

Abstract

Objective: The purpose of this study was to determine the effectiveness training of self-healing on depression, pain perception severity and pain-related anxiety in chronic headache patients. **Method:** The present semi experimental study design with pre-test, post-test and follow-up design with experimental and control groups. Sixty patients referred to one of Hospital were selected through purposive sampling and randomly divided in two groups (n= 30). The research tools were included of the Zonc depression (1965), McGill pain (1997) and McCracken pain anxiety (1967). **Results:** The results showed that training of self-healing has significant effects on severity of depression, pain perception and pain-related anxiety experimental group in the posttest and follow-up ($P < 0.001$). **Conclusion:** The effectiveness of training of self-healing on the mentioned variables of research seems to be the result of multilateral interaction of self-healing and chronic headache with stress, lifestyle, positive and negative emotions, relaxation techniques, coping ability, emotional discharge and Attend group training sessions. As a result, this therapeutic method can be used in therapeutic centers and psychological services with complete and stability impressions to the decrease of chornic headaches.

Keywords: Self-healing, Depression, Chronic headache, Pain-related anxiety.