

عنوان مقاله:

The Effectiveness of Integrated Model of Self-regulation-attachment Couple Therapy on Dimensions of Marital Satisfaction of Insecure Couples

محل انتشار:

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خلاصه مقاله:

Introduction: Nowadays, marital satisfaction is not easily achieved. Therefore, helping couples have lasting and satisfying marriages is essential. Objectives: This research examined the effectiveness of the integrated model of self-regulation-attachment couple therapy on the dimensions of marital satisfaction of insecure couples. Materials and Methods: The research was a quasi-experimental study with a pretest-posttest design and control group. The research sample was selected from the couples referring to the counseling centers of Khorramabad City, Iran. The couples that at least one of them had an insecure attachment style based on the Adult Attachment Inventory were selected using the purposive sampling method. Then the couples were randomly assigned to the experimental (11 couples) and control (11 couples) groups. Before performing the couple therapy program, the ENRICH questionnaire was administered to all couples as the pretest. Then the couples of the experimental group participated in a therapeutic program during the 8 weekly sessions, but the control group remained on the waiting list. After the completion of the therapeutic sessions, the couples of the two groups completed this questionnaire once again as the posttest. Finally, the obtained data of the two groups were analyzed by ANCOVA and MANCOVA. Results: The results of ANCOVA indicated that self-regulation-attachment couple therapy was an effective treatment in increasing marital satisfaction. The results of MANCOVA also showed that this therapeutic program increased marital satisfaction based on the sexual relationship, marriage and children, and spiritual beliefs subscales. Conclusion: Integrated model of self-regulation-attachment couple therapy could be an effective treatment for promoting the marital satisfaction of insecure couples.

کلمات کلیدی:

Couple therapy, Integration, Self regulation, Attachment, Satisfaction

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