

## عنوان مقاله:

Effectiveness of Affective-Reconstructive Couple Therapy on Marital Conventionalization and Global Distress

## محل انتشار:

مجله بین المللی مطالعات سلامت, دوره 8, شماره 1 (سال: 1401)

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

Background: This study aimed to investigate the effectiveness of couple therapy based on affective reconstruction, which is one of the special approaches in couple therapy, on marital conventionalization and global distress. Methods: The design of the present study was quasi-experimental and pre-test-post-test with a control group. The statistical population of the present study was all couples aged ۲۵ to ۴۵ years in district ۳ of Tehran who had been referred to Siavoshan and Avaei Daroon counseling centers. ۱۶ couples aged ۲۵ to ۴۵ years in two groups were selected by purposive sampling. All couples in the experimental (n=۸) and control (n=۸) groups completed the Snyder (۱۹۷۹) Married Satisfaction Questionnaire. The intervention was performed in the form of ۱۵ sessions (۱ hour per week) and then in the last post-test session of the subjects. After execution and data collection, data were analyzed by MANCOVA multivariate analysis of covariance using SPSSV۱۹ software. Results: The results showed that couple therapy based on affective reconstructive approach had a significant effect on marital conventionalization and global distress ( $\eta^2=0.456$ ,  $F=2.27$  (۲۷,۲),  $Pvalue<0.001$ ). Also, the results showed that couple therapy based on emotional reconstruction on marital conventionalization ( $\eta^2 = 0.326$ ,  $F=1.286$  (۲۸,۱),  $Pvalue<0.001$ ) and global distress had a significant effect ( $\eta^2 = 0.268$ ,  $F=10.267$  (۲۸,۱),  $Pvalue<0.003$ ). Conclusions: Therefore, educating psychotherapy programs based on affective reconstructive approach and such methods to psychologists, health professionals, couple therapists, and family counselors to improve marital conventionalization and global distress can be effective. Keywords: Couple therapy, Affective-reconstructive, Marital conventionalization, Global distress.

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