

The effectiveness of reality therapy on anxiety sensitivity in women eligible for emotional divorce

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Abstract

Introduction: People with conscious choice of their feelings and behaviors can make better their lives. Since the behavior is selected as a way to solve the failure of unpleasant relationship, when interacting with the people who are need in life should effective choices be done. Also irresponsible behavior of the person cause anxiety, maybe through reality therapy can target anxiety sensitivity. This study was done with aim to determine the effectiveness of reality therapy on anxiety sensitivity in women eligible for emotional divorce.

Method: In a quasi-experimental design with pretest-posttest and control group, 30 women who were eligible for emotional divorce based on Emotional Divorce Scale and for anxiety sensitivity based on Anxiety Sensitivity Index-Revised were selected from statistic population included of all women referred to Sarahay Mahaleh counselling centers of Tehran city in 2016 and were replaced randomly into two groups (experimental group and control group). After 8 session choice theory training for experimental group, both group for posttest responded to Anxiety Sensitivity Index-Revised. Research data were analyzed using analysis of covariance.

Results: Results showed that reality therapy and choice theory training has caused to reduction in means of anxiety sensitivity components in women eligible for emotional divorce.

Conclusion: Reality therapy is a common-sense and emotional engagement approach that can be used to reduce the effects of emotional divorce, such as anxiety sensitivity.

Keywords: *anxiety sensitivity, emotional divorce, reality therapy*

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