

Accepted Manuscript

Accepted Manuscript (Uncorrected Proof)

Title: The Effectiveness of Cognitive Behavioral Therapy on Marital Intimacy and Identification of the Basic Psychological Needs among Couples Referring to Counseling Centers

Authors: Zahra Ebadi¹, Reza Pasha^{2*}, Fariba Hafezi³, Zahra Eftekhari⁴

1. PhD student of General Psychology, Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran

2. Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran
Corresponding Author, (g.rpasha@yahoo.com)

3. Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran

4 . Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran

To appear in: *Avicenna Journal of Neuropsychophysiology Journal*

Received date: 2019/08/3

Revised date: 2019/08/19

Accepted date: 2019/08/20

This is a "Just Accepted" manuscript, which has been examined by the peer-review process and has been accepted for publication. A "Just Accepted" manuscript is published online shortly after its acceptance, which is prior to technical editing and formatting and author proofing. *Avicenna Journal of Neuropsychophysiology Journal* provides "Just Accepted" as an optional and free service which allows authors to make their results available to the research community as soon as possible after acceptance. After a manuscript has been technically edited and formatted, it will be removed from the "Just Accepted" Web site and published as a published article. Please note that technical editing may introduce minor changes to the manuscript text and/or graphics which may affect the content, and all legal disclaimers that apply to the journal pertain.

Please cite this article as:

Ebadi Z, Pasha Z, Hafezi F , Eftekhar Z. (In Press). The Effectiveness of Cognitive Behavioral Therapy on Marital Intimacy and Identification of the Basic Psychological Needs among Couples Referring to Counseling Centers. *Avicenna Journal of Neuropsychophysiology*. Just Accepted publication Oct. 1, 2019. Doi: <http://dx.doi.org/10.32598/ajnpp.4.3.290>

DOI: <http://dx.doi.org/10.32598/ajnpp.4.3.290>

Abstract

Background: If the couples do not acquire communication skills and conflict solution, the conflicts will continue verbally and then behaviorally. Thus, the gradual destruction in the marital intimacy will begin. The purpose of this study was to investigate the effectiveness of cognitive-behavioral psychotherapy on couple's intimacy and identification of basic psychological needs in couples referring to counseling centers.

Materials and Methods: This is a quasi-experimental study with pre-test, post-test design and control group. The statistical population of the study consisted of all couples referring to counseling centers of Ahvaz city, Iran in the year 2018-2019. The sample size through convenience sampling was 40 couples that were randomly selected and assigned to the experimental and control groups (n=20 in each group). In order to collect information, Thompson and Walker's (1983) Marital Intimacy Scale and Glaser basic Need Questionnaire were used. The experimental group underwent cognitive-behavioral psychotherapy (8 sessions 90 minutes), but the control group received no intervention. The data were analyzed using descriptive and inferential statistics (repeated measure ANOVA).

Results: The results showed that cognitive-behavioral psychotherapy was effective in increasing marital intimacy and identifying the basic needs of couples ($p < 0.05$).

Conclusion: Based on the results, cognitive-behavioral psychotherapy was effective in improving the intimacy and identification of basic needs in couples of couples referring to counseling centers.

Keywords: cognitive-behavioral psychotherapy, marital intimacy, basic needs and couples

1. Introduction

A society and a healthy family depend on satisfying marital relationships. So that conflict between couples not only makes the family system unstable but also developmental affections, social and subsequent adjustment of couples. Accordingly, marital relationships can be regarded as a deepest human pleasures, as well as one of the greatest sources of suffering in couples (1). Undoubtedly, the family institution plays a determinative role in forming the ideas, thoughts, and beliefs of individuals. Whenever the institution had positive and adaptive functions, it can be expected that society will take the path of progress (2). However, in some cases, due to the lack of knowledge of couples with communication skills and marital skills the functions of the family institution have disrupted and efforts should be made to prevent interruptions in couples' relationships (3). That way, it can be said the signs of social life is a constructive relationship with the expression of the husband's love, affection, and intimacy (4), and one of the factors that bring marital relationships with satisfaction together is marital intimacy.

Intimacy is essential in relationships, and it means feeling the similarity and proximity of a loving personal relationship with another person, which requires awareness, acceptance, understanding, and expressing emotions (5). Intimacy in couples' relationships is one of the emotional needs of marital relationships, which leads to the consolidation of affectionate relationships between them (6). The Couples who have high marital intimacy express their needs effectively with their husbands and easily fall into the emotions and opinions of their partners (7).

Bagarozzi (2014) in his research showed that the important factor in creating a permanent marriage is the existence of intimacy between couples (8). On the other hand, avoiding intimate and enjoyable relationships causes failure in family life. Also, Mahdipour Bazkiani and Sedghatifard (1394) showed that the relationship between marital satisfaction and couples' intimacy with their adjustment is significant (9). In fact, intimacy is one of the fundamental factors in the satisfaction or dissatisfaction of each of the couples from marital life, because it strengthens the couples' commitment to the relationship and predicts the compatibility and prosperity of the relationship (5).

It seems that one of the factors that help to create marital intimacy is to identify the basic needs of the couple. One of the last approaches that were found by Glaser (1999) have seriously discussed basic needs is the reality therapy approach or theory of choice (10). The four needs of love and belonging, power (Achievement/competency), freedom (Independence) and fun (Enjoyment), are considered as basic psychological needs, and the need for survival is considered to be the only basic physiological need in man (11). These five basic needs are common to all person but the importance and priority of each vary from person to person, and in each individual, one or more of these five needs are more important than others (12). According to choice theory, people's consciousness of the unique pattern of their basic needs is crucial to the important role they play in making healthy and constructive choices in their personal and social lives (13). If these needs are met satisfactorily, the person will have a pleasant feeling, but if meeting these needs fails, causing unpleasant emotions in the individual (14).

Many studies have examined the relationship between basic needs and couple relationships, including Vaziri (2015) in a study showing that love and attachment need help increase marital satisfaction, while freedom needs conflict with marital satisfaction. In this regard, there are different approaches to couple therapy that emphasize different aspects of couple problems, one of which focuses on the enrichment of cognition and behavior between couples is cognitive-behavioral psychotherapy (15). In recent years, more attention has been paid to the role of cognitive factors in understanding the dynamics of interactions in marital relationships. Cognitive-behavioral therapy programs are based on a type of behavioral therapy that has emerged within traditional psychotherapy positions and reflects the growing interest of therapists to modify cognition as a factor influencing emotions and behaviors (16). The purpose of this training is to correct irrational beliefs, dysfunctional beliefs, misconceptions, and cognitive errors, to control life, to facilitate constructive self-talk, and to enhance coping skills (17).

To make couples' relationships more enjoyable, marital counseling as professional counseling can be a good solution and give them the information needed to create a good life and increase their knowledge and awareness of issues affecting marital relationships. Marital counseling emphasizes the power of conflict resolution and communication to promote marital intimacy (18). This consultation relates both to the cognitive domain (information and knowledge), to the emotional domain (feelings, values, attitudes) and to the behavioral domain (communication and decision making skills) (19). The cognitive-behavioral approach considers the main cause of marital problems as negative interactions and communication failure of couples (20). Counseling with the Cognitive-Behavioral Approach helps clients develop skills for behavior change, communication with others, problem-solving, change of non-useful beliefs and attitudes, and cognitive reconstruction (21). Cognitive-behavioral education and

counseling can help improve family status and increase marital satisfaction by enhancing communication skills and enhancing positive thinking.

The review of literature indicated that this treatment approach is effectiveness in the field of marital relations and deals with different aspects of this relationship (22) also previous results showed that cognitive-behavioral therapy had a significant effect on intimacy and marital satisfaction of betrayed women (19) and has a significant effect on increasing marital satisfaction, especially in improving communication and marital conflict, and marital burnout resolution skills of couples and their sexual relationships (23-24). Moreover, this approach is effective on enhancing marital satisfaction and sexual satisfaction in postmenopausal women (25) and is effective on improving women's quality of life and happiness (26,27).

In general, marital counseling is one of the most remarkable ways of solving problems and achieving intimacy and basic needs of couples in identifying the effective factors in improving the marital relationship and managing it. Understanding these factors will help both family therapists and counselors to identify problems, and help couples to identify and create, strengthen, or modify them to meet their basic needs. On the other hand, given the growing trend in divorce statistics in the country, where behavioral and communication problems are one of the most important factors in life, and the adverse impact of behavioral problems on the lives of couples and other family members shows the importance of recognizing and reaching effective solutions. According to the abovementioned, the effectiveness of cognitive-behavioral psychotherapy on marital intimacy and identifying basic psychological needs among couples referred to counseling centers in Ahvaz has been investigated. Now this question arises, whether cognitive-behavioral psychotherapy is effective on marital intimacy and identifying basic psychological needs among couples referred to counseling centers in Ahvaz?

2. Materials and Methods

The purpose of this study was practical and quasi-experimental with pre-test and post-test with the control group. The statistical population of this study included all couples referred to counseling centers in Ahvaz in 1397. In this study, 40 couples who scored lower than the average in marital intimacy and identifying basic needs based on the questionnaire used in this study were selected as the research sample and randomly assigned to an experimental and a control group. (20 people in each group). Inclusion criteria included drug abuse, inexperience in the previous divorce, divorce litigation, lack of physical and psychological illness. Exclusion criteria also included missing more than two sessions of intervention sessions, not being co-treated with this intervention, and not taking any particular medication. After selecting couples referring to Ahvaz eligible counseling centers pre-test was done in the same condition and then the experimental group received cognitive-behavioral psychotherapy intervention while the control group did not receive any intervention from the therapeutic approach (Refer to table 1). After the training sessions, the experimental and control groups underwent the same post-test, and one month after the post-test, both groups were followed up. After collecting pre-test data, post-test and follow-up data were analyzed with appropriate statistical tests. Also, after the follow-up phase, intensive cognitive-behavioral psychotherapy sessions were conducted on the control group in order to adhere to ethical principles. After data collection, the data were analyzed using SPSS software version 24 and repeated measures ANOVA.

Data gathering tools

Marital intimacy: Marital intimacy was measured using two scales (28) with six items for positive (Cronbach's $\alpha = .90$) and five items for negative intimacy (Cronbach's $\alpha = .83$). Example items are (positive) "How much does/did your spouse or partner really care about you?" and (negative) "How often does/did your spouse or partner make you feel tense?" Responses ranged from *not at all* (1) to *a lot* (4) (29). Marital intimacy was assessed via Iranian version of Marital Intimacy Needs Questionnaire Bagarozzi (IV-MINQ) (8) in the participants of this study. It contains 41 items scored on a ten-point Likert scale. There are eight dimensions of intimacy including emotional, psychological, intellectual, sexual, physical, spiritual, aesthetic, and social intimacy. The α -Cronbach of reliability for the tool was 0.94. In a similar study in Iran indicated that Cronbach's alpha measurement was 0.92 (30).

Basic psychological need scale: This scale was developed by La Guardia et al (31) and adapted to Iran by Ghorbani and Watson (32) It composed of 21 items used to assess three subscales, namely, autonomy satisfaction (seven items), competence satisfaction (six items), and relatedness satisfaction (eight items). Responses were measured on 7-point Likert scale, ranged from (7) = very true to (1) = not true at all. This scale does not have a cutoff point, and high score indicates psychological need satisfaction among participants. The validity of this scale on Iranian managers and students are between 0.76 and 0.79 have been reported(33) . In the present study, Cronbach's alpha reliability coefficient was 0.81 for love and belonging, 0.77 for power, 0.79 for freedom, 0.78 for survival, and 0.81 for fun, respectively.

Table 1 Cognitive behavioral couple therapy protocol (8 therapeutic sessions)

sessions
Establishing a good relationship with the couple, explaining the rules, objectives, and number of sessions, individual, and joint assessments, the implementation of the pre-test.
Introducing treatment process, evaluate, and determine main objectives, identifying concerns and variables influencing the couple's infidelity and focus on ways to increase love and affection.
Emphasize and focus on the adoption and use of problems to increase intimacy dimensions. Discuss awareness of the impact of cognitive errors on their partners' behavior and relationship, scrutiny of negative patterns, reproach, and blame, threatening to leave the relationship, identify specific spouse's basic needs in marital life.
Teaching cognitive patterns to couples: focus on increasing couples' tolerance so that they finish their challenges sooner. Identifying couples' cognitive errors through a Socratic question. Assignments at home
Identifying irrational thoughts and beliefs and challenging them as ways to challenge and ultimately change their thoughts
Make plans to do pleasant activities, express positive characteristics of each other, exchange behavior, increase individual activities, teaching communication skills, active listening skills training, expressing certain behavioral expectations, doing homework
Train and practice problem-solving techniques, assertiveness training, and timing and planning to carry out activities, teach emotional skills
Emotional awareness training and its role in family life, teach ways of solving surmountable problems and provide training that helps couples to identify their style of starting the dispute
Explain the effects of psychological factors on sexual function, teach sexual disorders briefly, and teach how to increase emotional tolerance during marital interaction, ways of overcoming permanent and insurmountable problems.
Summarize the previous subjects, assess the client's feedback to sessions and results, perform post-test and end of sessions

3. Results

Before the analysis of applying the repeated measures analysis of variances test, for ensuring the homogeneity of research variables, the Levin test, and for analyzing the normal distribution of research variables, the Shapiro and Wilk test was used.

Data were analyzed with mixed analysis of variance according to the 3 measurement times. To this end, the M Box test was used to ensure observation of this test assumption (i.e., the equality of variance-covariance matrices across the cells was formed by the between- subject's effects), which revealed that the null hypothesis of this assumption was rejected.

However, considering the equal size of sample groups, mixed-design analysis of variance is strong to the contravention of this assumption. Then, the assumption of sphericity was performed for all variables using the Muchly test, and the outcome illustrates that this assumption was not observed. Therefore, the Greenhouse-Geisser test was used to improve the degrees of freedom in an analysis of variance. The results showed the significance of the measurement time effect (pretest, posttest, follow-up) on the intimacy variable matching to the group fellowship type of the couples ($F(2, 0.172), p < 0.05$).

In addition, regarding the identification of psychological basic needs component, the results of Muchly test showed compliance with this assumption (W Muchly's love and belonging = 0.172, $p < 0.05$), (W Muchly's power = 0.122, $p < 0.05$), (W Muchly's freedom = 0.237, $p < 0.05$), (W Muchly's survival = 0.192, $p < 0.05$), (W Muchly's fun = 0.551, $p < 0.05$), indicating no need to modify the degrees of freedom in the analysis of variance. The results of an analysis of variance with the sphericity assumption showed a significant difference between marital intimacy and the identification of psychological basic needs of the experimental and control groups in the 3 measurement times (pretest, posttest, follow-up) (Table 3).

As we can see in table 4, significance levels of all tests indicate that there is a significant difference between at least one of the dependent variables (marital intimacy, the identification of psychological basic needs) in the groups studied. Therefore, the question that: " whether cognitive-behavioral psychotherapy is effective on marital intimacy and identifying basic psychological needs among couples referred to counseling centers in Ahvaz?", was confirmed.

Table 2 - Mean and standard deviation of experimental and control group research variables in pre-test, post-test and follow-up

Variables	Groups	Intervention		Control	
		Mean	Standard deviation	Mean	Standard deviation
Marital intimacy	Pre-Test	52.35	1.84	52.30	1.92
	Post-test	67.35	1.84	52.65	3.36
	Follow up	68.58	1.81	52.59	3.01
Identifying basic psychological needs (love and belonging)	Pre-Test	9.20	1.15	8.90	1.48
	Post-test	14.05	1.05	9.10	1.29
	Follow up	14.47	1.11	9.15	1.17
	Pre-Test	8.95	1.80	9.35	0.98

Identifying basic psychological needs (power)	Post-test	14.75	1.57	9.55	0.94
	Follow up	15.73	1.48	9.52	0.96
Identifying basic psychological needs (freedom)	Pre-Test	8.75	1.61	8.30	1.71
	Post-test	12.20	1.70	9.20	1.70
	Follow up	13.42	1.58	9.21	1.70
Identifying basic psychological needs (survival)	Pre-Test	8.85	1.46	8.85	1.59
	Post-test	14.40	1.23	8.50	1.98
	Follow up	15.14	1.13	8.65	1.92
Identifying basic psychological needs (fun)	Pre-Test	8.80	1.75	8.80	1.70
	Post-test	13.30	1.73	7.90	1.94
	Follow up	14.21	1.69	7.92	1.94

Table 3: The results of the Muchly Intimacy Spherical Test and the identification of psychological basic needs

Variables	Muhly's sphericity	Chi-square	df	P
Marital intimacy	0.172	77.513	2	0.001
Identifying basic psychological needs (love and belonging)	0.172	77.513	2	0.001
Identifying basic psychological needs (power)	0.122	92.639	2	0.001
Identifying basic psychological needs (freedom)	0.237	63.303	2	0.001
Identifying basic psychological needs (survival)	0.192	72.627	2	0.001
Identifying basic psychological needs (fun)	0.551	26.191	2	0.001

Table 4: Summary of Variance Analysis of Frequent Measures of Marital Intimacy and Identification of Basic Needs

Variables	Resource of change	F	P	Effect size	Statistical power
Marital intimacy	Time	87.421	0.001	0.574	0.999
	group	25.617	0.001	0.423	0.999
	Time and group interaction	18.476	0.001	0.354	0.999
Identifying basic psychological needs (love and belonging)	Time	97.521	0.001	0.674	0.999
	group	23.647	0.001	0.523	0.999
	Time and group interaction	19.466	0.001	0.454	0.999
	Time	95.878	0.001	0.671	0.999

Identifying basic psychological needs (power)	group	7.104	0.001	0.245	0.914
	Time and group interaction	11.337	0.001	0.345	0.992
Identifying basic psychological needs (freedom)	Time	96.415	0.001	0.672	0.999
	group	11.421	0.001	0.347	0.990
	Time and group interaction	13.031	0.001	0.357	0.998
Identifying basic psychological needs (survival)	Time	87.955	0.001	0.652	0.999
	group	11.158	0.001	0.321	0.988
	Time and group interaction	20.343	0.001	0.465	0.999
Identifying basic psychological needs (fun)	Time	87.563	0.001	0.671	0.999
	group	11.769	0.001	0.353	0.991
	Time and group interaction	18.359	0.001	0.429	0.999

4. Discussion

The purpose of this study was to investigate the effectiveness of cognitive-behavioral psychotherapy on marital intimacy and identifying basic psychological needs among couples referred to counseling centers in Ahvaz. The results showed that cognitive-behavioral training has been effective on the marital intimacy and identifying basic psychological needs among couples. This results are in line with the findings of Mohaddassi et al. (19), Karimi and Khalatbari (21), Bagheri and Samsam Shariat (22), Ehsan Nejad et al. (25), Pourmusa et al. (27), and Hummel et al. (18).

In demonstrating these findings in total, it can be said that communication issues and the poverty of couples to companion properly and precisely are the most significant factors in conflict and as a result of dissatisfaction and incompatibility and the reduction of intimacy among couples. clearly, the providing and awareness of couples with suitable and correct communication skills can lead to greater identifying basic needs to have intimacy and compatibility of marital life (34).

It is worth mentioning that the cognitive-behavioral approach to couples, who mostly have cognitive errors, irrational and destructive beliefs in their marital lives increased couples' awareness of irrational documents and beliefs and increased recognition of positive aspects of their behavior. In addition, through training sessions and homework assignments, this approach modifies the wrong beliefs and attribution. Modifying beliefs, unrealistic expectations, and false attribution of couples from each other reduces undue annoyance and increases understanding of positive aspects of each other's behavior, which eventually leads to increase marital intimacy. According to cognitive approach followers, some common mental errors can mislead our interpretation of reality and can display themselves in our mentalities through inappropriate behaviors. Therefore, the depth of intimacy between two people in their relationship depends on their ability to transfer thoughts, feelings, needs, and demands clearly, correctly, and effectively. Cognitive-behavioral couple therapy can enhance communication skills such as verbal and nonverbal skills. The enhancement of communication skills increases

positive self-confidence and reduces pessimism, which ultimately leads to improving intimacy and identifying basic psychological needs in married couples (35).

The program also provides couples with opportunities to practice new skills and receive feedback. Moreover, in this method, with considering homework for next sessions, they are obligated to practice their skills in relation to themselves, as well as these homework, will bring the couples closer together and enhances the duration of to be coupled together and this factor can increase the intimacy between them and cause happiness and welfare (27-36,37).

This research, like other researches, has some limitations that need to be considered in generalizing the results. Using a convenience sampling method and only from one counseling center in one city makes it necessary to results have been generalized with more cautious. This research could be done both quantitatively and qualitatively, but due to the lack of interview conditions, this possibility was not available in the present study and was one of the limitations of this study. Similar research can be done in other cities and cultures to overcome this limitation. Future research will use hybrid designs (qualitative and quantitative), higher sample size, and more sophisticated statistical methods that allow for deeper analysis and better conclusions. Self-reporting tools are another limitation of the present study. In future research, it is recommended to compare the methods of this research with other methods such as metacognition, reality therapy, and so on.

5. Conclusion

The results of this study obviously illustrate that cognitive therapy sessions related to intimacy and identifying basic psychological needs among couples are useful and applicable in raising happiness and the providing and awareness of couples with suitable and correct communication skills can lead to greater identifying basic needs to have intimacy and compatibility of marital life and the quality of life of couples.

Ethical Considerations

Compliance with ethical guidelines there was a written consent from participants. The designed package was also implemented for the control group after the follow-ups.

Funding

The present paper was extracted from the PhD. thesis of the first author, in Department of Educational Psychology, Faculty of Educational Sciences and Psychology, Azad University of Ahvaz.

Author's contributions

All authors contributed in preparing this article.

Conflict of interest

The authors declared no conflict of interest.

Acknowledgements

We would like to thank all people who greatly assisted us in the research.

References

1. Jafarbegloo E, Bakouei S, & Dadkhahtehrani T. Marital Satisfaction in Menopausal Women with and without Sexual Dysfunction. *Journal of Midwifery and Reproductive Health*, 2017; 5(4): 1053-1058.
2. Lee YS. Marital Satisfaction among Korean Commuter Couples. *Asian Journal of Social Science*, 2018;46(1-2): 182-203.
3. Ebrahimi A, and Momeni A. Explaining the Effectiveness of the Imagotherapy Approach and Training of Couples 'Systematic Communication Program on Increasing Couples' Compatibility, Intimacy, and Resilience in Bushehr. *Journal of Psychological and Educational Sciences Studies*, 2017; 17 (17): 178-165.
4. Holland KJ, Lee JW, Marshak HH, Martin LR. Spiritual Intimacy, Marital Intimacy, and Physical/Psychological Well-Being: Spiritual Meaning as a Mediator. *Psycholog Relig Spiritual*. 2016;8(3):218–227. doi:10.1037/rel0000062
5. Naghdi Babaee Sh & Ghahari, Sh. Effectiveness of communication skills training on intimacy and marital adjustment among married women. *Research & Health Sciences*,2016; 5(8): 375-380.
6. Kardan-Souraki M, Hamzehgardeshi Z, Asadpour I, Mohammadpour A, and Khani S, Reza. A Review of Marital Intimacy-Enhancing Interventions among Married Individuals. *Glob J Health Sci*. 2016; 8(8): 74–93.
7. Masoumi SZ, Khani S, Kazemi F, Kalhori F, Ebrahimi R, Roshanaei Gh. Effect of marital relationship enrichment program on marital satisfaction, marital intimacy, and sexual satisfaction of infertile couples. *Int J Fertil steril*, 2017; 11(3): 197-204
8. Bagarozzi DA. *Enhancing intimacy in marriage: a clinician's guide*: Routledge,2014.
9. Mehdi Pour Bazkiani M, And Sedaghati fard M. The relationship between marital satisfaction and intimacy of couples with home adjustment. *Journal of Analytical-Cognitive Psychology*, 2015; 6 (22): 21-21.
10. Cappelletti ER, Kreuter MW, Boyum S and Thompson T. Basic needs, stress and the effects of tailored health communication in vulnerable populations. *Health Education Research*, 2015; 30(4): 591–598.
11. Kazemi S, Kakavand A, Jalali M, Javadi H. Relation Glasser's basic needs with hypertension in middle age: the mediating role of humor. *J Qazvin Univ Med Sci*. 2018; 22 (2) :63-73
URL: <http://journal.qums.ac.ir/article-1-2578-fa.html>
12. Zarei E, Borumand R, Sadeghifard M, Najaripourian S, Askari M. Effectiveness of group counseiling based on choice theory on increasing intimacy and marital satisfaction and reducing marital conflicts in married women. *Hormozgan Medical Journal* 2017; 21(4):250-259.
13. Purnell JQ, Kreuter MW, Eddens KS & et al. Cancer control needs of 2-1-1 callers in Missouri, North Carolina, Texas, and Washington. *J Health Care Poor Underserved*, 2012; 23(2), 752.
14. Haushofer J, Fehr E. On the psychology of poverty. *Science*, 2014; 344, 862–7.
15. Vaziri M. The prediction of marital satisfaction based on basic needs in couples. *frooyesh*. 2015; 4 (3):87-96
URL: <http://frooyesh.ir/article-1-113-fa.html>.
16. Ussher JM & Perz J. Evaluation of the relative efficacy of a couple cognitive-behaviour therapy (CBT) for Premenstrual Disorders (PMDs), in comparison to one-to-one CBT and a wait list control: A randomized controlled trial. *PloS one*, 2017; 12(4), e0175068.
17. Vasa RA, Roy AK. (2014). *Pediatric Anxiety Disorders: A Clinical Guide*: Springer Science and Business Medi: New York, 2014.
18. Hummel SB, van Lankveld JJDM, Oldenburg HAS, Hahn DEE, Kieffer JM, Gerritsma M A & et al. Efficacy of internet-based cognitive behavioral therapy in improving sexual functioning breast cancer survivors: results of a randomized controlled trial. *J Clin Oncol*. 2017;35(12), 1328–1340.
19. Mohaddessi H, Hamadani M, Khalkhali HR. The Effect of Cognitive-Behavioral Counseling on Marital Satisfaction of Couples Referred to Selected Health Centers in Urmia, 2015. *Journal of Urmia Nursing & Midwifery Faculty*, 2015;14 (8): 747-738.<http://unmf.umsu.ac.ir/article-1-2788-fa.pdf>
20. Mazaheri MA & Sahebi A. The effect of cognitivebehavioral training on modification of irrational expectation, emotional maturity and marital dissatisfaction in women. *Int J Behav Sci*, 2011; 5(2), 127-33.
21. Karimi B., Khalatbari J. The Effectiveness of Cognitive-behavioral Therapy on Couple's Burnout, Marital Adjustment and Intimacy. *Journal of Educational Psychology*, 2017; 8(1): 65-74.
22. Bagheri Z, and Samsam Shariat M. The Effectiveness of Cognitive Behavioral Therapy on Intimacy and Marital Satisfaction in Betrayed Women. *International Conference on Psychology, Education and Behavioral Sciences*. 2016. file:///C:/Users/vali/Downloads/3991395H0115.pdf

23. Shokrollahzadeh M, Forouzes M, Bazrafshan M R, Hosseini H. The effect of cognitive behavioral couple therapy on marital conflicts and marital burnout. *FPCEJ*. 2017; 3 (1) :115-131 URL: <http://fpcej.ir/article-1-148-en.html>
24. Dugal C, Bakhos G, Bélanger C, and Godbout N. Cognitive-Behavioral Psychotherapy for Couples: An Insight into the Treatment of Couple Hardships and Struggles. *Cognitive Behavioral Therapy and Clinical Applications*, 2018; 3(2), 125-135.
25. Atema V, van Leeuwen M, Oldenburg HSA, Retèl V, Beurden MV, Myra S. Hunter MS, Aaronson NK. An Internet-based cognitive behavioral therapy for treatment-induced menopausal symptoms in breast cancer survivors: results of a pilot study. *BMC Cancer* volume 2016;16 :920 (2016) |
26. Shayan A, Taravati M, Garousian M, Babakhani N, Faradmali J, Masoumi SZ. The Effect of Cognitive Behavioral Therapy on Marital Quality among Women. *Int J Fertil Steril*. 2018; 12(2): 99-105.
27. Pourmousa H, Mohammadifar MA, Pesand ST, Rezaei AM. The effectiveness of intimacy training with cognitive-behavioral approach on couples' life quality and happiness. *Electronic Journal of General Medicine*. 2018;15(6): em95. doi:10.29333/ejgm/93461.
28. Ryff CC, Singer BH, Palmersheim KA. Social inequalities in health and well-being: The role of relational and religious protective factors. In: Grim O, Ryff C, Kessler R, editors. *How Healthy Are We? A National Study of Well-being at Midlife*. Chicago, IL: University of Chicago Press; 2004. pp. 90–123.
29. Holland KJ, Lee JW, Marshak HH, Martin LR. Spiritual Intimacy, Marital Intimacy, and Physical/Psychological Well-Being: Spiritual Meaning as a Mediator. *Psycholog Relig Spiritual*. 2016;8(3):218–227. doi:10.1037/rel0000062
30. Pasha H, Basirat Z, Esmailzadeh S, Faramarzi M, Adibrad H. Marital Intimacy and Predictive Factors Among Infertile Women in Northern Iran. *J Clin Diagn Res*. 2017;11(5):QC13–QC17. doi:10.7860/JCDR/2017/24972.9935
31. La Guardia JG, Ryan RM, Couchman CE, Deci EL. Within-person variation in security of attachment: a self-determination theory perspective on attachment, need fulfillment, and well-being. *J Pers Soc Psychol*. 2000 Sep;79(3):367-84.
32. Ghorbani N, Watson PJ. Two facets of self-knowledge, big five and promotion among Iranian managers. *J Soc Behav Pers Int J* 2004;6:769-77.
33. Mohammadi M, Salimi A, Zahrakar K, Davornia R, Shakrami M. Effectiveness of the relationship enrichment program on reduction of marital boredom of couples. *Psychiatric Nursing Journal*. 2016;4(3):15-8
34. Honari A, Shamoli L. The Effectiveness of Cognitive Behavioural Couple Therapy on Marital Stress and Emotional Skills of Infidel Couples in Shiraz. *International Journal of Medical Research and Health Sciences*, 2017; 6(2): 83-90(8)
35. Khojasteh Mehr R, Ahmadi Ghazloujeh A, Ghoozlucheh M, Shiralinia K. Effectiveness of short-term marital counseling on the emotional intimacy and marital quality of couples. *Contemporary Psychology*. 2015;10(2):40- 29.
36. Nadimi M. Relationship between Communication Skills and Deterministic Thinking with Marital Satisfaction. *Biological Forum – An International Journal*. 2015;7(2):33-39
37. Maleki N, Madahi M E, Mohammadkhani S, Khala'tbari J. The effectiveness of Cognitive Behavioral Couple Therapy on Psychological Well Being, Marital Intimacy, and Life Quality of Chaotic Couples. 3. 2017; 1 (4) :23-33 URL: <http://iase-idje.ir/article-1-83-en.html>