

## THE EFFICIENCY OF A RATIONAL EMOTIVE BEHAVIORAL PROGRAM FOR ADOLESCENTS <sup>1</sup>

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### Abstract

The first objective of this study was to support the efficiency of a rationale emotive education (REE) program in reduction of adolescents' irrational beliefs, inferential beliefs, dysfunctional emotions and behaviors. A number 25 adolescents, tenth grade were involved in one hour weekly of REE for thirteen weeks. The implemented program was based on Vernon's Passport Program. Their results were compared with those obtained by 21 adolescents in a placebo group and 22 students in a control group. The rational emotive education effect in changing the irrational beliefs ranged from moderate to strong. The main effect in perception of others control reduction was strong, and the main effect was moderate in internal control belief modification. The REE has a small effect in adolescent's dysfunctional behavior reduction. The schizoid and depressive personality pattern decreased, the effect size varied from low to medium. The eating behaviors were modified by REE, the main effect ranged from medium to strong. The experimental group manifested less emotional isolation and, the main effect was moderate. The second objective was to support the mediation effect of irrational beliefs change in inferences, emotions, and behavior consequences' modification. The hypothesis was supported only for the behavioral and emotional consequences modification.

**Keywords:** *rational emotive education, irrational beliefs, inferential beliefs, emotional and behavioral consequences, mediation*

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