

Comparing the effectiveness of behavior therapy and Psymmentology in reducing women's anxiety

Zahra Rasooli^{1*}, Mohammad Ali Taheri²

1. Department of General Psychology, Islamic Azad University of Qazvin, Qazvin, Iran

2. Science fact R&D Department, CosmoIntel Inc. Research Center, Ontario, Canada

Founder of Faradarmani and Psymmentology, founder of CosmoIntel research center

Email: info@cosmointel.com

*Corresponding author:

Zahra Rasooli, Department of General Psychology, Islamic Azad University of Qazvin, Qazvin, Iran.

Email: zahra_nr@yahoo.com

ABSTRACT

This study aimed to compare the effectiveness of Behavior Therapy and Psymmentology, founded and introduced by Mohammad Ali Taheri, in reducing anxiety in women referred to the Ferdis Medical Center between 2014 and 2015. The research method applied was the Quasi-experimental method, using the pre-test/post-test designs. Random sampling was conducted, and 45 people were picked and assigned to the three groups. Zung Anxiety Scale was used to collect data. The data collected through the questionnaire were analyzed using the co-variance method along with SPSS software. The results indicated that the level of female anxiety in the control group was significantly different from those subjected to Psymmentology ($p < 0.01$). There was a significant difference between the Psymmentology group and the control group ($p < 0.05$), as well as the Psymmentology group with the behavior therapy group ($p < 0.05$). The findings demonstrated that Psymmentology was more effective than Behavior Therapy. The results showed that both Psymmentology and behavior therapy significantly reduced anxiety levels in women. However, the effectiveness of Psymmentology in reducing anxiety was greater than that of behavior therapy.

Keywords: Behavior Therapy, Psymmentology, Anxiety, Taheri Consciousness Fields

INTRODUCTION

The nature of consciousness and its place in science has received much attention in the current century. Many philosophical and scientific theories have been proposed in this area. In the 1980s, Mohammad Ali Taheri introduced novel fields with a non-material/non-energetic nature named Taheri Consciousness Fields (TCFs). T-Consciousness is one of the three existing elements of the universe, alongside matter and energy. According to this theory, there are various TCFs with different functions, which are the subcategories of the cosmic internet network called the Cosmic Consciousness Network (CCN).

The major difference between the theory of TCFs and other concepts about consciousness is the theory presented about consciousness, its application, and the practical usage of TCFs. These T-Consciousness fields are applicable to all living and non-living creatures, including plants, animals, microorganisms, materials, etc.

The new science of Sciencefact was introduced in 2020 by Mohammad Ali Taheri, the founder of Erfan Keyhani Halgheh, as one of the sub-branches of this school. The term "Sciencefact" is used because it utilizes scientific investigations to prove the existence of T-Consciousness as an irrefutable phenomenon and a fact.

Although science focuses solely on the study of matter and energy and Sciencefact, by contrast, explores the effects of TCFs (the non-material/non-energetic). Furthermore, by conducting reproducible laboratory experiments in various scientific fields, Sciencefact provides a common ground between the two and uses it to prove T-Consciousness and the resulting T-Consciousness Fields. These fields cannot be directly measured by science, but it is possible to investigate their effects on various subjects through reproducible laboratory experiments (Taheri, 2013)

The influence of the TCFs begins with the

connection between CCN as the whole consciousness of the universe and the subjects of study as a part.

This connection called "Ettesal" is established by the Faradarmangar's mind (a certified and trained individual who has been entrusted with the TCFs). The human mind acts as an intermediary (Announcer) which plays its part by paying an instant attention to the subject of study and then the main achievement is obtained as a result of the effects of the TCFs.

The research methodology in the study of T-Consciousness has been founded on the process of Assumption, Argument, and Proof, in which the basic Assumption is: The Cosmos was formed by a third element called T-Consciousness that is different from matter and energy.

The Argument: The existence of TCFs can be demonstrated by its effects on matter and energy (e.g., humans, animals, plants, microorganisms, cells, materials, etc.)

The Proof: is the scientific verification of the effects of TCFs on matter and energy (according to the Argument) through various reproducible scientific experiments.

Accordingly, to investigate and verify the existence, effects, and mechanisms of TCFs, the following five research phases (Phases 0 through 4), and the aims of each phase are outlined below.

Phase-0 studies aim to prove the existence of TCFs by observing their effects. The nature of T-Consciousness and what it is will not be addressed in this phase. Phase-1 explores the varied effects of different TCFs. Phase-2 examines the reason behind the varied effects of these fields. Phase-3 investigates the mechanism of TCFs effects on matter and energy. Finally, Phase-4 draws significant conclusions, particularly with regard to the mind and memory of matter and their relation to the T-Consciousness, etc.



Vol. 01
No. 05
April
2022

17

The First Journal in
T-Consciousness Research

Faradarmani and Psymontology are two complementary alternative medicines introduced by Mohammad Ali Taheri, which apply TCFs to treat disturbances in different dimensions of human existence.

A need for a novel outlook

Research of history indicates that human societies have almost always been dealing with mental disorders, and intellectuals have always tried to control the disorders using various methods. In the last one hundred years, psychologists have put forward various therapies, and as Kazdin (1978) expresses, over 400 different methods had been offered until then. Despite their unquestionable positive effects, the offered therapies did not prove to be much successful since they dealt with only one or a few aspects of human existence and failed to address the deep, pervasive psychological and characteristic issues of human existence from philosophy, goals, and meaning of life to social relationships, interpersonal relationships, and behavior models. On the other hand, as Rogers (1999) suggests, persisting on traditional methods and ignoring the elements of religion and spirituality have led to unstable changes in the long-term and high rates of relapses and resorting to abnormal behaviors.

One of the most important reasons for the failure of traditional one-dimensional therapies in fulfilling complete and sustainable treatment of mental disorders is their inability to coordinately address various biological, psychological, social, spiritual, and universal human aspects when it comes to mental disorders, and behavioral abnormalities. Since the human personality is a cohesive and indivisible whole, his complete mental health is achieved only when the unity and consistency of this system are maintained and the biolog-

ical, emotional, cognitive, social, and spiritual elements work together in harmony under an Interuniversal system and in connection with the whole existence. Psychotherapists need novel integrated therapies to influence the whole being of patients, uniformly improve their cognitions, emotions, excitements, behaviors, and more importantly, change their attitudes and recognition towards sustainable mental health through connection with Cosmic Consciousness Network (CCN). Faradarman-gars have used Psymontology (Mind/Psychology Whole-viewing), and treatment methods based on CCN governing the universe. They aim at facilitating human growth and helping them to overcome hardship and difficulties in life. This thinking revolves around the Psymontology view about the rules and CCN governing the universe and recognizes the barriers on the path of human growth. In this view, the ground for the treatment of mental health is the harmony and unity between the human character, and the character governing the entire universe and ecosystem. The best way to achieve this harmony is to comprehend and respect the sacred and spiritual values that are behind the scenes of the universe (Taheri, 2011).

Anxiety refers to the state in which the person worries too much about what is going to happen in the future. Anxiety is both cognitive and emotional. When someone is anxious, they feel something dreadful is going to happen and they cannot do anything to change or prevent it. Then, they focus on their internal worries and stay alert about probable perils or threats (Halgin & Whitbourne, 2003).

A whole-viewing medical science encourages the health systems to establish a cooperative relationship that will lead to positive results in physical, mental, emotional, social, and spiritual health. This type of medical science emphasizes viewing the subject as a whole. It analyzes the person's physical, environmental,

social, and spiritual conditions and lifestyle. It is a behavioral view that is relatively simple and emphasizes concepts that can be easily turned into actual measures. Some psychologists believe that the extreme simplicity of the behavioral view can cause problems, too. As a result of this simplicity, patients learn to recognize stressful thoughts, replace them with more logical options and try to put them to the test (Beck et al., 1985; 2005).

The emphasis is on breaking the cycle of negative thoughts and worries. After breaking the cycle, the person can learn how to handle worrying behavior and improve his/her anxiety-controlling skills. Systematic desensitization is based on the view that while the person is calm, he/she can completely overcome his/her untamed anxiety by gradually approaching a horrifying stimulus. However, the therapist might decide that systematic desensitization is time-consuming, impractical, or unnecessary (Halgin & Whitbourne, 2003).

In Psymtology, anxiety is a state in which the person experiences worry and unpleasant psychological pressure. The person is alert for a perilous or undesired situation, precisely like a person who is due to attend a court in the morning and the night before, he/she has an unpleasant feeling, which is anxiety. Importantly, anxiety is related to the person's views of the outside world, events and their type and extent, and related environmental support. In addition to mental symptoms, anxiety causes some physical symptoms such as palpitation, sweating, headache, chest pain, physical unrest, etc. (Taheri, 2010 & 2011).

In the present study, we intend to compare the effectiveness of behavior therapy and Psymtology in reducing female anxiety. In order to do so, we pose the following question as to the principal question of the study: are behavior therapy and Psymtology effective in reducing female anxiety? It should be noted that

the same type of study was previously conducted in Psychology about general health and anxiety (Taheri et al., 2011 & 2013).

Method

Application of the Faradarmani Consciousness Field

TCFs were applied to the samples according to the protocols regulated by the COSMOintel research center (www.COSMOintel.com). A request for Connection to the CCN to utilize TCFs can be placed through the COSMOintel website in the "Assign Announcement" section. This access is available for everyone at no cost. In order to study and experience this Connection, the researchers can register on the website at any time and in order to report the experiment to the COSMOintel research center. Certain details of the experiment must be provided to the center; for example, the characteristics or number and name of samples and controls must be specified. This entire experiment was carried out as a double-blind method where lab technicians were completely unaware of TCFs theory, and the Faradarmangar at the COSMOintel research center who established the Connection was unaware of the details of the study. Double-blind is a gold standard that is common in science experiments in the field of medicine and psychology, involving theoretical and practical testing.

The present study is a pre-test, post-test, quasi-experimental with the control group. The research population is patients with symptoms of anxiety that have been treated in a Medical Center from 2014 to 2015. Through accessible sampling, 45 people diagnosed with anxiety (anxiety level was determined using the Zung test) were appointed in three groups, each contact containing 15 people. One group of 15 people was treated using behavior therapy, 15 others were treated using Psymtology, and



Vol. 01
No. 05
April
2022

19

The First Journal in
T-Consciousness Research

another 15 people who did not receive any treatment were considered the control group.

Measurement tools

The data collection method was Zung’s self-assessment scale or S.A.S (Zung, 1971). It contained 20 multiple-choice questions based on physical-emotional symptoms. The advantage of this scale over other scales is that the subject cannot follow a specific method in answering, since some of the questions focus on positive symptoms (16 questions), and some others focus on negative symptoms (4 questions). Another advantage is that the ordinal scales are changed to an interval scale (using a ranking scale, which changes qualitative measures to quantitative ones). Thus, the test has changed to a parametric test. The validity of the test indicated that there is a relationship between Hamilton’s (1959) anxiety test and Zung’s S.A.S. The correlation between the two tests was 71% ($r=0.7$) based on the data collected from the two scales which were administered on more than 500 subjects and using the Pierson Correlation Coefficient method. The reliability of S.A.S using the cohesion coefficient was 84, which indicates high reliability.

Method of Implementation

Participants were chosen based on the initial

interview and from those who received higher scores in the Zung anxiety survey. 45 females diagnosed with anxiety were selected for the research. They were randomly divided into three groups of 15. One group went under behavior therapy with the method of systematic desensitization. Another group received Psymentology, and one group was considered the control group. In two experimental groups, systematic desensitization and Psymentology were independent variables and anxiety was a dependent variable. The pre-test was done before interference and the post-test was performed two months after experimental measures. No interference was performed for the control group. The first group received behavior therapy with a systematic desensitization method, under the supervision of a psychologist for seven sessions, each taking 20 minutes. The second group received Psymentology treatment for seven 20-minute sessions.

Statistical analysis

The Analysis of Covariance (ANCOVA) was used to examine the data.

Results

Hypothesis 1: behavior therapy (Systematic Desensitization) is effective in reducing female anxiety.

Table 1 . Covariance analysis of female anxiety treated by behavior therapy					
Source of variations	Sum of squares	Degree of freedom	Mean of squares	F	Sig
Corrected method	0.391	2	0.196	2.502	0.101
Intercept	0.026	1	0.026	0.338	0.566
Pre-test	0.123	1	0.123	1.569	0.221
Groups	0.204	1	0.204	2.611	0.118
Errors	2/110	27	0.078		
Total	482.364	30			
Sub-total	2.501	29			

As Table 1 shows: $F=1.56$ and $p=0.2>0.05$. This means that the correlation between the independent variable and the covariate (the pre-test) was not handled. The F value for the independent variable (groups)- (2.61 and $p=0.1>0.05$)- is not significant, which means there is no significant difference between the mean score of the two groups (control and be-

havior therapy) in the post-test (female anxiety) after extracting the covariate (the pre-test). This implies that the null hypothesis is accepted, and the authors' hypothesis is rejected.

Hypothesis 2: Psymmentology is effective in reducing female anxiety

Table 2 . Covariance analysis of female anxiety treated by Psymmentology

Source of variations	Sum of squares	Degree of freedom	Mean of squares	F	Sig
Corrected method	1.624	2	0.812	23.509	0.000
Intercept	0.002	1	0.002	0.047	0.829
Pre-test	0.301	1	0.301	8.706	0.006
Groups	0.898	1	0.898	25.995	0.000
Errors	0.932	27	0.035		
Total	455.126	30			
Sub-total	2.556	29			

The details of the Table 2e show that $F=8.70$ and $p=0.006<0.05$. This means that the correlation between the independent variable and the covariate is handled. The F value (of 25.99 and $p=0.00<0.05$) for the independent variable (groups) is not significant, which implies that there is a significant difference between the mean score of the two groups (control and Psymmentology); in the post-test (female anxiety) after extracting the covariate. This means that

the null hypothesis is rejected, and the authors' hypothesis is accepted. In other words, the anxiety level is highest in the control group and is lowest in the Psymmentology group.

Hypothesis 3: There is a significant difference between the effectiveness of behavior therapy (systematic desensitization) and Psymmentology in reducing female anxiety

Table 3 . Covariance analysis of female anxiety for the independent variable of two groups of behavior therapy and Psymmentology

Source of variations	Sum of squares	Degree of freedom	Mean of squares	F	Sig
Corrected method	0.508	2	0.254	3.430	0.047
Intercept	0.022	1	0.022	0.294	0.592
Pre-test	0.109	1	0.109	1.468	0.236
Groups	0.317	1	0.317	4.276	0.048
Errors	2.001	27	0.074		
Total	433.303	30			
Sub-total	2.509	29			

The Table 3 outcome shows $F=1.48$ and $p=0.2>0.05$. This means that the correlation between the independent variable and Covariate is not handled. The F value (4.27 and $p=0.04<0.05$) for the independent variable (groups) is significant, which means there is a significant differ-

ence between the mean score of two groups (behavior therapy and Psymmentology); in post-test (female anxiety) after extracting the covariate (pre-test). This implies that the authors' hypothesis is accepted, and the null hypothesis is rejected. In other words, the anxiety level is highest in

the behavior therapy group and is lowest in the Psymontology group. Thus, the findings indicate that Psymenotherapy is more effective than behavior therapy.

The LSD Test

One of the most important features of the LSD test is that it reveals even the smallest significant difference between groups.

Table 4 . LSD, post-experimental test

Group I	Group J	I-J mean variation	Standard deviation	Sig.	Reliability 95%	
					Low	High
Control	Behavior therapy	0.165	0.091	0.079	-0.020	0.394
	Psymontology	0.370*	0.094	0.000	0.180	0.559
Behavior therapy	Control	-0.165	0.091	0.079	-0.349	0.020
	Psymontology	0.205*	0.092	0.030	-0.020	0.390
Psymontology	Control	-0.370*	0.094	0.000	-0.559	-0.180
	Behavior therapy	-0.205*	0.092	0.030	-0/390	-0.020

LSD is a post-experimental test with equal variance for the examination of mean differences between groups. According to the Table 4, the anxiety level in the control group is significantly different from that of the Psymontology group ($p=0.00$). Also, the anxiety level in the Psymontology group ($p=0.02$) is significantly different from that of the control ($p=0.00$) and behavior therapy group ($p=0.03$). Therefore, anxiety is the highest in the control group and lowest in the Psymontology group. Therefore, Psymontology is a more effective method than the other two.

methods and therapies. They made considerable efforts to control mental disorders and behavioral abnormalities (Taheri, 2011).

“Psymontology” or “Interuniversal Mind-Psychology” is a framework that provides treatment through software and without the interference of any hardware. In Interuniversal thinking, every single part of a system is examined in relation to other parts. By saying software, it refers to today’s computerized world in which the devices have two aspects: (i) hardware and (ii) the programs and applications that should be installed on the hardware are called software. This analogy applies to humans and the entire universe (Taheri, 2011). The body, mind, and other components of human existence are interconnected to each other, and disturbance in any part will cause damage to other parts too. Therefore, a true recognition of (human) illness and the discovery of the malfunctioning component is impossible, and only an intelligent system that is that has dominance over him can detect and improve the defected part following a thorough scan. In Psymontology, such an intelligent system is referred to as the “Cosmic Consciousness Network”. The network is the intelligence and consciousness ruling the cosmos, and like a “Cosmic Internet” it has all the components under its intelligent cover. (Taheri, 2011).

Discussion and conclusion

The principal aim of the present study was to compare the effectiveness of the two treatment methods of behavior therapy and Psymontology in reducing female anxiety. The findings indicated that Psymontology is a more effective method compared to behavior therapy. After the recognition of psychology as an experimental science and following the emergence of innovative therapies and the focus on the treatment of mental disorders, behavior change techniques developed massively and thousands of psychologists around the world tried to understand mental disorders using different

Traditional behaviorists merely emphasized observable behaviors. As time passed, however, they expanded their knowledge to examine the relationship between thoughts and behaviors. Traditional behavioral psychologists refused to make assumptions about the underlying reasons for certain behaviors. Instead, they preferred to deal with different types of behaviors. They tried to specify the functional relationship between environmental events and human behavior. Classic conditioning and responsive principle were the basis of behavioristic views on mental disorders (Halgin & Whitbourne, 2003).

The findings of the study indicated that the effectiveness of Psymmentology (3.68%) is more than that of behavior therapy (3.89%) in reducing female anxiety. Also, the efforts by the researcher from a long time ago to reduce anxiety cannot be ignored and should be acknowledged. A comparison of the findings of the

present study with those of other studies presented in chapter two shows that all researchers and scholars have concluded that anxiety levels must be reduced. That's the important point that they have come up with in their research. The question now is, can any method be applied to any person from any race or age? In other words, can any method be generalized? The main feature of Psymmentology is its generalizability. In fact, this method can be used for any person from any race, age, and religion and can yield results without mistakes. This is while other scientific methods need certain techniques, conditions, and costs, which means not everyone can easily use them. Researchers are trying to come up with simpler and more practical therapies so that more people can benefit from mental health. Healthy women would make better mothers and wives, raise better kids, and bring more comfort to society, which Psymmentology can make this happen.



Vol. 01
No. 05
April
2022

23

The First Journal in
T-Consciousness Research

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