

عنوان مقاله:

Comparing the Effect of Cognitive Behavioral Couple Therapy and Integrative Behavioral Couple Therapy on Communication Patterns in Couples with Extramarital Relationships

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خلاصه مقاله:

Introduction: The aim of this study was to compare the effectiveness of Cognitive Behavioral Couple Therapy (CBCT) and Integrative Behavioral Couple Therapy (IBCT) on the communication patterns of couples with extramarital relationships. **Method:** This semi-experimental study was conducted on all couples referred to counseling centers in Mashhad, ۲۰۲۰. For this purpose, ۳۹ couples were selected by convenience method and were randomly divided into two experimental groups and one control group. The experimental groups were subjected to treatment protocol intervention and the control group was not subjected to any intervention. The Communication Patterns Questionnaire (CPQ) of Christensen and Sullaway (۱۹۸۴) was used for collecting data. Data were analyzed through one way ANCOVA and SPSS software. **Results:** There was a significant difference between the scores of mutually constructive communication pattern, avoidance and expectation/withdrawal in the groups of CBCT and IBCT with control group ($P < 0.05$). The results showed that CBCT is more effective on the mutually constructive pattern; while the IBCT group had a higher effect on the avoidance and expectation/withdrawal pattern ($P = 0.001$). **Conclusion:** According to the findings of the present study, as infidelity in a couple's relationship is a multi-causal and combined issue, using these two approaches is suggested to be used in order to investigate infidelity more comprehensively.

کلمات کلیدی:

behavior therapy, Couples Therapy, communication, Extramarital relations, Family

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