

عنوان مقاله:

Effectiveness of Cognitive-Behavioral Counseling Based on Film Therapy on the Marital Satisfaction of Women with Low Sex Drive

محل انتشار:

مجله مراقبت های پیشگیرانه در پرستاری و مامایی، دوره 8، شماره 1 (سال: 1397)

تعداد صفحات اصل مقاله: 9

نویسندگان:

Mahnaz Alizadeh - *MSc. Counseling in Midwifery, Dept. of Midwifery, School of Nursing and Midwifery, Arak University of Medical Sciences, Arak, Iran*

Naeimeh Akbari Torkestani - *MSc. Dept. of Midwifery, School of Nursing and Midwifery, Arak University of Medical Sciences, Arak, Iran*

Behnam Oohadi - *Azark University of Medical Sciences*

Fatemeh Mehrabi razveh - *PhD. Dept. of Psychology, Assistant Professor, School of Nursing and Midwifery, Arak University of Medical Science, Arak, Iran*

خلاصه مقاله:

Background: Given the importance of sex drive in marital satisfaction, evaluating the effectiveness of easy and cost-effective therapies in this regard is essential. Objectives: The present study aimed to evaluate the effectiveness of cognitive-behavioral counseling (CBC) based on film therapy on the marital satisfaction of women with low sex drive. Methods: This clinical trial was conducted on 300 women referring to health centers, and 50 women with low sex drive were selected based on the inclusion criteria via permuted block randomization. The selected subjects were allocated to the intervention (n=25) and control (n=25) groups. The intervention group received seven sessions of CBC based on film therapy, while the control group received no intervention. Data were collected using the marital satisfaction scale proposed by Afrooz before and after the intervention. Data analysis was performed in SPSS version 20 using Chi-square and MANCOVA. Results: The results of Chi-square indicated that the groups were homogeneous in terms of demographic characteristics. In addition, the intervention and control groups had no significant difference in terms of marital satisfaction before the intervention. However, in the post-intervention phase, marital satisfaction significantly increased in the intervention group compared to the control group. Conclusion: According to the results, CBC based on film therapy could improve marital satisfaction. Therefore, it is recommended that this therapeutic approach be adopted to enhance the relationship of the couples with low sex drive.

کلمات کلیدی:

marital satisfaction, CBC, film therapy, sexual desire

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