

## عنوان مقاله:

Discovery of the Content of Rumination Thoughts among Women with Marital Conflicts: Qualitative Study

## محل انتشار:

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## خلاصه مقاله:

**Background and Objectives:** Rumination is the predisposing and continuing factor of depression. Since women are prone to rumination, the purpose of this study was to discover the content of rumination thoughts among women with marital conflicts. **Materials and Methods:** This study was conducted on a qualitative method basis, and target society was composed of women with marital conflicts and rumination. The sample was selected from among those referring to Isfahan counseling centers and was saturated with 15 persons through purposeful sampling method. Information was collected through semi-structured interviews and data analysis was performed based on thematic analysis. **Results:** Five main categories were obtained from data analysis: root cause analysis, feeling incompetence, remembrance of bitter memories, negative emotions, and hesitation in continuation of couple relationship. **Conclusion:** The findings indicate that when women with marital conflicts become ruminant, the course of rumination is so that it could harm continuation of their couple relationship. Therefore, to reduce this damage, interventions are required to intervene effectively in this process

## کلمات کلیدی:

Depression, marital conflicts, rumination, rumination thoughts

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