



Effect of Self-awareness Teaching on Social Anxiety in Albino Subjects

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ABSTRACT: People with Albino are suffering from negative values and social avoidance in using social skills. Therefore, this research was aimed to survey the effect of training self-awareness skill on negative values and their social avoidance. The method of this research is on based experimental (pre-test, post – test plan) with control group. The population includes all albino sufferers from Babol city, Iran. The sample includes 24 peoples from albino sufferer from Babol were selected and divided into two groups of 12 as experimental and 12 as control group or witness. All subjects completed social anxiety questionnaire before and after training of experimental group. Experimental group were contributed in 8 sessions (90 minutes and 2 times a week). Findings showed that there were statistically differences among score mean of social avoidance, fear of negative evaluation in albino sufferers in experiment group after intervention ($P>0.001$). So, the results show that training of self-awareness has effects on skills of social avoidance and fear of negative evaluation. According to the results, it is suggested that life skills training specially self-awareness skills must be used for improving physical and mental condition of albino sufferers.

Keywords: Albinism, Social avoidance, Self-awareness, Fear of negative evaluation

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INTRODUCTION

Albinism is a scarce, in prevalent, inherited and genetic condition that without considering to races of people, it occurs in all countries of the world and the range of its prevalence in international scale has been estimated one in 17000 people, in another word, albinism occurs when one of a few genetic deficiency causes that the body is not able to produce or to distribute the melanin (a natural material that gives color to skin, hair and iris of the eye). In albino suffers people, there is no pigments in skin, hair and eyes (Oetting and King, 1999). Lacking of pigment in these people appears in different degrees. Albinism is a hidden, irrelevant to gender and inherited from parents characteristic.

In another word, this case (albinism) is not dependent to gender and for appearance of this attribute in childhood, that gene should be available in those father and mother even though themselves are not albino (Vander Kolk and Bright, 1983). Albino suffer individuals are classified to two general groups eye albino and skin albino tape (that skin albino tape has two subgroups. negative tyrosine and positive tyrosine that those people who have been classified in this group suffer from both lack of melanin or deficient of melanin and deficient of vision) eye albino tape (only suffer from severe deficiency of vision) (Palmer, 2007) though all of albino people are held as blind (vision less than 20 in 200 people) and they may experience especial problems threat healthy, but most of them have normal life and un normal figure of albino people and deficiency of their vision can affect their

social growth (Vander Kolk and Bright, 1983), their relations and also their self – awareness. These people limit their presence in meetings because they are worry to be considered by others in social positions and they do numerous avoiding behaviors. Therefore they feel failure, anxiety and low self-confidence (Palmer, 2007) and they are exposed with different psychological and behavioral disorders including social anxiety.

So as has been mentioned in fourth revised edition of diagnostic statistics of psychological disorders guide, social anxiety disorder includes, fear of those social positions that they are assessed or contacting with foreign people makes them worry. people who are affected by social anxiety disorder are afraid of social positions the same as being with others, lecturing for others, visiting unknown people and they are abashed people and they shame to deal with others (Sadock and Sadock, 2007). In accordance with statement of psychological council of US (2000), total prevalence of this disorder is 3% to 13%. This disorder is distinguished by some physiological characteristics (glowing of cheek, perspiring, drought of mouth and tremor while they are facing with anxious social positions) psychological characteristics (shaming, abashment, fear of mistake, fear of negative assessment and fear of critics) and behavioral characteristics (teaching, avoiding of visual contacts, fear of self-appearance and fear of speaking in meeting or being spoken to him or her) (Stravynski et al., 2004).

In theoretical pattern of social anxiety, the two factors of fear of negative assessment – the same as cognitive characteristic – and social anxiety and social

avoidance the same as behavioral characteristic have been separated from each other. Fear of negative assessment indicates to fear of people and their anxiety about being assessed negatively by others. It is while that social avoidance, implies to behavioral prohibition in social interactions that means the experience of relaxation for dealing with others (Puklek and Videc, 2008).

People who are affected by social anxiety, assume that others are critics inherently (it means that they will assess them negatively). When someone predicts this negative assessment about himself or herself by others, he or she exposure with more anxiety that has physiological, cognitive and behavioral consequences and affects the perception of that individual from figure and observed behavior of others and this circle will be repeated again (Rapee and Heimberg, 1997; Musa and Lepine, 2000). Secluding by pathogenic avoidance causes continuing of fear and when this fear and avoiding behavior becomes more than normal and associated with some degrees of weakness for that individual, and intervenes with psychological performance or social compatibility of that individual (Dadsetan, 2001; Sarasoun and Sarasoun, 1987; Howton and Salcovs Kees, 1989) for decreasing and elimination of this disorder there are strategies and effective solutions for remedy that one of them is offering and teaching social skill and life skill that the most important and key skills of them is self-awareness skill.

Self – awareness includes: ability of distinguishing the notions, beliefs, and emotions, characteristics of personality, personal values, habits, directions, abilities, weaknesses and psychological cognitions. That encourages behaviours of human beings. These subjects affect the cognitive ability of individual for reacting to environmental indications and on quality of his or her emotion in communicating with others (Rothman et al, 2008). Allocating the concept of awareness between life skills has important consequences. Psychotherapy and psychology and even religious schools especially Islam, most consultant schools and methods, advice to all people to think and deliberate to themselves (Naseri and Nikpur, 2004; Naseri, 2005). Considering to above subjects, it is important that albino people who have different figures than other people of society and their severe deficiency of vision engages them with many problems, they try to hide themselves from others and they avoid to be in society and they avoid to communicate with people of society and if be present between others, they expose with a lot of anxiety and stress and they will have unrealistic and negative impressions about opinions and taught of others about themselves that this matter affects their life seriously and will increase other different problem to their own problems.

Therefore it seems that offering training courses about different kinds of social skills and life skills especially skill of self- awareness is needed and essential for those and people and providing more proper condition by active participation of those people for them.

MATERIAL AND METHODS

Surveying samples in this research includes 24 testees affected by albinism, the residents of Babol city in Mazandaran province of Iran that the range of their age is 20 – 50 years that have been chosen objectively and based on ability of participation in meeting of the group in accordance with number and period of chosen meeting and is two groups including 12 testees of test group and 12 testees of control group. The age domain of subjects in this research is 20-50 years that average age of testees in control group is 32 and in test group is 22 .also 6 men and 6 women have been participated in test group and 8 men and 4 women have been participated in control group

Used instrument in this research is Watson and Friend's social anxiety questionnaire that this test includes 58 questions. In two sub criteria including social avoidance (28 question) and fear of negative assessment (30 question) that their answer is yes or no and its scoring is zero and one. The domain of sub criteria of social avoidance is zero to 28.

The scores more than 12 indicates the social avoidance and scores less than 4 indicates very low social avoidance and in fear of negative criteria, the domain of scores is between zero to 30, the score of 18 and more than 18 indicates to people who have high fear of negative assessment and score of 9 and lower than 9 belongs to people who have less fear of negative assessment.

According to Watson and Friend report (1969) the validity of this questionnaire for social avoidance is equal with 68% and for fear of negative assessment is equal with 18% (Mehrabizadeh honarmand, 1999). Baharluei (1998) in his survey, obtained the coefficient of re-examination as 0.83, and 0.90 for Cronbach coefficient, Validity 0.75 and Concurrent validity 0.62. Watson and Friend (1969, as has been reported by Baharluei, 1999) in their survey about a sample of 29 subjects, calculated the coefficient of permanency of social anxiety questionnaire by the method of re-examination that for social avoidance and social disorder (one of sub criteria of social anxiety questionnaire) reported 0.79 and for fear of negative assessment (another sub criteria of social anxiety questionnaire) reported 0.94.

Treatment Protocol

First session allocated to communication of remedy, introducing, stating the rulers of the group, completely, about albino disease and explanations about it.

Second meeting: self-awareness, kinds of self-awareness, acquiring method and its importance. This is the key skill that everyone should be equipped with it. Obligating he/ she for deliberating about himself or herself as the first step of close awareness, kinds of self-awareness, acquiring method and its importance. This is the key skill that everyone should be equipped with it. Obligating he/ she for deliberating about himself or herself as the first step of close awareness with its positive and

negative aspects. In this step, people will accept this reality that who are they and how do they live gives them the opportunity that how they can acquire the responsibility of individual growth and their fate.

Third meeting: stating and understanding different kinds of cognitive mistakes and their consequences. Cognitive mistakes are illogical beliefs that are image automatically. Major features of individuals, are related to process of his or her thinking directly, on other hand, thinking methods of human beings are determinants of their emotions. Thus the best way for changing the behavior is that emotions or feelings should be changed and emotions or feelings is changeable by changing the thoughts.

Fourth meeting: cognition of emotions, especially anxiety and stress and their consequences. Each of us have our own emotional world. Human beings are engaged with different Emotions in their life. Some of these emotions are pleasant and gives energy to human being, the same as happiness, love and some of emotions are unpleasant and human beings scape from them, the same as violence, grief and anxiety having these emotions can be destroyer.

Fifth meeting: effective communication skill (verbal, un-verbal). Communication is one of the most important bases for social life and is the origin of culture and it is as background and base of human movement and human promotion. Effective communication with others is a skill that cites human being in distinguished and better position and facilitates the achieving to succeeding and prosperity.

Sixth meeting: encouragement and self- appearance skill. Lacking of self - appearance, courage and peremptoriness between human beings, slowly and continuously directed to margins (sides) and makes them hermit and they can not grasp acquire) their rights.

Seventh meeting: self-respect one of another main factor of self-awareness is self-respect. Self-awareness and individuals awareness to what is he or she and his or her judgment about (his or her own value or self-value) are two main factors of self-respect. Also self- respect increases the flexibility of people against changes and positive views for achievement (development), enforces the self-reliance.

Eight meeting: concluding the issues of pervious meeting and doing a pretest finding. For analysis of data and assumptions of this research, crossed analysis of covariance (MANCOVA) have been used.

RESULTS

Mean and standard deviations of variables in two groups are shown in table 1. For surveying the equality of variances assumption, the pretest scores were controlled and the results of MANCOVA are shown in table 3. Effectiveness of treatment based on self-awareness for decreasing of social avoidance of albino suffers people is examined. Considering to calculated F ($F_{(1,20)} = 27.843$, $p < 0.001$), as the significant level is smaller to Benfroney

(0.025) and considering to being significant of calculated F and also considering to being significant of means differences, we conclude by certainty of 95% that teaching the skills of self-awareness in treatment sessions is effective for decreasing the social avoidance of albino people. In examining of second assumption, proved that teaching the skills of self- awareness is effective for preventing the fear of negative assessment of albino. Considering to calculated F ($F_{(1, 20)} = 114.800$, ($p < 0.001$), it can be concluded that treatment protocol is effective for decreasing the fear of negative assessment of albino people. And finally based on effect of treatment protocol on decreasing the social anxiety of albino suffers people, proved that it is effective. Considering to calculated F ($F_{(1, 21)} = 78.818$, $p < 0.001$), it can be said that teaching the skills of self – awareness is effective for decreasing the social anxiety of albino suffers people.

Table 1. Mean and standard deviation of pretests and posttests in two groups

Group	Test	Mean	SD
Test group	Pretest of social avoidance	8.67	4.376
	Posttest of social avoidance	6.17	3.271
	Pretest for fear of negative assessment	11.42	4.999
	Posttest for fear of negative assessment	12.50	6.289
	Pretest of social anxiety	2.08	8.753
	Posttest of social anxiety	14.50	6.802
Control group	Pretest of social avoidance	9.92	4.295
	Posttest of social avoidance	9.67	4.207
	Pretest for fear of negative assessment	8.33	3.962
	Posttest for fear of negative assessment	12.33	5.549
	Posttest of social anxiety	22.42	8.416
	Posttest of social anxiety	22.00	7.850

Table 2. Wilk's Lambda index for scores of groups, social avoidance (SA) and fear of negative assessment (FNA)

Wilk's Lambda	Value	F	df	Error df	P	Eta
Groups	0.138	59.15	2	19	0.001	0.86
SA	0.098	87.93	2	19	0.001	0.90
FNA	0.023	4.009	2	19	0.001	0.97

Table 3. Results of covariance analysis for post test scores of social avoidance (SA) and fear of negative assessment (FNA)

Source	Variable	SS	df	MS	f	P
Group	SA	35.21	1	35.21	27.84	0.001
	FNA	57.13	1	57.13	114.8	0.001
Error	FNA	25.29	20	1.265		
	SA	9.99	20	0.598		
Total	SA	1890	24			
	FNA	317.0	24			

DISCUSSION

Results of analysis have shown that teaching the skills of self-awareness is effective on decreasing of social avoidance, fear of negative assessment and social anxiety of albino suffers people. About direct surveying the behavioral changes of social avoidance, fear of negative assessment and social anxiety during the determined processes teaching the life skills (especially, skill of self-awareness) on albino suffers people there is no research, but researches along with present research are available. In regard to their different appearance, albino people with their sight deficiency, hide themselves from public and refuse to present in social situations that limits their learning probability of different social and life skills and also causes numerous problems for them and Considering to confirmation of first assumption of this research: teaching the skills of self-awareness is effective on decreasing the social avoidance of albino suffers people. Obtained results are along with similar researches (Vakilian and Ghanbari Hashem Abadi, 2001) in their research combination of the treatment group of cognitive-behavioral and teaching the social skills, compared with the treatment group of cognitive - behavioral, causes, decreasing the fear of negative assessment and social avoidance between students of universities. considering to obtained results of researches, people who are affected by social anxiety, have decreased the range of their anxiety causes by avoiding from social position and have prevented the indications of anxiety and the supposed it as a result of their avoiding from being in such positions consequently the social anxiety of the individual have been more permanent and a different circle will be continued. It seems that the essential of participating in social positions and lacking of avoiding from them is having social skills and living enough in these positions and doing proper interaction in these positions.

Albino people are permanently anxious about others evaluation (dominantly negative) about them and behave in a way that avoid confrontation with these evaluations that prevents their presence in society and also creates a kind of dissatisfaction from current situation and several problems and Considering to conformation of the second assumption that teaching the skills of self - awareness is effective for decreasing the fear of negative assessment of albino suffers people: Clark and Fairborn (2001) and Hemiberg and Becker (2002), by believing the cognitive errors in people who are affected by social anxiety, reported that one of the most cognitive error, Is fear of negative assessment by others.

In this direction, Lepine and Pelissolo (2000), Kent (2000) and Kent and Keohan (2001), also have shown that people who are affected by social anxiety, as they think that they are susceptible from others due to negative assessment, they are afraid of social positions and avoid from such positions, when these people expose with social position, they think that others are observing, investigating and assessing them negatively about different aspects of

their behavior, their performance and their figure. The research of Dadashzadehet et al. (2012) conclude that cognitive -group behavioral treatment and interacting therapy, both of them lead to decreasing the range of the fear of negative assessment in disorder of social anxiety. cognitive - group behavioral treatment decreases the range of interpretation approach also decreases this disorder, while interacting therapy has not such effect. Finally, Mohammadi and Sajadinejad (2007) in their research concluded that variable of self-respect and fear of negative assessment are the best anticipators of social anxiety and variable of concern about figure had no significant share of anticipating the social anxiety. Moreover, fear from others evaluation and avoiding society and consequently incapability to create relationships and learn life and social skills, in regard to physical problems f albino people, because some kinds of behavioral and psychological disorders for them including depression, low self-confidence, and social distress etc.

Finally considering to confirmation of third assumption, based on that teaching the skills of awareness is effective for decreasing the social anxiety of albino suffers people, we say that numerous studies about social anxiety have been done that their results are considerable and are along with the used method and obtained results of this research respectively, including:

Dam-Baggen and Kraaimaat (2000) in their research, studied about effects of teaching social skills and behavioral cognitive therapy are effective on treatment of social anxiety and is another research by Greco and Morris (2005) under a title as effective factors on social anxiety and acceptance of (coevals) surveyed the effects of communication skills and social skills and close friendly relations during childhood. Findings of this research showed that there is relation between social anxiety and communication skills and social relations. Also Spence and Brechman (1999) have quoted from Greco and Morris (2005) that people who are affected by social anxiety, have not enough communication skills and social skills and researches shows that they have had this deficient of skills from childhood. Considering to above mentioned results of researches and present research it seems that cognitive factors the same as incapable beliefs and un-logic thoughts (the same as fear of negative assessment and exposing with deliberating and investigation of others play major role in causation of continuing the anxiety of affected people to social anxiety consequently, considering to these thoughts and trying for correcting this beliefs by teaching the skills of self-awareness are goals of this research. Studies of Brown and Rayan (2003) about benefits of self-awareness and its role on health of psycho-cognition, shows that there is relation between psycho - health and psycho-health and self-awareness.

Also Carlson et al. (2003) in their research found that self-awareness facilitates the cognition, needs, interests and personalized value and consequently help to individual to choose his or her behavioral reactions proper

with his or her needs and values. Therefore, results of this research is along with researches of Mohammadi and Sajjadi (2006), Nekuei (2012), Dadashzadeh (2011), Abolghasemi (2011), Ezeilo (2000), Palmer (2005), Carlson et al. (2003), Estrada-Hernández and Harper (2007), Dam-Baggen (2000), respectably and there are some research with contrast results respectably the same as the research of Gold(2002), Palmer (2001), Malgani et al. (1974) showed that by employing and teaching the social skills and life skills, especially, skills of self-awareness, we can behavior and performance of people especially people who have problems and disorders. The finding of this research confirms that different life and social skills training, especially self-awareness, promotes albino peoples psychological health and also improves life conditions According to this, it is suggested to people involving in education, nursing homes, consulting centers and parents that they should be effective in albino peoples active presence in society in higher level by recognizing them and creating necessary conditions for them and also educating needed skills to them.

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