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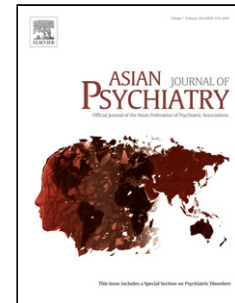
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# Effectiveness of Forgiveness skill on Anxiety and Depression among Women Victims of sexual abuse in childhood

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## Abstract

**Objectives:** To study the effect of forgiveness skill on anxiety and depression among women victims of sexual abuse in childhood

**Method:** In current study 30 depressed and anxious women who reported a sexual abuse before the age 7 by relatives select randomly into two 15-member test and control groups. Test group trained forgiveness individually within 12 sessions .

**Results:** There is significant difference between two groups after forgiveness training intervention (0.00).

**Conclusion:** Forgiveness skill training is effective intervention in reducing anxiety and depression women victims of sexual abuse in childhood.

**Key Words:** Forgiveness, Anxiety, Depression, Women, Sexual Abuse

## 1- Introduction

Sexual abuse in childhood is a crisis and this problem is prevalent in many countries (Grubb and Turner, 2012). Several studies showed that its prevalence in boys is about 2-30% and in girls about 4-60% (Epps and Fisher, 2004). In 2008, it has been estimated that about 772000 sexual abuse in children at the U.S (Lopez-Castroman et al, 2013). In Iran, prevalence of child sexual abuse is 8-15% (Mirzaei et al, 2006) .Child sexual is related to many short and long term negative consequences and 30-50% of victims suffer from depression and anxiety( Rodriguez ,2010). Spirituality approach special forgiveness is effective strategies in reduction of psychological problems (Worthington et al, 2013, Zuccurini et al, 2012 ).

## 2-Method

The current study aimed at determining effectiveness of forgiveness skill in reduction of depression and anxiety among women victims of sexual abuse in childhood.

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