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A quick relieve from negative thinking for a better mental health

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Negative thinking occurs in various situations. It may occur repetitively and interfere an individual's daily function. This experience can be troublesome and individuals may find difficulties to combat it. The present study aims to investigate the effectiveness of cognitive and behavioural techniques to reduce negative thoughts. 20 undergraduate University students participated as the sample in this experimental study. 10 students were in control group and the other 10 students received the intervention. 15 items Perseverative Thinking Questionnaire was administered before and after the intervention to test the effectiveness of the techniques. The behavioural techniques applied were such as, write the negative thoughts on a paper crumple the paper and throw it away. While the cognitive technique was to imagine that the thoughts are being removed from the mind while throwing it away. Paired samples t-test analysis revealed that there were significant reductions ($t=4.245$, $df=9$, $p.003$) in the negative thoughts in the group that received the intervention compared to the control group. This finding suggested that these techniques are effective to reduce the repetitive negative thoughts.

Biography

Yasmin Othman Mydin is a Senior Lecturer and Counselling Psychologist. She is a faculty of Medicine and Health Sciences, Universiti Sains Islam Malaysia. She had 6 years of experience. Her research interests are Psychological therapy and Management of Insomnia.

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