

Group Work in Mindfulness-Based Interventions with Marginalized Iranian Girls

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Introduction: This study focuses on marginalized girls in Iran who face poverty and are at increased risk of mental health challenges. The aim of the study was to explore the potential benefits of group-based interventions, specifically Mindfulness-Based Cognitive Therapy (MBCT-C) and Holistic Art-Based Program (HAP), in improving the social and psychological well-being of these girls.

Method: Participants aged 12-17 years from rural areas were assigned to either the HAP program (n=23) or the MBCT-C program (n=24). Qualitative data was collected through semi-structured interviews conducted before and after the programs.

Results: Reflexive thematic analysis was applied to the post-intervention interviews. The HAP program highlighted themes of enjoyment and engagement, a safe and non-judgmental environment, and the provision of mutual aid, empathy, and meaningful relationships. The MBCT-C program emphasized themes of a safe, supportive, and non-judgmental environment, and the formation of new friendships and mutual support.



Conclusion: Both MBCT-C and HAP group interventions hold promise for enhancing the psychological well-being of marginalized female youth, and they are culturally suitable within the context of Iran.

"MBCT-C opened doors to meeting other students, making new friends, and helping each other."

"Home and school are different from HAP. Here we can be ourselves and talk about what we want in life without filtering because we don't have to follow anyone's ideas."