The effect of couple therapy based on schema model on depression symptoms and sexual function in women affected by spouse's extramarital in Bushehr city

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Couple therapists and family counselors are faced with many couples every year, whose problem is extramarital. Hence, in recent years, improving the mental health and marital life of these couples has attracted the attention of the therapists. Schema-based couple therapy is one of the well-known and effective approaches to marital problems. Therefore, the purpose of this study was to investigate the effectiveness of couple therapy based on the schema model on the symptoms of depression and sexual function in women affected by husband’s extramarital in Bushehr. This research is in the group of semi-experimental research. The statistical population of this study was all women who suffered from extramarital of their spouse in Bushehr, who referred to counseling and family therapy centers of Bushehr. The sample consisted of 30 subjects (15 in the experimental group and 15 in the control group). Both groups completed the research tools in the pre-test and post-test stages. The instruments used were Beck and Still’s depression questionnaire (1996) and Sexual Function (Rosen et al., 2000). The results of multivariate covariance analysis showed that the couple therapy based on the schema model has a significant effect on reducing the symptoms of depression and improving the sexual function of women affected by wife extramarital. Based on the effect size factor, 71.1% of the variance of the dependent variables of symptoms of depression and sexual function can be explained by the independent variable of couple therapy based on the schema model. Using schema-based couple therapy can play a significant role in decreasing depression and improving the sexual function of women affected by wife extramarital.

Biography
Solmaz Ammari is studying PhD in psychology at Bushehr Islamic Azad University. Ali Pooladi Reshehri has completed his PhD at 2004 from Martyr Chamran university. Head of the Organization of Psychology and Consultancy of Bushehr Province. Ezat Deyre has completed her PhD at 2008.

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