Abstract

Introduction. This research work evaluated the impact of a mental health education program based on the cognitive therapy model focused on schemes in candidates to the presbyteral life. The guide proposed provided elements to help to the change of schemes, improve life quality and reduce the propensity to psychopathologies. Objective. To establish the impact of a mental health education program, based on the cognitive therapy's model focused on schemes, in candidates to the presbyteral life. Methodology. A quasi-experimental design was used with an experimental and a control groups, applying the YSQL2 test with pre and post test for both groups. A 60 people sample was taken (30 for each group). Results. The program did not produce the expected result, but other significant impacts were achieved under quantitative and qualitative terms. Conclusion. The application of such a program is possible and so is the achievement of significant changes, with a longer period of time and a longer individual and group treatments.

Keywords

Cognitive therapy, early maladaptive schemes, Young Scheme-Questionnaire (YSQL2), health.