

# THE EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY IN REDUCING THE EMOTION OF ANGER AMONG A SAMPLE OF FEMALES DIABETIC PATIENTS

**MARWA MOHAMED SHEHTA ABDEL- RAHMAN**  
**Assistant Professor of Psychology**  
**Faculty of Education**  
**University of Hail**

***ABSTRACT\_** Objectives of the study: reveal the effectiveness of cognitive behavioral therapy in reducing the emotion of anger among a sample of patients diabetes (type 1) , this program aims to reduce the anger, and feelings of anger associated with emotional and behavior modification and irrational thoughts associated with anger. research methodology: total sample consisted of a number (14) , females diabetic patients (type I) and based in treatment on the injection of insulin, the sample was divided into two groups: the experimental group included (6) girls, and control group included (8) girls with average age (18. 07) and a standard deviation of (1. 85) , they applied tools: scale of personal experiences associated with the emotion of anger, and information collection form, and the program of cognitive behavioral therapy, the program sessions is applied over the experimental group (14) with two session per week and duration of the session of 45-50 minutes, and hold for members of the groups pre\post measurements, and post\following up measuring after one month for experiment the experimental group, the results that The effectiveness of cognitive behavioral therapy in reducing the emotion of anger among a sample of females diabetic patients.*

***KEY WORDS:** CBT, Anger, Diabetes.*