

عنوان مقاله:

Comparison of the Effectiveness of the Satir Communication Model and Compassion-Based Cognitive Behavioral Therapy on Behavioral Flexibility and Anxiety Sensitivity in Couples with Marital Conflict

محل انتشار:

فصلنامه سنجش و پژوهش در مشاوره کاربردی، دوره 6، شماره 1 (سال: 1403)

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خلاصه مقاله:

Objective: The present study aimed to compare the effectiveness of compassion-based cognitive behavioral therapy with the Satir communication model on behavioral flexibility and anxiety sensitivity in couples experiencing marital conflict. **Methods and Materials:** The statistical population consisted of couples with marital conflicts who visited counseling centers in Tehran in ۲۰۲۳. The research method was a quasi-experimental design with a non-equivalent control group, pre-test, post-test, and follow-up. Participants were randomly assigned into two groups of ۱۵, matched for comparability. The research instruments were the Anxiety Sensitivity Index by Floyd et al. (۲۰۰۵) and the Connor-Davidson Resilience Scale by Connor and Davidson (۲۰۰۳). The first experimental group received the Satir communication model, and the second group underwent compassion-based cognitive behavioral therapy over eight sessions. Data were analyzed using SPSS through a two-way repeated measures analysis of variance. **Findings:** The results showed that both compassion-based cognitive behavioral therapy and the Satir communication model led to an increase in behavioral flexibility and a decrease in anxiety sensitivity in couples with marital conflicts ($P < ۰.۰۰۱$); furthermore, compassion-based cognitive behavioral therapy was found to be more effective between the two approaches. **Conclusion:** The findings confirm the impact of both the Satir communication model and compassion-based cognitive behavioral therapy on improving behavioral flexibility and reducing anxiety sensitivity in couples. **Objective:** The present study aimed to compare the effectiveness of compassion-based cognitive behavioral therapy with the Satir communication model on behavioral flexibility and anxiety sensitivity in couples experiencing marital conflict. **Methods and Materials:** The statistical population consisted of couples with marital conflicts who visited counseling centers in Tehran in ۲۰۲۳. The research method was a quasi-experimental design with a non-equivalent control group, pre-test, post-test, and follow-up. Participants were randomly assigned into two groups of ۱۵, matched for comparability. The research instruments were the Anxiety Sensitivity Index by Floyd et al. (۲۰۰۵) and the Connor-Davidson Resilience Scale by Connor and Davidson (۲۰۰۳). The first experimental group received the Satir communication model, and the second group underwent compassion-based cognitive behavioral therapy over eight sessions. Data were analyzed using ... SPSS through a two-way repeated measures analysis of variance. **Findings:** The re

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