



Effectiveness of behavioral couple therapy on improve mental health and reduction of marital conflict among infertile couples who referred to the Motazedi Infertility Center in Kermanshah

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Abstract

Introduction: Infertility is a common disease exposing patients to dangers such as loss of mental health problems and increased marital conflict. On the other hand, Couple therapy is a new approach that may help in solving the problems of these infertile couples. Due to the lack of adequate research, the aim of this study is to evaluate the effectiveness of behavioral marital therapy to enhance mental health and reduction marital conflicts.

Methods: In this clinical trial, 24 couples were selected using convenience sampling and were divided randomly into control (12 couples) and experimental (12 couples) groups. Data collection tool in this study was mental health questionnaire (GHQ-28) and Kensas Marital Conflict (KMCS) filled in three steps: Pretest – post test and Follow-up in two months. Data were analyzed and processed using software SPSS-16 and Chi-square, independent t, ANOVA and Benferoni tests.

Results: There was a significant difference among women between experimental and control groups in marital conflict and mental health variables, time effect, and time and group Interactional effect. Moreover in both experimental and control group time effect had a significant difference among male participants, while time and group Interaction didn't seem to have any significant difference.

Conclusion: Behavioral couple therapy is effective in improving mental health and reducing conflicts of infertile couples. There was a significant difference between control and experimental groups of women in marital conflict and mental health variables. However, among men, there was no significant difference between control and experimental groups. Therefore it is recommended to use behavioral couple therapy for improvement of mental health and reducing conflicts of infertile couples.

Keywords: Behavioral Couple therapy; Mental health; Marital conflict; Infertility

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