

## عنوان مقاله:

Effectiveness of couple therapy based on choice theory in marital burnout and communication styles of infertile couples

## محل انتشار:

مجله بین المللی پزشکی رضوی، دوره 10، شماره 3 (سال: 1401)

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

Background: Infertility is one of the life crises that put a lot of stress on infertile couples and can disrupt the quality of marital life, reduce communion, and helplessness. Objective: This study aimed to determine the effectiveness of couple therapy based on choice theory on marital burnout and communication styles of infertile couples. Methods: The research method was semi-experimental or pre-test, post-test, and follow-up with the control group. The statistical population of the study consisted of all infertile couples referred to counseling and treatment centers in Tehran in ۲۰۱۹, among whom ۳۰ were selected by convenience sampling method and randomly assigned to two groups of ۱۵ participants. A couple of therapy program based on choice theory was performed weekly, but the control group did not receive any intervention. Two groups responded to marital burnout and communication styles questionnaires in the pre-test, post-test, and follow-up. Data analysis was performed using covariance analysis using SPSS.۲۲ software. Results: The results of this study showed that couple therapy based on choice theory is effective on disillusionment ( $P<۰.۰۱$ ) and communication styles ( $P<۰.۰۱$ ) of infertile couples. Conclusion: Considering the positive effect of couple therapy based on choice theory on marital burnout and communication styles of infertile couples, the use of these capacities and training in planning mental health measures, especially for infertile couples, is recommended.

## کلمات کلیدی:

Couple Therapy, Communication styles, infertility

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