

# **Investigating of play therapy with a cognitive-behavioral approach on emotional well-being, increase self-efficacy and reduce fear of therapeutic environment in children with leukemia**

## **Abstract**

**Background:** *Cancer is one of the chronic and rare diseases in children that is always accompanied by psychological problems. One of the most important and effective psychotherapy approaches to control the emotional-psychological damage of children with cancer is play therapy.*

**Aim:** *The aim of this study was to determine the effectiveness of play therapy with a cognitive-behavioral approach on emotional well-being, increase self-efficacy and reduce fear of therapeutic environment in children with leukemia admitted to Bu Ali Hospital in Ardabil.*

**Materials and Methods:** *This research is an interventional type (pre-test - post-test). The present study population consisted of all children aged 5 to 15 years with leukemia hospitalized in Bu Ali Hospital of Ardabil, of whom 30 people were randomly assigned to the experimental and control groups as a sample of the study. They underwent play therapy for 10 sessions, but the control group did not receive any psychological intervention and only their usual drug treatments were followed. Before and after the necessary interventions, patients' scores and their effectiveness were assessed by filling out the relevant questionnaires.*

**Results:** *The mean age of children was 8.67 ± 3.02 years. 15 patients were boys and 15 patients were girls. Patients of the target group at the end of the study had significantly better self-efficacy and less fear, but in terms of emotional well-being there was no statistically significant difference between the two groups, but no statistically significant difference was observed between the two groups regarding emotional well-being.*

**Conclusion:** *According to the result of this study play therapy has a positive and significant effect on fear and self-efficacy in children with leukemia admitted in hospital.*

**Keywords:** *play therapy, self-efficacy, leukemia, fear.*