

## **The Effectiveness of Psychotherapy Based on Transactional Analysis on Couple burnout and Sexual Satisfaction in Women with Non-Clinical Depression**

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### **Abstract**

**Introduction:** In line with development of various psychotherapy methods, the impact of transactional analysis on relationships and its implication on couple's behavior is very practical. The main objective of this study was to investigate the effectiveness of psychotherapy based on transactional analysis method on couple burnout and sexual satisfaction in women with non-clinical depression.

**Method:** This research was a semi-experimental study including a pretest-posttest design and a control group. The study population is consisted of all women with non-clinical depression referring to health centers in Tehran; Out of this sample population, 40 individuals were selected by an entry-exit method purposefully and randomly assigned to experimental (n=20) and control (n=20) groups. The experimental group received 10 psychotherapeutic sessions based on transactional analysis. In the pre-test and post-test stages, both groups completed Beck's Depression Questionnaire (Beck and Brown, 1996), Pines couple burnout measurement (1996) and Hudson's Sexual Satisfaction Questionnaire (Hudson, 1981). Covariance of the data was calculated by using SPSS-22 software.

**Results:** The findings of the study showed that, the mean of couple burnout and sexual satisfaction are significantly different in the experimental and control groups in the post-test stage ( $p < 0.01$ ).

**Conclusion:** The study results indicated that psychotherapy based on the transactional analysis has a positive impact on couple burnout and sexual satisfaction in women with non-clinical depression.

**Keywords:** Couple burnout; Depression disorder; Psychotherapy; Transactional analysis, Sexual satisfaction;

**Citation:** Rezaeifar N., Doosti Y.<sup>\*</sup>, Mirzaiyan B. The Effectiveness of Psychotherapy Based on Transactional Analysis on Couple burnout and Sexual Satisfaction in Women with Non-Clinical Depression, family and health: 2019; 9(3): 106-120

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