Abstract: Introduction: procrastination is common (20-70%) between university students especially in exams season and results in academic failure. Perfectionism leads to procrastination and the worry about procrastinating in doing tasks causes more procrastination. Objective: The aim of this research was to compare the efficacy of MiCBT and REBT on procrastination, perfectionism and worry in university students. Materials and methods: This study employed quasi-experimental method with pre- test & post-test and follow up. In this research, the independent variable was psychotherapy methods (MiCBT & REBT) and dependent variables were psychotherapy consequences. Population consisted of students who were referred to counseling center of Tehran Universities and sample included 30 students of Iran University of Science and Industry that were randomly divided into two experimental groups (N=15). Convenient Sampling method was used. (MiCBT & REBT packages consists of 13 weekly sessions, each sessions was 150 minutes) Then MiCBT & REBT packages were carried out over weekly 13 sessions of 150 minutes. In this research, the test-takers filled out 4 questionnaires (general procrastination, decision making procrastination, Hill perfectionism and worry domain questionnaires which were developed based on 3 times intervals (before psychotherapy, after psychotherapy and 3 months after psychotherapy) to compare effectiveness of the two treatment method. The data was analyzed by Kruskal Wallis test, Wilcoxon & Mann-Whitney U-test and the results were demonstrated in graphic charts. Results: The results showed a significant difference (p≤0.05) between pre-test & post-test, post-test & follow up on behavioral, decision making procrastination, negative perfectionism and worry and in favor of MiCBT’s higher effectiveness. But the difference between pre-test & post-test, post-test & follow up on positive perfectionism was not significant (p>0.05). Conclusions: the effectiveness of MiCBT on decreasing of behavioral, decision making procrastination, negative perfectionism and worry, was higher compared to REBT. But both of them had equal effectiveness on positive perfectionism.

Mindfulness integrated Cognitive Behavioral Therapy and Rational Emotional Behavior Therapy, general & decision making procrastination, negative & positive perfectionism, worry.

Presentation: Poster