

Research Paper

The Effectiveness of Compassion-Focused Therapy on Sexual Satisfaction, Emotional Regulation, and Resilience in Nurses with burnt Marriage Syndrome

Fariba Hasani¹, Mohammad Reza Rezazadeh², Afsaneh Ganbari Panah¹, Abbas Khoshkabar^{3,*}

¹ Assistant Professor, Department of Psychology, Islamic Azad University, Tehran Center Branch, Tehran, Iran

² Assistant Professor, Curriculum Planning, Islamic Azad University, Tehran Center Branch, Tehran, Iran

³ PhD Student Counseling, Islamic Azad University, Tehran Center Branch, Tehran, Iran

* **Corresponding author:** Abbas Khoshkabar, PhD Student Counseling, Islamic Azad University, Tehran Center Branch, Tehran, Iran. E-mail: akhosh1341@gmail.com

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Abstract

Introduction: In compassion-focused therapy, individuals learn to avoid and suppress their emotions so that they can recognize and experience their compassion. The purpose of this study was to determine the effectiveness of compassionate, focused therapy on sexual satisfaction, emotional adjustment, and resilience in shift nurses with burnt Marriage Syndrome in Tabriz with a 3-month follow-up.

Methods: This quasi-experimental study was performed with a pre-test-post-test and control group. The sample consisted of 40 nurses in Tabriz in 2019 who scored higher on the burnt Marriage Syndrome questionnaire (one standard deviation by cut-off point) and were randomly divided into two experimental (n = 20) and control (n = 20) groups. Then, sexual satisfaction, emotion regulation, and resilience questionnaires were completed by the subjects of both groups. The intervention based on compassionate therapy was administered to the experimental group for 12 sessions of 90 minutes each week. After completing the sessions, the questionnaires were again completed in both groups and finally, after three months follow up. Data were analyzed using repeated measures test.

Results: Data analysis showed a significant difference between the mean of post-test scores and follow-up of the experimental group compared to the pre-test ($P < 0.01$). But there was no significant difference between pre-test and post-test ($P > 0.05$).

Conclusions: Considering the positive effect of compassion-focused therapy on sexual satisfaction, emotion regulation and resilience.

Extended Abstract

OBJECTIVE

Working in different shifts, especially night shifts, reduces the focus on nurses and, as a result, has adverse effects on their job performance, sleep, physical health, mental health, and social life, and ultimately will have a devastating impact on their families (1). There is sufficient evidence to prove the effect of shift work on human health and their performance with sleep disorders and circadian rhythm disorders (2). Shifts in circulation reduce the quality and quantity of sleep and

cause contamination during the day and marital problems (3). Nurses say that shift work harms their family and social issues and has disrupted their shared social activities with their spouse, which has increased their interpersonal conflicts and significantly endangered their mental health (4).

Compassion-based therapy is another third-wave treatment to improve marital boredom. This treatment is an approach based on the influences of Buddha,

evolutionary psychology, and emotional neuroscience, which is based on concepts such as threat identification, dependency, and incentive/source (24). The basic principles of compassion-based therapy hypothesize that compassion is a central process in emotion regulation and psychotherapy, especially when dealing with patients who struggle with shame and are critical in their thinking (25). Recent studies on compassion-based therapy have provided satisfactory results and rationale for using this treatment in clinical and non-clinical populations. Therefore, the question of the present study is whether the compassion-focused treatment affects sexual satisfaction, emotional regulation, and resilience in nurses in variable shifts with marital boredom syndrome?

MATERIALS AND METHODS

The method of the present study was quasi-experimental with a pre-test-post-test and follow-up design. The statistical population of the present study was all nurses with burnt Marriage Syndrome in Tabriz in 2019, and the sampling method was targeted among people who were in an unfavorable situation according to the cut-off score of the marital boredom questionnaire (a standard deviation above average). The sampling method was done so that first, the 21-question questionnaire of burnt Marriage Syndrome (1996) was distributed among nurses in Tabriz. Then 40 people were selected from those who were only one standard deviation above the average and randomly assigned in There were two groups of 20 people. Then, all 40 subjects first answered the Larson (1998) Sexual

Satisfaction Questionnaire, the Garnfsky Emotion Regulation Questionnaire (2009), and the Connor and Davidson Resilience Questionnaire (2001). The compassion-based intervention was applied for the experimental group, and no intervention was performed for the control group. At the end of the treatment sessions, the same questionnaires were administered again as post-tests, and finally, three months later, a follow-up period was performed. Then the pre-test-post-test and follow-up scores were assessed using repeated measures test. One group received 12 sessions of compassion-focused therapy according to the Gilbert Protocol (27) for three months and one session of 90 minutes per week. There was also a control group for which no intervention was made.

Having at least a bachelor's degree, not having a severe medical disease that interferes with the research process, reviewed patients' histories, and interviewed them—agreeing to participate in the research and signing a written consent. Exclusion criteria were: receiving compassion-based treatment before entering the study. According to the Fifth Statistical and Diagnostic Guide to Mental Disorders, comorbidity of other severe mental disorders such as psychosis or personality disorders. Lack of cooperation and absence from 2 consecutive sessions.

RESULTS

Multivariate analysis of covariance was used to analyze the data of this study. This test is used to control the effect of the pre-test.

Table 1. The Results of Multivariate Analysis of Covariance for each Variable in the Text of Multivariate Analysis of Covariance

Variable	CS	MS	F	P	Eta
Sexual satisfaction	937/56	937/56	201/74	0/001	0/18
Emtional regulation	241/10	241/10	177/13	0/001	0/22
Resilience	324/14	324/14	317/57	0/001	0/31

As shown in Table 1, Compassion-based therapy can increase resilience, sexual satisfaction, and emotion regulation and are significantly different at the $P < 0.001$ level.

CONCLUSION

The present study results showed that compassion-focused therapy increases sexual satisfaction, emotion regulation, and resilience in variable shift nurses with marital boredom. In this regard, the effectiveness of compassion-based treatment as appropriate interventions for eating disorders (28); Bipolar disorder (generals 30 and 31); Anxiety disorders (32) and the development of coping strategies (33) and increase in positive emotion and decrease in negative sentiment (34) have been proposed that are consistent with the findings of this study. Explaining the effectiveness and durability of compassion-based therapy on nurses' sexual satisfaction with marital boredom, it can be said that in compassion-based therapy, nurses learn kindness by using a variety of methods of emotion regulation and

a combination of mindfulness, acceptance, and self-compassion. And respond to dependence and use the intimacy and compassionate attitude they develop in themselves to develop inner awareness, non-judgmental acceptance, empathy, and constant attention to inner feelings (29). Also, by using acceptance and self-compassion, they reduce their feelings of self-criticism, shame, and frustration, and cultivate feelings of warmth and acceptance, thus instilling fears and worries instead of reacting negatively to their critical thoughts. Tolerate, accept, and deal with it compassionately, leading to increased sexual satisfaction (31).

Ethical Considerations

This study was a quasi-experimental study with a pre-test-post-test and control group. After receiving the necessary letters of introduction, the code of ethics was applied, and this research was done with the principle of ethics of IR.IAU.tabriz.1398.956. All subjects were given ethical consent and assured that the results would

remain confidential and that the results would only be private. A group will be analyzed.

Funding

Nursing is one of the most challenging jobs. The present study showed that self-compassion-based therapy is effective in reducing nurses' boredom with the variable shift. Even though nursing has an important role in providing health care, this group needs special consideration from the relevant authorities.

Authors' contributions

Miss. Fariba Hasani and Mr. Mohammad Reza Rezazadeh were in charge of collecting data and writing the article. Afsaneh Ganbari Panah and Mr. Abbas Khoshkabar were in order of analyzing the statistical information.

Conflicts of Interest

The authors of this article are all members of the Islamic Azad University of Tehran, so to avoid conflict of interest, do not send the report for judging to the judges of the faculty member of the mentioned university. The authors did not receive any financial support from any institution, organization, or body to conduct this research.

Applicable Remarks

Implementing self-compassion-based treatment is effective in nurses and can guide managers and nursing officials and be used as an effective method to empower nurses.

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