

**Effectiveness of Internet-based Schema Therapy in Reducing Health Anxiety
and Its Impact on Improving Hope in University Students
during the Pandemic COVID- 19
"A Clinical Experimental Study"**

*Dr.Taha Rabea Taha Adawi Assistant Professor of Mental Health Faculty of Education- Qatar University & Ain Shams	Dr**.Rania Sha'ban El Sayem Lecturer of Mental Health- Director of Psychological Counseling Center Faculty of Education-Fayoum University
-----------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------

Summary

The current research aims at investigating the effectiveness of internet-based schema therapy in reducing health anxiety and improving hope among a sample of university students during COVID- 19 Pandemic. The research sample consists of 30 students (M= 20.8, SD= 1.2). The research utilized the experimental and the clinical method. The research instruments were implemented including the following: the Therapy Program, Health Anxiety Measurement, Hope Measurement, the Socio-economic Status Form, Case Study, and TAT Test. Results showed the effectiveness of internet-based schema therapy in reducing health anxiety and improving hope among a sample of university students during COVID-19 Pandemic and the continuity of its effectiveness during the follow-up. Results of the clinical study study showed the individual characteristics of the case, its personality dynamics before and after implementing the program and underlying dynamic reasons and factors behind health anxiety. In light of the current research results, a number of recommendations are presented.

Key words: Internet- based Schema Therapy, Health Anxiety, Hope.