
A Comparative Study of the Effects of Monotheist Integrated Approach to Therapy and Emotion-Focused Approach on Boosting the Positive Feelings of Married Women towards Their Husbands

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Abstract

The present study is aimed at examining how effective group therapy with the monotheist integrated approach is compared to emotion-focused therapy upon augmentation of the positive feelings of married women towards their mates. The research design was semi-experimental, with pre-tests and post-tests and a 3-month follow-up. The sample comprised 45 married women who came for therapeutic attention to Peyvand Family Counseling Center affiliated with Parent-Teacher Association in Naqadeh, Iran. They were selected through the convenience sampling technique and assigned randomly to three 15-member groups of monotheist integrated therapy, emotion-focused therapy, and a control group. Then the members of the first two groups (experimental groups) attended the group therapy sessions. The measuring instrument was the Positive Feelings Questionnaire (PFQ) administered three times: before and after the sessions and three months after the end of the intervention. Two-way variance analysis showed that the positive feelings of members of both groups towards their husbands have increased significantly ($p > 0.01$). Therefore, it could be claimed that the monotheist integrated approach can at least as much boost married women's positive feelings towards their husbands as emotion-focused therapy can.

Key Words: positive feelings, monotheist integrated approach, emotion-focused approach, group therapy, married women.

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