

The Effectiveness of the Marriage Enrichment Program Based on the Cognitive-Behavioral Approach on the Marital Intimacy of Addicted Man and their Wives

Hamed. B.¹, Zarei, S.²

Abstract

Objective: The aim of this study is to investigate the effectiveness of the marriage enrichment program based on the cognitive-behavioral approach on marital intimacy of addicted individuals and their wives. **Method:** The experimental and control group of this research was totally composed of 20 couples. A pre-test post-test research model with control group was used in this research. Marital intimacy Scale as being pre-test and post-test was applied to the experimental and control groups. In order to test that, meaningful differences between the scores of pre-test and post-test within both control and experimental group covariance analysis test were used. **Findings:** It was found that this marriage enrichment program had positive effects on some levels of marital intimacy. The results indicate that the difference between the scores of post-test of the experimental and control groups is significant. **Conclusion:** The findings have been discussed in the light of literature, and some suggestions have been made. The marriage enrichment program could be used to enhancement marriage intimacy.

Keywords: marriage enrichment program, cognitive-behavioral approach, marital intimacy

۱۰

10

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1. Author-in-chief: M. A. student of educational psychology, Tehran Azad University. Email: baharhamed@yaho.com
2. Ph.D. student of counseling, Allameh Tabatabaai University