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Original Article (Quantitative)

The Effectiveness of Cognitive Behavioral Play Therapy on Hope and Self-Esteem among Children of Divorce

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Abstract

The present study aimed to investigate the effectiveness of Cognitive Behavioral Play Therapy (CBPT) on hope and self-esteem among children of divorce in Gorgan City. This study was applied in terms of purpose and employed a quasi-experimental design using a pretest–posttest format with a control group. The statistical population consisted of all children aged 7 to 11 years who attended psychology clinics in Sari during the 2024–2025 period (1403–1404 in the Iranian calendar). A total of 30 children were selected through purposive sampling based on the study's inclusion criteria and were randomly assigned to either an experimental group (n = 15) or a control group (n = 15). The experimental group received Cognitive Behavioral Play Therapy over 12 sessions, conducted twice a week, with each session lasting 90 minutes. The control group received no intervention during the same period. Data were collected using the Children's Hope Scale developed by Snyder et al. (1995) and the Coopersmith Self-Esteem Inventory (CSEI) (1967). Data were analyzed using analysis of covariance (ANCOVA), and all statistical analyses were performed with SPSS version 26. The findings revealed significant differences between the experimental and control groups in the mean scores of hope and self-esteem. After controlling for pretest scores, Cognitive Behavioral Play Therapy had a statistically significant positive effect on both hope and self-esteem ($p < .05$). These findings suggest that Cognitive Behavioral Play Therapy is an effective intervention for enhancing hope and self-esteem among children of divorce.

Keywords:
Cognitive Behavioral Play Therapy, Hope, Self-Esteem, Children of Divorce.

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