

Comparison of the Effectiveness of Premarital Education based on Premarital Interpersonal Choices and Knowledge Program (PICK) and Prevention and Relationship Enhancement Program (PREP) on attitudes toward marriage in couples on the verge of marriage

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Abstract

Introduction: One of the variables that is considered before the beginning of married life and is related to the next performance of couples is the attitude towards marriage. The aim of this study was to compare the effectiveness of premarital education based on premarital interpersonal choices and knowledge Program (PICK) and Prevention and Relationship Enhancement Program (PREP) on attitudes toward marriage in couples on the verge of marriage.

Method: The research method was quasi-experimental pretest-posttest design with a control group with a two-month follow-up. The statistical population of couples on the verge of marriage referred to private counseling centers in districts 1, 3 and 5 of Tehran that 60 people (three groups of 20) were selected by available methods as a research sample. First, Bratton and Rosen (1998) Attitude to Marriage Attitude Scale was tested, then the Interpersonal Choices and Knowledge Program (PICK) and the Prevention and Relationship Enhancement Program (PREP) were applied to the experimental groups. Follow-up test was performed. The collected data were analyzed using repeated measures analysis of variance and Bonferroni post hoc test. The software used was SPSS version 25.

Results: The results showed that both PICK and PREP programs have a significant and lasting effect on attitudes toward marriage ($P = 0.001$). The results also showed that the use of PICK program is more effective than PREP program on the attitude towards marriage of couples on the verge of marriage ($P = 0.001$).

Conclusion: The results of this study indicated that the PICK program is a priority over PREP as a more efficient and short-term intervention to improve the attitude towards marriage.

Keywords: Attitude to Marriage" Interpersonal Choices and Knowledge Program" Prevention and Relationship Enhancement Program

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Introduction:

Marriage as a social matter provides the basis for the formation of the family institution, which is the most basic social institution, and to a large extent, the health of a society is highly correlated with its health (1). In this regard, attention to couples, especially in the pre-marital stage to prevent further problems that threaten the family institution, has been the focus of researchers and health care providers (2). One of the variables that is considered in the pre-marital stage and is related to the subsequent performance of couples in the family is the attitude towards marriage (3, 4). Attitudes toward marriage are relatively fixed beliefs and beliefs that are formed in the minds of people about marriage and include beliefs about the willingness or unwillingness to marry, the importance of marriage, expectations from marriage, the benefits and costs of marriage and the factors affecting it. (5). Various factors such as religious affiliation, parents, worldview and economic and political factors affect the attitude towards marriage (6, 7). In this regard, it has been shown that in Iranian youth, economic worries and problems, cultural and social developments, along with the lack of necessary support, have led to the growth of a negative attitude towards marriage (8). It has also been shown that a negative attitude towards marriage in Iranian youth has led to an increase in the age of marriage, contrary to their belief in marriage at a younger age. To be (9).

Given that it seems that cognitive, motivational, emotional components, as well as the perception of support, have an effect on attitudes toward marriage, so the implementation of psychological interventions can be somewhat effective in this regard (8). One of the proposed premarital interventions is the Interpersonal Awareness and Selection Program (PICK) based on the communication attachment model. This app was developed to examine close emotional relationships. This theoretical model identifies the image of communication links in a relationship and includes five components: cognition, trust, encouragement, commitment and contact. A mixture of these five-communication links provides meaningful information about feelings of love, attachment and closeness in Provides a relationship (10). This intervention has two main parts; An intellectual knowledge section that aims to teach family backgrounds, attitudes, and communication skills to improve marital quality and consistency, and a cardiac knowledge section that includes improving commitment and expanding attachment to improve awareness needed for transition. It brings about the process of acquaintance (11). A review of studies shows that although the effectiveness of this program on attitudes toward marriage has not been studied, there are promising results in terms of its effectiveness in raising awareness of decision-making in choosing a spouse. Single students (12), increase communication knowledge and spouse selection and reduce blind love attitude (13), reduce worries and risky behaviors (14), increase spouse selection

skills and positive attitude to spouse selection (15), increase beliefs Demonstrates realism and confidence in decision making (16).

Another premarital education program is the Relationship Prevention and Improvement Program (PREP) (17). This program is a workshop designed to teach the necessary skills and knowledge to couples on the verge of marriage to prevent relationship troubles over time or improve the performance of current relationships (18). The program teaches couples to communicate effectively, solve problems as a team, deal with conflicts, and increase commitment. The main message of this program is that constructive control of disputes can prevent future troubles, and that couples can change their communication behavior and control their conflicts, rather than their conflicts. Control them (18). However, there are studies that show the effectiveness of the prevention and relationship improvement program on students' communication beliefs (19), marital intimacy (20), marital relationship beliefs (21), communication skills (18) and marital stability (22) However, there is a gap in that the effectiveness of this program on attitudes toward marriage has not been examined. Although studies show that premarital education is effective (23), the potential positive effects of premarital education for individuals, couples, families and society have been reported (16).

Therefore, according to what has been said, it seems that the attitude towards marriage among Iranian youth, due to social and cultural changes along with economic problems, has changed and to some extent negatively, the obvious consequence of which is increasing the age of marriage. Is. Therefore, improving the attitude towards marriage can be one of the priorities of the country's health system. Due to the role of cognitive, emotional and motivational variables in the attitude towards marriage, so the implementation of psychological interventions and premarital education can have significant effects. In this regard, although the Interpersonal Awareness and Selection Program and the Relationship Prevention and Improvement Program have shown effective interventions on the single and married population to improve the quality of the marital relationship and the expectations and beliefs of the spouse, yet their effectiveness is directly Not studied on the attitude towards marriage. As a result, the present study tries to identify a more effective intervention with the aim of filling this research gap and also comparing the effectiveness of these two interventions. Therefore, the problem of the present study is whether there is a difference between the effectiveness of premarital education based on awareness program and interpersonal choice and prevention and relationship improvement program on marriage attitudes in couples on the verge of marriage?

Methods:

The method of this research was applied in terms of purpose and quasi-experimental research design with pre-test and post-test design with control group and a follow-up test period. The statistical population of the present study consisted of premarital clients who were in the dating period (courtship ceremony has been performed for them and the girl and boy are in the dating period before the engagement) and referred to private counseling centers in districts 1, 3 and 5 of Tehran in 1398 Given that the minimum sample size of each group for intervention studies is 15

people (24), based on the available sampling method (60 people) 20 people in the program of interpersonal knowledge and selection, 20 people in the group of prevention and relationship improvement program and 20 people in the control group were selected by observing the inclusion criteria and by random replacement in the experimental and control groups. The inclusion criteria were: 22 to 32 years of age (considering that the target population in this study was young singles, ages 22 to 32 years were selected), courtship ceremony (according to the target population of the study that couples on the verge of marriage were in need of courtship), diploma and higher education (in terms of maximum use of content Research interventions as well as the full ability to answer research questionnaires of this criterion The researcher was interested in), lack of previous marriage experience (given that having marriage experience could be an effective and out-of-intervention variable, this criterion was also controlled), no mental disorders (mental illness) It could have influenced the results of the research, thus this criterion was added; This criterion was checked based on an initial assessment based on participants' statements), non-use of drugs and stimulants (as well as addiction could also affect the results of the study, thus this criterion was also controlled) and having informed consent. (It is necessary to pay attention to the satisfaction of the participants both in terms of research ethics and the validity of the research data). Exclusion criteria also included the disruption of the dating period (according to the purpose of the study, which focuses on couples on the verge of marriage, so the disruption of the dating period showed no mating between the samples), unwillingness to continue to participate in Research groups (in terms of controlling the validity of research data as well as research ethics, it was necessary to pay attention to this criterion) and the absence of more than two sessions in the intervention (in terms of the impact it could have on research findings, this The criterion was also controlled). The research tool included a demographic information sheet (such as age, gender and education) and a questionnaire which is introduced below.

The Marriage Attitude Scale (MAS): The Marriage Attitude Scale was developed by Bratton and Rosen (1998). Measures. Propositions 23, 20, 19, 16, 12, 8, 5, 3 and 1 are scored in reverse. Through the sum of the scores of the propositions, the total score (minimum 23 and maximum 92) is obtained and higher scores indicate a more positive attitude towards marriage. For convergence validity, the authors reported a correlation of the scale with the Marriage Attitude Questionnaire of 0.71 (25). Bast, Bratton and Rosen also reported the scale reliability coefficient by test-retest method with a six-week interval of 0.84 (25). Nilforoshan, Navidian, and Abedi normalized the scale of attitudes toward marriage in Iranian society and reported its validity and reliability at an acceptable level (26). They implemented this scale on all undergraduate students of the University of Isfahan in the academic year of 2008-2009. The research sample consisted of 137 students (51 boys, 86 girls) who were selected by stratified sampling method. The results showed that the attitude to marriage scale has the appropriate reliability and validity to assess students' attitudes toward marriage. These authors reported the reliability of Cronbach's alpha test as 0.77 and the three-week retest coefficients on 40 students as 0.91. In addition to confirming the construct validity using confirmatory factor analysis, they reported a correlation value of 0.43 for the

correlation of this scale with the marriage expectation questionnaire, which indicated the convergence validity of the questionnaire.

The following is a summary of intervention sessions for experimental groups in Tables 1 and 2. Then in Tables 1 and 2 as intervention sessions for the band - test has been summarized.

Table 1 .Summary of meeting content and application aware of and selection of the individual (27)

Summary of sessions	Purpose of the meeting	Session row
Taking a pre-test, familiarizing members with each other using the techniques of getting acquainted, introducing the goals and norms of the group and the importance and necessity of premarital education ,talking about the model of communication attachment and how to acquire intellectual and cardiac knowledge, talking about attitudes toward marriage	Familiarity with the program of awareness and interpersonal choice	First
Members' awareness of family patterns and the impact of these patterns on adult relationships such as choosing a spouse and interacting with the spouse .Users insight into ways to change these patterns .Users familiar with the intercept of a complete definition of self-regulatory practice and practice and perspectives - conscience	Training to acquire intellectual knowledge through familiarity with patterns of family and conscience	Second
Familiarity of group members with compatibility and its dimensions including cross-chemistry (cross -gravity) complementarity (study of important difference) and comparability (study of similarities in lifestyle, values and personality)	Training to acquire intellectual knowledge through understanding compatibility and appropriateness	Third
Discuss the importance of healthy communication skills, detecting deception in self-presentation, inconsistent communication, expecting partner to be open, recognizing partner communication skills such as assertiveness and self-disclosure	Training intellectual knowledge of cognition skills - communication nominations	Fourth
People found that according to the theory of relationship continuity, there is a connection and similarity between the way people act in different relationships.	Learning to acquire intellectual knowledge through awareness of the partner's communication patterns with others	Fifth

People were trained to examine their partner's communication patterns with romantic, important people, and marginalized people in order to understand the behavioral stability of the partner.	Training to acquire cardiac knowledge through awareness of the component of trust	Sixth
The meeting with the question of how - know your partner will want to meet your needs ?It started with educating people about the importance of needs and the process of polarization in a relationship ,and then discussing the ying and yang symbol as an encouraging symbol for resolving differences with group members.	Learn to acquire heart knowledge through encouragement	Seventh
In this session, people are taught about commitment and how to test the commitment of the future partner, the dangers of staying in a relationship for a long time and excessive commitment before marriage, and discuss the emotional and physical effects of sexual attraction and contact in premarital relationships. And provides individuals with insights into people's attitudes and expectations about sexual satisfaction	Learn to acquire heart knowledge through commitment and contact	Eighth
Members appreciated the presence at these meetings, meetings to include the concepts of rational methods of knowledge acquisition and components - as well as the heart and methods of knowledge acquisition component - of its attachment to the general understanding of the communications review - be ;And at the end of the session, members are tested.	Review the main concepts and implement the post-test	ninth

Table 1 summarizes the content of the program informed the meeting of the selection of the individual that for 9 sessions of 90 minutes - for one of the groups - the test was performed is presented .The following is a summary of the relationship prevention and improvement program in Table 2.

Table 2 .Summary of relationship prevention and improvement program(22)

Purpose of the meeting	Session row
Familiarization of group members with each other, Familiarization of group members with the principles, goals, rules and working methods of the prevention and relationship improvement program and fulfillment pre-test	First

Investigation of risk factors in marital turmoil	Second
Learning styles and differences in verbal communication and intimacy between men and women in the field - and	Third
Investigate hidden events, concerns, and topics; Check expectations	Fifth
Investigating the effect of negative relationship on relationship	sixth
Teach how to complain and protest in a constructive way	Seventh
Necessity and do fun and recreational activities	eighth
Learning to solve problems, in the form of a team work	ninth
Getting to know the fundamental belief system and talk about sex	tenth
Work on forgiveness and revitalize commitment and fulfillment post-test	eleventh

Table 2 summarizes the relationship prevention and improvement program that was implemented for one of the research groups in the form of 11 90-minute sessions.

The method of conducting the research was that, first, according to the target population and determining the number of samples required to conduct the research, during a call, to the counseling centers of districts 1, 3 and 5 of Tehran through colleagues working in these centers Eligible people were invited. Due to the fact that reaching the quorum required a large number of applicants, clients were required to attend the workshop in order to retain them. Will be given. In the first stage, about 98 people volunteered to participate in training courses. While holding a briefing session and explaining the objectives of the research and according to the criteria for entering the research and screening through the marriage attitude questionnaire, 38 people who were not eligible to enter the research from the list Finally, 60 people (30 couples) remained in the sample group list, which was randomly divided into 3 groups of 20 people (10 couples) under PREP training, 20 people (10 couples) under PICK training, and 20 people (10 couples) under group training. Controls were replaced. First, all three groups were pre-tested with the Marriage Attitude Questionnaire, and then the training groups were trained in the relevant packages and the control group did not receive any intervention. Finally, after completing the course, post-test was performed in all three groups and after two months, follow-up test was performed. In addition to statistical methods such as mean and deviation, repeated measures analysis of variance and Bonferroni post hoc test were used to analyze the research data. Data analysis was performed using SPSS software version 25. Ethical considerations of the research were: "Before the beginning of the research, written consent was received from the participants." Participants were informed about

the subject and method of the study, the private and personal information of the volunteers was protected, participation in the research did not cause any financial burden for the participants and the control group was given the opportunity to voluntarily after the study 3 sessions Get free premarital personal advice.

Results:

First, the demographic characteristics of the studied groups and their similarity were examined. The mean age of the control group was 28.05 (with a standard deviation of 3.79), the mean age of the experimental group 1 (PICK) was equal to 27.75 (with a standard deviation of 3.85) and the mean age of the experimental group 2 (PREP) was equal to 16.16. 28 (with a standard deviation of 3.16) that the results of comparing age means by one-way analysis of variance showed that this difference was not statistically significant ($F = 1.198$ and $P = 0.213$). Also, the level of diploma and post-diploma education for the three control groups, PICK and PREP were 6, 7 and 8, respectively, the level of bachelor's education was 7, 6 and 8, respectively, and the level of postgraduate education and higher were 7, 7 and 4, respectively. The results of Kruskal-Wallis test showed that there was no significant difference in the frequency of education between the three groups (test statistic = 1.04 and $P = 0.59$). Table 3 presents the descriptive indicators of the variable attitude towards marriage in research groups.

Table 3 .Index - Descriptive average and deviation criteria attitude to marriage adopted test, post- test and follow up to separate groups - are

(Table 3. Descriptive indicators of mean and standard deviation of attitude to marriage in pre-test, post-test and follow-up by groups)

Standard deviation	Average	Number	Test	group
15/5	95/46	20	pre-exam	Control
02/6	05/48	20	Post-test	
15/6	85/47	20	Follow up	
34/6	70/48	20	pre-exam	PICK
90/7	15/64	20	Post-test	
52/7	10/64	20	Follow up	
13/6	40/45	20	pre-exam	PREP
08/8	80/57	20	Post-test	
87/7	45/57	20	Follow up	

Table 3 presents the mean and standard deviation of all three research groups separately for the test stages .Then, in Table 4 the results of the pre - assumption - analysis of variance - repeated is provided.

Table 4 .Evaluation of assumptions - by ANOVA size - repeated

(Table 4. Examination of the assumptions of repeated measures analysis of variance test)

Significance level	Test	Variable
062/0	Kalmograph Smirnov	Attitude to marriage
093/0	Levin	
065/0	I - Box	
072/0		

The results of assumptions - by using analysis of variance size - repeated that assumption - the test was confirmed and the size - making frequent is permitted .Table 5 Results of ANOVA - repeated to compare attitudes to marriage in three groups of study is offered.

(Table 5. Results of repeated measures analysis of variance to compare the effectiveness of PICK and PREP approaches on marriage attitudes)

Etai square	partial square	Significant level of restraint	Degree of error freedom	Degree of Hypothesis Freedom	F	the amount of	The effect of Wilkes
847/0		001/0	56	2	26/ 155	153/0	Frequent agent
457/0		001/0	112	4	53/23	295/0	Group interaction with frequent agent

According to the results reported in Table 5 indicate that all test multivariate showed statistically significant interaction between group and time variance ($53/23 = F$ And $0.001 = P$). In order to determine the differences between the three groups of Bonferroni test was applied, which results in Table 6 is provided.

Table 6. Results of Ben Foroni post hoc test to compare the mean scores of attitudes towards marriage in three groups)

The level	significance	Standard deviation	difference in averages	Group or time b	Group or time a
001/0		387/1	367 / 11-	PICK	Control
001/0		387/1	933 / 5-	PREP	
001/0		387/1	300/8	PREP	PICK
001/0		63/1	27 / 8-	Post-test	pre-exam
001/0		63/1	15 / 8-	Follow up	
51/0		63/1	12 / 0-	Follow up	So - test

The results of the follow-up Table 6 showed that both interventions PICK And PREP Compared with the control group ($= 0.001P$) Are effective on attitudes to marriage and program - PICK More effective than PREP Is ($0.001 = P$). The mean post - test and follow-up of the average per - test

statistically higher in attitude to marriage ($0.01/0 = P$), But the average test scores and grades after an average follow-up, there is no statistically significant difference ($0.51/0 = P$) Which shows the stability of the results affected by the therapeutic intervention over time.

Discussion and conclusion:

The study of appropriate programs and interventions to improve the attitude towards marriage has become a concern among experts and researchers in this field. In this regard, the present study examined and compared the effectiveness of the Interpersonal Awareness and Choice Program (PICK) and the Relationship Prevention and Improvement Program (PREP) on attitudes toward marriage in couples on the verge of marriage. The results showed that the PICK program has a significant effect on improving the attitude towards marriage compared to the control group. This finding is consistent with the results of the research of Abbasi (12), Boehm (13), Harris (14), Bradford et al. (15) and Stewart (16), which indicates an increase in awareness in choosing a spouse and reducing negative beliefs and attitudes. And were unrealistically from the spouse, somewhat aligned. In explaining the results, considering that cognitive, motivational, emotional as well as supportive perception variables can affect it (8), so intervention based on awareness program and interpersonal choice can lead in several ways. To improve the attitude of couples on the verge of marriage. First, providing this intervention itself can be considered a kind of service and support for couples, so it can increase the level of perception of support in them and lead to the development of a more positive view of marriage. Second, interventions based on teaching communication skills, knowing the spouse, and correcting stereotyped and idealistic beliefs can lead to the development of a positive attitude toward marriage; Because the lack of correct cognitions and misconceptions is one of the basic aspects of a negative attitude towards marriage (5). One study also found that nearly 70% of respondents believe that commitment plays an important role as a component of attitudes toward marriage (28). In this regard, PICK intervention emphasizes commitment as an essential component of the marital relationship. In the present study, training on commitment and how to test it in the spouse, as well as ways to improve sexual and emotional satisfaction that prevents infidelity and improve commitment was provided to the PICK experimental group, which can be an explanation for the effectiveness of this intervention is to increase the positive attitude towards marriage. The intervention also provided training and discussions on understanding the emotional and sexual needs of the spouse, improving communication and improving encouragement, which can improve the love and affection of couples on the eve of marriage.

Also, the results of the present study showed that the Prevention and Improvement Program (PREP) has a significant effect on attitudes toward marriage in couples on the verge of marriage compared to the control group. Heidernia et al. (20), Islami et al. (21), Allen et al. (18) and Stanley et al. (22), which showed the effectiveness of this intervention on issues such as communication beliefs, communication skills and also improving the quality of marriage. And is somewhat consistent. Explaining this research finding, it can be pointed out that some of the sources of reducing the positive attitude towards marriage are the lack of interpersonal preparations,

especially about interaction and communication, the existence of worries about the future of marriage and the form of relationship. Observe patterns of relationship between couples who have experienced conflict and relationship breakdown (8). In this regard, the relationship prevention and improvement program has made the main goal of its intervention to improve the ability to communicate positively and also conflict resolution trainings to prevent the occurrence of distress in the couple relationship (11). Accordingly, it can be inferred that education about identifying the risk factors of marital relationship, teaching communication styles and intimacy, examining the hidden concerns and worries of couples' relationship such as sexual issues and also problem-solving training for couples PREP was performed in the intervention group, which can be an explanation for the effectiveness of this intervention in increasing the positive attitude towards marriage. This is because these trainings, in addition to increasing the interpersonal abilities of couples, can reduce the worries and concerns of couples about the future of married life by providing the correct form of problem solving and communication. Create a more efficient and positive attitude. The intervention also considered the negative impact of issues such as reciprocal complaints, and the negative statement that couples may be concerned about and have negative expectations about, and with effective communication and training. Problem solving tried to correct these expectations. In this regard, it has been shown that in some cases, the existence of negative expectations towards the marital relationship is one of the main factors in increasing the negative attitude towards marriage (8; 28; 5). Therefore, it can be argued that the provision of these trainings has to some extent been able to reduce these negative expectations and increase the positive expectations that lead to a positive attitude towards marriage.

The results also showed that the Interpersonal Awareness and Choice Program (PICK) is significantly more effective in improving attitudes toward marriage than the PREP. Although previous studies have not compared the effectiveness of these two interventions with each other, however, considering some of the differences between the two programs can explain the difference in the effectiveness of these two interventions. One of the major advantages of the PICK program over the PREP program is its comprehensiveness and multidimensionality. The PICK program focuses on the most important elements of a marital relationship such as cognition, trust, encouragement, commitment and contact (10). However, the PREP program only takes steps to improve couples' communication in order to reduce relationship anxiety (18). In support of this view, the PICK program has been shown to help participants increase their knowledge of the components of healthy relationship formation (15). In addition to the advantage of a more comprehensive view, the PICK program is also based on communication attachment (10). Attachment is considered as an important structure on which close childhood and adult relationships are based and is an important explanation for couples' views on marriage and marital relationship (29, 30). In addition, the results of some studies have shown that attachment-oriented interventions are more effective and have a higher stability rate compared to other interventions (31, 32). In this way, based on the communication attachment model, this program provides a roadmap to help people to be aware of the warning signs, and by teaching the skills needed for a romantic relationship, the ground for the person's trust to continue or end. It provides a relationship

and facilitates decision-making in choosing a spouse. Therefore, it can be said that emphasizing more communication components and also relying on communication attachment can be two important factors to explain the higher effectiveness of PICK program compared to PREP program. Be. Of course, it should be noted that the variable of attitude to marriage is also affected by various factors (6, 7, 8). Therefore, it is acceptable for an intervention that covers a larger number of factors and components to be more effective. Considering that the basis of the PICK program, as mentioned in the training program sessions, is based on the acquisition of knowledge in the five components of cognition, trust, encouragement, commitment and contact (10); Therefore, when both the cognition and the desired attitude towards trust, encouragement, commitment, contact and cognition from the other party are formed during marriage, therefore, it is expected that the attitude towards marriage will also improve and be positive. Therefore, the main advantage of the PICK program is that it provides the individual or couple with a conscious attitude and knowledge about the model of communication they want to have with their spouse. While the Achilles heel of the PREP program, as explained in the training program sessions, this approach is to prevent and resolve conflicts and inefficiencies by creating effective and efficient communication between couples. Therefore, it is expected that the PREP program will be an effective model during and during the couple's relationship and not at the beginning of the road for couples who are about to get married.

In today's world, due to the changes that have taken place in human life, separation and divorce in couples have been increasing. At the same time, education and intervention for couples have received more attention than in the past decades and centuries. However, one of the existing perspectives and approaches to providing interventions for couples goes back to the premarital stage. Given that attitudes toward marriage in couples can have lasting effects on the couple's relationship and predict success or failure in marital life, pre-marital education and interventions have been considered. The Interpersonal Awareness and Choice Program (PICK) and the Relationship Prevention and Improvement Program (PREP) are among the effective programs for couples on the verge of marriage. They paid for more efficient intervention recognition. The results showed that both methods of premarital education based on the program of interpersonal awareness and choice (PICK) and prevention and relationship improvement program (PREP) have a significant and lasting effect on attitudes toward marriage in couples on the verge of marriage. However, comparing the results of the two interventions showed that using the PICK program is more effective than couples on the eve of marriage compared to the PREP program. Therefore, based on the results, it can be said that the use of PICK program compared to PREP to improve the attitude of marriage for couples on the eve of Iranian marriage is a priority. It should also be noted that PICK program is an intervention with fewer sessions compared to the program is PREP. As a result, the use of this intervention can be considered and used by experts and trustees in this field as a more efficient and short-term intervention to improve attitudes toward marriage.

Research limitations

The present study faced several major limitations. First, due to some issues such as travel to the intervention site and other cases, researchers inevitably used the available sampling method, so the

generalizability of research findings is somewhat limited. Also, the sample of the study included couples on the verge of marriage with a minimum level of diploma education, so the possibility of generalizing the results to couples on the verge of illiterate marriage is limited.

Application of research

It is suggested that in normal studies, in addition to random sampling, the effectiveness of these interventions in other populations should be examined. Also, considering the importance of the issue of premarital education, it is suggested that the premarital education methods used in this study be provided by student counseling centers on a regular basis for all single students from the beginning of the semester as workshops. to be presented.

Conflict of interest

This article is taken from the doctoral dissertation of the first author of the article and there is no conflict of interest in it and the share of the authors is mentioned in the order of their names in the article.

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