

Effectiveness of Dialectical Behavioral Therapy Approach to Reducing Couples' Emotional Divorce

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Abstract:

Introduction: Marital relationship is the foundation of family relationships and educating future generations. Emotional divorce is one of the most important factors in the breakdown of marital relationships and family vulnerabilities. The present study aimed to determine the effectiveness of dialectical behavioral therapy approach on reducing emotional divorce in couples.

Method: The method was quasi-experimental with pre-test-post-test design and follow-up with control group. The statistical population of this study included all couples applying for divorce who had referred to the family court of Bahonar branch of Tehran in 1397. Twenty-four couples (24 males, 24 females) were randomly purposive sampling selected and randomly assigned to the experimental group (12 couple) and the control group (12 couple). Subjects in the three stages of pre-test, post-test, and follow-up responded to the Gattman (1994) emotional divorce scale. The experimental group was trained in dialectical behavioral therapy (DBT) for 10 sessions for 90-minute. However, the control group did not receive any intervention. The collected data were analyzed using variance mixed with repeated measures and LSD test.

Results: The results showed that dialectical behavioral therapy is effective in reducing the emotional divorce of couples exposed to divorce ($P < 0.05$). The results were also stable in the follow-up stage.

Conclusion: Dialectical behavioral therapy is an effective method in increasing the quality of marital relations and it can be used in preventing divorce and reducing emotional divorce of couples.

Keywords: Emotional Divorce, Couples, Divorce, Dialectical Behavior Therapy

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