

Title: Emotional Group Psychotherapy as a Variant of Psychotherapy Bonding and Personal Well-Being in People with Moderate Intellectual Disability

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Abstract: The literature has highlighted the importance of adapting psychotherapeutic approaches to the specific needs of people with intellectual disabilities (ID). The study carried out, with a mixed approach, is a quasi-experimental trial and case study that investigates the effectiveness of Emotional Group Psychotherapy (EGP) as a variant of Bonding Psychotherapy, to help individuals with ID to be able to increase consistency, by fulfilling their basic biopsychosocial needs, aiming to reduce psychopathology and improve their well-being. Participants were 20 adults with moderate ID, selected by convenience from an institution for people with disabilities, who were distributed into three groups undergoing weekly, fortnightly and monthly EGP sessions, with evaluations before and after a 3-month intervention period, including measures of symptoms (OQ45) and personal well-being (PWI-ID). The qualitative component was based on semi-structured interviews to explore perceptions of the emotional and social changes experienced. The quantitative analyses showed improvements in well-being and a reduction in psychopathological symptoms, with more pronounced effects in the groups with more regular sessions. The qualitative data revealed progress in emotional skills and an increased sense of belonging to the group. It is suggested that future studies expand the sample and duration of the intervention, and include a control group. Emotional Group Psychotherapy as a variant of Bonding Psychotherapy proved to be an intervention with the potential to improve the mental health and well-being of people with ID, and more frequent interventions may be even more beneficial.

Keywords: Intellectual Disability, Emotional Group Psychotherapy, Bonding Psychotherapy, Personal Well-Being, Psychopathology

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