

## Effectiveness of group reality therapy on quality of life, marital satisfaction and dysfunctional attitudes of couples in Isfahan

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### Abstract:

**Introduction:** The purpose of this study was to investigate the effectiveness of group reality therapy on quality of life, marital satisfaction and inefficient attitudes of couples in Isfahan.

**Method:** The research method was quasi-experimental with pretest-posttest design with control group. The statistical population of this study was all couples who referred to counseling centers in Isfahan in 1397. The statistical population were selected through purposeful sampling based on Beck & Weisman's dysfunctional attitudes questionnaire, Enrich Marital Satisfaction Questionnaire, and World Health Organization Quality of Life Questionnaire and inclusion and exclusion criteria. Exclusion, 20 conflicting couples were selected. These 20 couples were divided into two groups of 10 experimental and control couples. The experimental group received reality therapy based on the Glaser treatment program and the control group received no treatment. Covariance analysis was also used to analyze the data and to accelerate the results of SPSS 21 software.

**Results:** The results showed that reality therapy significantly increased quality of life ( $P = 0.0001$ ,  $F = 49.73$ ) and marital satisfaction ( $P = 0.0001$ ,  $F = 38.47$ ) and decreased dysfunctional attitudes ( $P = 0.001$ ).  $P = 0.0001$ ,  $F = 27.23$ ) Isfahan city couples.

**Conclusion:** The quality of life and marital satisfaction of the couples in the experimental group significantly increased and their dysfunctional attitudes decreased compared to the control group.

**Key words:** couples" inefficient attitudes group" marital satisfaction" quality of life" reality therapy

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