = 0.69) and its extreme reliability for the following scale (α = 0.79) and for the total scale (α = 0.67) is obtained. The reliability (credit) scale through half the way (split-half) r = 0.72 and the way retest r = 0.69 was obtained. Concurrent validity using measures of ignorance of mental disorder by the creators of scale r = 0.86 were reported and in the study Yousefi et al (2007) correlation coefficient r = 0.83 is obtained.

Mindfulness Sessions
The mindfulness method for monitoring patients with internal 8-step process that is based on the philosophy of Buddha and by Schwartz first proposed in 1997 during the lock mind. In this way, Schwartz 8 steps to increase the ability of authorities to exposure and response prevention therapy has developed automatic without the need for direct assistance. Mindfulness-based cognitive therapy sessions exactly according to standard protocol in 8 sessions scheduled program and was signed by the researchers as follows:
- First session: familiarizing with the participants
- Second session: investigating the homework and ideas and new experiences last week.
- Third session: investigating the homework and ideas and new experiences last week.
- Fourth session: investigating the homework and comments and new experiences last week.
- Fifth session: investigating the homework and opinions and experience has last week. Answers to questions.
- Sixth Session: Evaluation of homework and ideas and new experiences last week. Answers to questions.
- Seventh session: investigating the homework and comments and new experiences last week. Answers to questions.
- Eighth session: investigating the homework and views and experiences of mothers.

**Research Methodology**

In this study, using a cognitive view, the amount of cognitive insight pregnant women be measured. The women were randomly placed in two groups of control and experimental. Then the experimental group and the control group mindfulness training runs will not be any training, then comparing the cognitive view both the experimental and control groups to determine to what extent mindfulness training has had an impact.

**Data Analysis Method**

In this study, to investigate the hypothesis of MANCOVA analysis of covariance was used.

**Findings**

In this section analyzing hypotheses, in using the Kolmogorov-Smirnov test to determine the normal or abnormal distribution of data used:

The results of Kolmogorov-Smirnov test for normal distribution fit in Tables 1 and 2 for variables pre-test and post-test and control groups were tested.

As can be seen for all variables pre-test and post-test in both groups k-s level research significance of the error is bigger 0.05 (P-value = sig > 0.05) means that the distribution of all variables before and after research examining the test and control groups at 95 percent of normal and Kolmogorov-Smirnov and null hypothesis (assumption of normal) are confirmed.

<table>
<thead>
<tr>
<th>Test result</th>
<th>significance level</th>
<th>Kolmogorov</th>
<th>number</th>
<th>group</th>
<th>variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>normal distribution</td>
<td>0.104</td>
<td>1.061</td>
<td>15</td>
<td>experimental</td>
<td>Cognitive Insight</td>
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<tr>
<td>normal distribution</td>
<td>0.056</td>
<td>1.089</td>
<td>15</td>
<td>control</td>
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<td>normal distribution</td>
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<td>1.229</td>
<td>15</td>
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<td>Self-thinking</td>
</tr>
<tr>
<td>normal distribution</td>
<td>0.389</td>
<td>0.983</td>
<td>15</td>
<td>control</td>
<td></td>
</tr>
</tbody>
</table>
To investigate the effects of mindfulness training on cognitive view one-way analysis of covariance was used in pregnant women. First, Leven test for the equality of variance cognitive insight and control groups performed experiments in test mode, Leven’s test results in Table 3. It is seen that the variance of scores of cognitive insight into control and experimental groups are identical (P-value = sig > 0.05). So the assumption of equal variances does not violations. After the analysis of variance for the difference in cognitive insight pregnant women in the control and experimental groups after mindfulness training and consider the insights of cognitive pre-test scores be used as variables change. Analysis of covariance was no significant difference between the average scores for cognitive insight and control groups tested after mindfulness training, in other words significant impact mindfulness training on cognitive insight pregnant women, is given in Table 4. The results showed that the mean scores of post-test cognitive insight and control subjects in the two groups are significant differences in the level of error that is 0.05 meaning that error-level main effect is significant. The effect of pre-test is significant (P-value = sig < 0.05) that the effects of cognitive insight with regard to pre-test scores as variables change has been removed. Chi Eta (effect size) for mean percent change in cognitive view that 53.7 was pregnant as a result of mindfulness training. Test the least significant difference (LSD) in Table 5 Average grades two control and experimental groups compared with that observed with 95% (error level 0.05) significant mean difference (P-value = sig < 0.05). The results showed that the
mean scores of the experimental group than in control group cognitive insight means that mindfulness training has a significant effect on cognitive view in pregnant women. In other words, after mindfulness training, the amount of cognitive insight in pregnant women significantly increased, thus hypothesis is true.

Table 3: Leven’s test for equality of variance grades cognitive insight into control and experimental groups

<table>
<thead>
<tr>
<th>significance level</th>
<th>F</th>
<th>df2</th>
<th>df1</th>
<th>variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.479</td>
<td>1.054</td>
<td>28</td>
<td>1</td>
<td>Cognitive Insight</td>
</tr>
</tbody>
</table>

Table 4: Analysis of variance for the significant effect of mindfulness training on cognitive insight pregnant women

<table>
<thead>
<tr>
<th>Chi Eta</th>
<th>Sig</th>
<th>F</th>
<th>average of squares</th>
<th>Degrees of freedom</th>
<th>Sum of squares</th>
<th>Changing Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.628</td>
<td>0.001</td>
<td>45.569</td>
<td>356.378</td>
<td>1</td>
<td>356.378</td>
<td>Pre-test</td>
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<tr>
<td>0.537</td>
<td>0.001</td>
<td>31.271</td>
<td>636.259</td>
<td>1</td>
<td>636.259</td>
<td>group</td>
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<tr>
<td></td>
<td></td>
<td>8.303</td>
<td>27</td>
<td>178.224</td>
<td></td>
<td>error</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td>667.756</td>
<td>total</td>
<td></td>
</tr>
</tbody>
</table>

Table 5: LSD test for significance test of mean differences in cognitive insight pregnant women in the control and experimental groups

<table>
<thead>
<tr>
<th>significance level</th>
<th>Standard deviation</th>
<th>Mean difference</th>
<th>mean</th>
<th>group</th>
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</thead>
<tbody>
<tr>
<td>0.001</td>
<td>1.075</td>
<td>6.009</td>
<td>9.671</td>
<td>experimental</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3.662</td>
<td>control</td>
</tr>
</tbody>
</table>

**Discussion and Conclusion**

The aim of this study was to assess the efficacy of mindfulness based cognitive insight in pregnant women. The results showed that mindfulness training has a significant effect on cognitive view in pregnant women. In other words, after mindfulness training, the amount of cognitive insight in pregnant women significantly increased, thus hypothesis is true. Given that research has examined the relationship between mindfulness training on cognitive insight pregnant women cannot be a priori did not address. To explain these findings can be said that mindfulness training seeks to create a "vision" of the emotional and mental phenomena within the person, allow a better understanding of their needs will be created resulting in positive changes in a person. Mindfulness involves behavioral strategies, cognitive and metacognitive process to focus special attention which in turn creates dimming down to stop the spiral of
negative thinking Negative - Frequently disturbing and growing trend towards a new vision and good situation for creating pleasant thoughts and emotions leads (Segal et al, 2002). Therefore, as stated mindfulness to focus on the people to solve problems and avoid negative thoughts and frustrating. So the person who sees mindfulness training because of the negative thoughts away, he slipped in the negative myths and to correct the distorted and misrepresented the views thus enhance cognitive view people.
References


Yusefi, Rahim; Fathabadi, Jalil; Izanloo, Bilal (2103) assess the psychometric properties and factor structure of the Beck Cognitive Insight Scale in Iranian non-clinical samples, results, Volume XV, Issue 1, Pages 71-82.