



# Evaluation of the effectiveness of couple therapy based on mindfulness method on early maladaptive schemas, satisfaction & marital trust in young couples

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### Abstract

**Aim:** The aim of this study was to determine the effectiveness of mindfulness on early maladaptive schemas, satisfaction & marital trust in young couples. **Method:** The present study was quasi-experimental with experimental & control groups & pre-test & post-test design. The statistical population of this study was 100 young couples who referred to counseling centers in Arak. (2001), 32 people were selected & in the experimental group, 16 pairs of mindfulness therapy (n = 16) & the control group (n = 16) were r&omly replaced. The experimental group underwent couple therapy therapy with mindfulness method for 9 sessions of 90 minutes (Gahart, 2004). Then both groups were evaluated in two stages of pre-test, post-test by questionnaires of initial maladaptive schemas, marital satisfaction & marital trust. Data were analyzed using univariate analysis of covariance. **Results:** Results of mindfulness couple therapy on early maladaptive schemas (p = 0.001, F = 71.3) & marital trust) F = 11.9, p = 0.001) & ineffectiveness on marital satisfaction was marital satisfaction (F = 0.37 p = 0.001) was in the post-test stage. **Conclusion:** Since mindfulness couple therapy has an effect on early maladaptive schemas & the level of marital trust in young couples, it can be used to improve the first maladaptive schemas, the level of marital trust of couples.

**Keywords:** Mindfulness couple therapy, early maladaptive schemas, marital satisfaction, level of trust.

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