

Comparison of the effectiveness of choice theory and transactional analysis on psychic restlessness and sexual function of infertile women

Belir S.¹ Goodarzi K.² * Roozbahani M.³ Ebrahimi M.E.⁴ Kakabraee K.⁵

Introduction: The issue of infertility, especially in Iranian culture and considering the role of parents and others people in couples' lives, has a deep dimension. Therefore, the aim of this study was to compare the effectiveness of choice theory and transactional analysis on psychic restlessness and the sexual function of infertile women.

Method: This research was quasi-experimental (pre-test-post-test with unbalanced control group). The present study population was infertile women who referred to Kermanshah Obstetrics and Gynecology Hospital in 1398-99. After selecting the participants by non-random sampling method and entry and exit criteria, 75 people were randomly replaced in two experimental groups, a control group. In the pre-test and post-test, participants answered the Alikhani and Kazemi Haghghi psychic restlessness Questionnaire and the Sexual Function Scale. Then, the first experimental group underwent eight sessions (60 minutes) based on transactional analysis and the second experimental group underwent eight sessions (60 minutes) based on choice theory. Data were analyzed by analysis of covariance.

Results: The results showed that transactional analysis and choice theory significantly reduced psychic restlessness ($f = 34.36$ and $P < 0.001$) and sexual function ($f = 36.106$ and $P < 0.001$). Transactional analysis has a greater than effect on psychic restlessness and sexual function of infertile women compared with Choice theory.

¹ - Phd student, Department of Psychology, Borujerd Branch, Islamic Azad University, Borujerd, Iran. ORCID:0000-0003-4121-8391, sosanbelir@gmail.com

² - Department of Psychology, Borujerd Branch, Islamic Azad University, Borujerd, Iran. ORCID:0000-0002-3908-9175, Ko.Goodarzy@iau.ac.ir

³ - Department of Motor Behavior, Borujerd Branch, Islamic Azad University, Borujerd, Iran. ORCID:0000-0001-5856-9310, Mehdi.roozbahani@iau.ac.ir

⁴ - Department of Psychology, Hamedan Branch, Islamic Azad University, Hamedan, Iran. ORCID:0000-0003-0545-6915, mse58_2007@yahoo.com

⁵ - Department of Psychology, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran. ORCID:0000-0002-9970-4854, kakabraee@gmail.com

Conclusion: According to the results of this study, it can be concluded that psychological counseling can be effective in improving sexual and psychological satisfaction in family with infertile women.

Keywords: Choice Theory, Infertile Women, Psychic Restlessness, Sexual Function, Transactional Analysis

Citation: Belir S., Goodarzi K.*, Roozbahani M., Ebrahimi M.E., Kakabraee K. Comparison of the effectiveness of choice theory and transactional analysis on psychic restlessness and sexual function of infertile women, Family and Health, 2021; 11(1): 65-79