

Effectiveness of Unity-oriented Psychodrama on Sense of Coherence of MS Patients

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Purpose: The goal of the present study was to examine the effectiveness of psychodrama based on unity-oriented approach on the sense of coherence of multiple sclerosis (MS) patients.

Methodology: This was a quasi-experimental research which included pre-test, post-test and follow-up testing plan with a control group. Using a convenience sampling method, 20 individuals were selected from among females with multiple sclerosis who had visited Iranian Multiple Sclerosis Society. The subjects were randomly placed into two experiment and control groups. The experiment group participated in a twelve-session unity-focused psychodrama therapy plan for 6 weeks, while the control group received no intervention. For data collection, Flensburg-Madsen's Sense of Coherence Questionnaire was used. The data was analyzed using ANOVA with repeated measures.

Results: The results reveal that there is a significant difference between two groups' sense of coherence scores in post-test and follow-up stages ($p < 0/05$).

Discussion and Conclusion: As seen in the findings, the unity-oriented psychodrama can be used as an effective treatment to enhance the sense of coherence among MS patients. Unity-oriented approach helps the patients to integrate with the universe and define their bitter experiences. It also facilitates better patient acceptance through understanding a sense of connectivity to the coherent world and offers a sense of immortality to the MS patients.