

عنوان مقاله:

The Effectiveness of Emotionally Focused Couple Therapy on Emotion Regulation, Anger Rumination, and Marital Intimacy in Women Affected by Spouse Infidelity

محل انتشار:

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خلاصه مقاله:

Background: Emotion-based couple therapy is one of the couple therapy used to address the negative cycles of lasting interaction, tenderness, and emotions of clients. This study was conducted to investigate the effect of emotion-oriented couple therapy on emotion regulation, anger rumination and marital intimacy in women affected by infidelity. Methods: In this quasi-experimental study, twenty women affected by infidelity referred to Iranmehr Counseling and Psychological Services Center in Rasht, Iran were included. Couple therapy sessions was performed for 8 two-hours weekly sessions. Emotion regulation, anger rumination and marital intimacy questionnaires were completed at baseline, after intervention, and one months later. Data were analyzed using repeated measures analysis of variance. Results: Emotion-based couple therapy had significant effects on emotion regulation ($F = 11.27$, $P\text{-value} < 0.001$), anger rumination ($F = 308.7$ and $P\text{-value} < 0.001$), and marital intimacy ($F = 347.4$ and $P\text{-value} < 0.001$) in women affected by infidelity. Conclusion: Emotion-oriented couple therapy interventions can promote emotion regulation, reduce anger rumination, and increase marital intimacy. Further studies are warranted.

کلمات کلیدی:

Emotion-Focused couple Therapy, Emotion regulation, Anger rumination, Marital intimacy, Spouse infidelity

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