

عنوان مقاله:

The Impact of Brief Imago-based skills training on Self-Compassion, Life Quality and Marital Commitment of Women Who Filed for Divorce in Neishabour City

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خلاصه مقاله:

The objective of the present study was to investigate the effect of brief imago-based skills training on self-compassion, quality of life and marital commitment of women who filed for divorce. The research method was quasi-experimental with pretest-posttest and follow-up design. The population included all women who filed for divorce, either referring or were referred to the psychological and counseling centers under the supervision of Welfare Organization in Neishabour. The sample was selected purposively. Then, ۳۰ women were randomly assigned to the experimental and the control groups (i.e., each group included ۱۵ participants). Data collection instruments included Neff's Self-Compassion Scale (۲۰۰۳), World Health Organization's short form of Quality of Life Scale (۱۹۸۹) and Adams and Jones' Marital Commitment Questionnaire (۱۹۹۷). Data analysis was performed through multiple analyses of variance using SPSS software (version ۲۵). The results showed that brief imago-based skills training positively affected self-compassion, quality of life, and marital commitment of women who filed for divorce. Furthermore, the effectiveness of imago-based skills training in self-compassion, quality of life, and marital commitment of women who filed for divorce was sustained. As a result, this treatment can be used by psychologists, counselors, and clinicians in psychological interventions related to self-compassion, quality of life, and marital commitment of women who filed for divorce.

کلمات کلیدی:

Imago-based skills training, Self-compassion, quality of life, Marital commitment

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