

عنوان مقاله:

The Effectiveness of Schema Therapy on Schemas and Self-Differentiation in Individuals Committing Infidelity in Marriage

محل انتشار:

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

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خلاصه مقاله:

Objective: One of the effective methods in couples experiencing infidelity is schema therapy. Therefore, the purpose of this study was to determine the effectiveness of schema therapy on schemas and self-differentiation in individuals committing infidelity. Methods and Materials: The present study was quasi-experimental. The population of the study consisted of infidelity clients who referred to the Sahel Counseling Center in Tehran during the winter of ۲۰۲۱ and spring of ۲۰۲۲. Forty participants were selected through purposive sampling and randomly assigned into two groups (each group consisting of ۲۰ individuals), including experimental and control groups. The experimental group underwent schema therapy intervention, while the control group did not receive any intervention. Measurement tools included Young's Early Maladaptive Schema Questionnaire and the Skowron and Friedlander Self-Differentiation Questionnaire. Multivariate analysis of covariance was used for data analysis using SPSS software. Findings: The results showed that schema therapy is significantly effective in modifying most of the early maladaptive schemas and also in enhancing all components of self-differentiation in individuals committing infidelity in marriage. Conclusion: Overall, the results of this study indicate that schema therapy is beneficial in changing maladaptive schemas and self-differentiation, and thus can be effective in treating infidelity behavior and reducing the rate of infidelity recurrence. Objective: One of the effective methods in couples experiencing infidelity is schema therapy. Therefore, the purpose of this study was to determine the effectiveness of schema therapy on schemas and self-differentiation in individuals committing infidelity. Methods and Materials: The present study was quasi-experimental. The population of the study consisted of infidelity clients who referred to the Sahel Counseling Center in Tehran during the winter of ۲۰۲۱ and spring of ۲۰۲۲. Forty participants were selected through purposive sampling and randomly assigned into two groups (each group consisting of ۲۰ individuals), including experimental and control groups. The experimental group underwent schema therapy intervention, while the control group did not receive any intervention. Measurement tools included Young's Early Maladaptive Schema Questionnaire and the Skowron and Friedlander Self-Differentiation Questionnaire. Multivariate analysis of covariance was used for data analysis using SPSS software. Findings: The results ... showed that schema therapy is significantly effective in modifyi

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