



Comparing the effectiveness of cognitive-behavioral therapy & treatment focused on compassion therapy on the resilience of women on the verge of divorce

Maryam. Ghahremani ^{id}¹

Javad. Khalatbari ^{id}*²

Davood. Taghvaei ^{id}³

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

2. Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran.

3. Associate Professor, Department of Psychology, Arak Branch, Islamic Azad University of Arak, Iran.

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Abstract

Aim: The aim of this study was to determine the effectiveness of cognitive-behavioral therapy & treatment focused on compassion therapy on the resilience of women on the verge of divorce referred to social emergency centers in Tehran. **Methods:** This was a quasi-experimental applied study with a pretest-posttest design with a control group & quarterly follow-up. The method of purposeful & r&om sampling from the statistical population was all women on the verge of divorce referring to social emergency centers in Tehran in the spring & summer of 2021. 45 women were assigned to two groups of 15 experiments & 15 groups of controls. Compassion-focused therapy was based on Gilbert & Neff (2007) treatment protocol & cognitive-behavioral therapy session program based on Wildermott (2008) treatment protocol was performed in 8 sessions of 90 minutes. The group had no control therapy. The research instrument was Conner & Davidson (1983) Resilience Questionnaire. Data were analyzed by repeated measures analysis of variance & SPSS-26 software. **Results:** The results showed that cognitive-behavioral therapy & treatment focused on compassion therapy were effective in increasing resilience ($F = 77.93, P = 0.0005$) of women on the verge of divorce. Compassion-focused therapy is also more effective than cognitive-behavioral therapy. **Conclusion:** It can be concluded that both cognitive-behavioral therapy & treatment focused on compassion therapy were effective in increasing women's resilience on the verge of divorce & both approaches can be used to improve women's resilience on the verge of divorce.

Keywords: Cognitive-Behavioral Therapy, Compassionate Therapy, Resilience, Women.

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