

## عنوان مقاله:

Schema Therapy Training in Attachment Type Related To the Mothers of Preschool Children

## محل انتشار:

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## خلاصه مقاله:

The present research aimed at examination of efficacy of schema therapy training on maternal attachment styles. In doing so, a quasi-experimental method, together with pretest & posttest & control group, was adopted. Using stratified random sampling method, a number of 100 individuals were randomly selected from one of the districts of education organization in Isfahan, Iran in 2012-2013. After implementation of attachment styles questionnaire, a number of 30 subjects, who managed to obtain the highest scores in anxiety & avoidance criteria, were selected & divided into two 15- person groups of experiment & control. The research tool was Reed s Adult Attachment Scale (RAAS) developed by Collins-Reed, which consists of 18 questions; by use of which attachment styles were measured in both groups. To perform data analysis, SPSS-19 software & Multi-variety Analysis of Variance (MANOVA) were utilized. Results showed that schema therapy training exerted a meaningful influence on an increase in secure attachment style ( $p < 0.001$ ). Moreover, it had meaningful effect on decreasing ambivalent attachment style ( $p < 0.001$ ) & on increasing avoidant attachment style ( $p < 0.001$ ). Eventually, the research assumptions confirmed the efficacy of schema therapy training on attachment styles.

## کلمات کلیدی:

Schema Therapy, Attachment Styles, Mothers of Preschool Children

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