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**Effectiveness of Rational Emotive Behavioral Therapy and person –
Centered Therapy on Reducing Fear of Intimacy of University
Students**

A Dissertation Submitted by

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Abstract

Rational emotive-behavioral therapy and person-centered therapy are among the important therapeutic approaches to reducing fear of intimacy. And so This study aimed to know the effectiveness of rational emotive behavioral therapy and person-centered therapy in reducing the fear of intimacy among university students. Therefore, the study relied on the experimental approach to study the effect of the independent variable, represented by the two treatment programs (rational, emotive, behavioral therapy, and person-centered therapy), on the dependent variable, represented by the fear of intimacy. The sample of the experimental study consisted of (30) male and female students, who were divided into six equal groups. The first experimental group, males (n= 5), and the first group, females (n= 5), were subjected to the Rational-Emotional Behavioral Therapy program, and the second experimental group, males (n= 5), and the second group, females (n= 5), were subjected to the treatment centered on The person, a male control group (n= 5), and a female control group (n= 5) were not subjected to any treatment. The tools of the study were the scale of fear of intimacy among university students (prepared by the researcher), and the list of irrational beliefs associated with fear intimacy (prepared by the researcher), the economic and social level form (prepared by / Abdel Aziz Al-Shakhs, 2013 AD), and the two therapeutic programs (prepared by / the researcher). The results of the study revealed the effectiveness of the rational emotive behavioral therapy and the person-centered therapy in reducing the fear of intimacy among university students. This effectiveness continued during the follow-up period, in addition to the absence of statistically significant differences between the members of the experimental groups in the post and follow-up measurements due to the therapeutic method used. In light of the results of the study, a set of recommendations and proposed researches were formulated.

Keywords: *Rational emotive behavioral therapy, person-centered therapy, fear of intimacy, university students.*