

## عنوان مقاله:

Comparing the Effects of Emotion-focused Couple Therapy and Acceptance and Commitment Therapy on Marital Conflict and Emotion Regulation

## محل انتشار:

مجله تمرین در روانشناسی بالینی، دوره 9، شماره 2 (سال: 1400)

تعداد صفحات اصل مقاله: 12

## نویسندگان:

Shahrbanoo Ghahari - *Department of Mental Health, School of Behavioral Sciences and Mental Health (Tehran Institute of Psychiatry), Iran University of Medical Sciences, Tehran, Iran*

.Leili Jamil - *Department of Clinical Psychology, AJA University of Medical Sciences, Tehran, Iran*

Nazanin Farrokhi - *Department of Clinical Psychology, School of Psychology, Roudehen Branch, Islamic Azad University, Roudehen, Iran*

Reza Davoodi - *Department of Clinical Psychology, School of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran*

## خلاصه مقاله:

Objective: Marital conflict can be described as the state of tension or stress between couples. Accordingly, couples who are unable to regulate their negative emotions experience fragile relationships. This study aimed to compare the effects of Emotion-Focused Couple Therapy (EFCT) and Acceptance and Commitment Therapy (ACT) on Cognitive Emotion Regulation (CER) strategies and marital conflict. Methods: The study sample included ۲۸ married women who were randomly assigned to the EFCT and ACT groups. The questionnaire battery included the Questionnaire of Marital Conflicts, the Cognitive Emotion Regulation Questionnaire, and the Second Edition of the Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders (DSM) (SCID-II). Results: The result of the Independent Samples t-test indicated no difference in pretest scores of the study participants. However, significant differences were determined between the study groups in the posttest phase ( $P < 0.001$ ). Additionally, the Paired Samples t-test results revealed significant differences between pretest and posttest scores between the EFCT ( $P < 0.001$ ) and ACT ( $P < 0.028$  for marital conflict,  $P < 0.001$  for adaptive CER strategies, &  $P < 0.031$  for non-adaptive CER strategies) groups. Moreover, EFCT was clinically more effective than ACT. Accordingly, the effect size of EFCT and ACT for marital conflict was measured as ۲.۳۳ and ۰.۸۳; respecting adaptive and non-adaptive CER strategies, these values were computed as ۲.۸۹ and ۲.۰۲ as well as ۲.۸۹ and ۰.۸۸, respectively. Conclusion: Overall, EFCT and ACT were effective in improving marital conflict and CER strategies. Besides, EFCT was clinically more effective than ACT in this regard.

## کلمات کلیدی:

Emotion-Focused Therapy, Acceptance and Commitment Therapy, Emotion regulation, Marital conflict

## لینک ثابت مقاله در پایگاه سیویلیکا:

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