



The Effectiveness of Schema Therapy and Imago Therapy on the Difficulty of Emotion Regulation and Failure in People Involved in Emotional Divorce

Arezoo. Nezami¹

Hamidreza. Vatankhah^{2*}

Mohammad Reza. Zarbakhsh³

Shahreh. Ghorban Shiroudi³

1. PhD Student, Department of Counseling, Tonkabon Branch, Islamic Azad University, Tonkabon, Iran.
2. Assistant Professor, Department of Psychology, West Tehran Branch, Islamic Azad University, Tehran, Iran
3. Consulting Department, Tonkabon Branch, Islamic Azad University, Tonkabon, Iran

Email: hamid_vatankha1@yahoo.com Received: 10.11.2021 Acceptance: 07.06.2022

Journal of
Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 2, Pp: 29-32
Summer 2022

Original research article

How to Cite This Article:

Nezami, A., Vatankhah, H., Zarbakhsh, M. Ghorban Shiroudi, SH. (2022). The Effectiveness of Schema Therapy and Imago Therapy on the Difficulty of Emotion Regulation and Failure in People Involved in Emotional Divorce, *aftj*, 3(2): 29-32



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The present research aims to compare the effectiveness of schema therapy and imago therapy on the difficulty of emotion regulation and failure in people involved in emotional divorce. **Methods:** The current research was conducted as a semi-experimental type with a control and follow-up group. The statistical population of this research was the couples who referred to Tehran Judicial Complex in 2018. 45 people were selected by purposive sampling according to the Gutman Emotional Divorce Questionnaire, and were divided into three groups of 15 people, completely randomly. The first experimental group underwent schema therapy intervention by Jeffrey Young et al. (2012) and the second experimental group underwent Hendricks (2013) imago therapy intervention for twelve weekly sessions. The tools of this research were Gutman's Emotional Divorce Scale (1997), Harrington's Frustration Tolerance Questionnaire (2005) and Gratz and Romer's (2004) Emotion Regulation Difficulty Scale. Multivariate analysis of variance and Bonferroni's post hoc test were used to analyze the obtained data. **Results:** The results showed that the intervention of schema therapy and imago therapy was effective on the difficulty of emotion regulation ($F=23.32, P=0.001$) and failure ($F=48.96, P=0.001$) and this effect in the stage The follow-up was stable; Also, the results showed that there is no significant difference between the effectiveness of the two approaches of imago therapy and schema therapy. **Conclusion:** The findings showed that the use of treatments in this research can be used in planning preventive interventions to promote and improve mental health and emotional relationships in people involved in emotional divorce.

Keywords: Schema therapy, Imago therapy, frustration, Difficulty adjusting excitement, Emotional divorce

References

- Alavi Lavasani A , Ahmadi Tahor Soltani M . (2017). Correlation of childhood maltreatment with emotional divorce mediated by attachment styles, early maladaptive schemas and difficulty in emotion regulation. *Health Promotion Management Quarterly*. 6 (4): 49-58(Persian)
- Alizadeh Masal A , Jafar Nejad Langroudi Z . (2018). The effectiveness of schema therapy based on the communication enrichment program of acceptance and mindfulness in intimacy, adaptability and resilience in women with marital conflicts in Karaj city. *Scientific research journal of Alborz University of Medical Sciences*. 7(3):248-256(Persian)
- Asghari F ., Isapour Haftkhan Kh ., Ghasemi Jobneh R . (2018). The effectiveness of emotion regulation training (Persian)
- Asghari F ., Isapour Haftkhani KH ., Ghasemi Jobneh R . (2018). The effectiveness of emotion regulation training on marital exhaustion and emotional divorce of women who want divorce. *Journal of social work*. 7 (1): 14-21(Persian)
- Bardeen, J. R., Kumpula, M. J., & Orcutt, H. K. (2013). Emotion regulation difficulties as a prospective predictor of posttraumatic stress symptoms following a mass shooting. *Journal of Anxiety Disorders*. 27, 188-196
- Bardeen, J. R., Kumpula, M. J., & Orcutt, H. K. (2013). Emotion regulation difficulties as a prospective predictor of posttraumatic stress symptoms following a mass shooting. *Journal of Anxiety Disorders*. 27, 188-196
- Bender, P. K., Reinholdt-Dunne, M. L., Esbjørn, B. H., & Pons, F. (2012). Emotion dysregulation and anxiety in children and adolescents: gender differences. *Journal of Personality and Individual Differences*. 53(3), 284–288.
- Bender, P. K., Reinholdt-Dunne, M. L., Esbjørn, B. H., & Pons, F. (2012). Emotion dysregulation and anxiety in children and adolescents: gender differences. *Journal of Personality and Individual Differences*. 53(3), 284–288.
- Berenson KR, Gyurak A, Ayduk Ö, et al.(2009) Rejection sensitivity and disruption of attention by social threat cues. *Journal of Research in Personality*. 43(6):1064-1072
- Berenson KR, Gyurak A, Ayduk Ö, et al.(2009) Rejection sensitivity and disruption of attention by social threat cues. *Journal of Research in Personality*. 43(6):1064-1072
- Berking, M., Margraf, M., Ebert, D., Wupperman, P., Hofmann, S. G., & Junghanns, K. (2011). Deficits in emotion-regulation skills predict alcohol use during and after cognitive-behavioral therapy for alcohol dependence. *Journal of*
- Berking, M., Margraf, M., Ebert, D., Wupperman, P., Hofmann, S. G., & Junghanns, K. (2011). Deficits in emotion-regulation skills predict alcohol use during and after cognitive-behavioral therapy for alcohol dependence. *Journal of*
- Brown SL, Mitchell SM, Roush JF, Rosa NLL, Cukrowicz KC. (2019). Rejection sensitivity and suicide ideation among psychiatric inpatients: An integration of two theoretical models. *Psychiatry Research*. 272:54-60.
- Brown SL, Mitchell SM, Roush JF, Rosa NLL, Cukrowicz KC. (2019). Rejection sensitivity and suicide ideation among psychiatric inpatients: An integration of two theoretical models. *Psychiatry Research*. 272:54-60.
- Consulting and Clinical Psychology*. 79, 307–318.
- Consulting and Clinical Psychology*. 79, 307–318.
- Emotion-oriented and communication imagery (imagotherapy) on the conflicts of couples referring to counseling centers in Tehran, counseling researches. 19 (76): 4-23(Persian)

- Farrokhi E., Islamzadeh B. (2020). Examining the components of enhancing couples' intimacy: a qualitative analysis. *Counseling researches (News and counseling researches)*. 19(76): 172-208
- Marital burnout and emotional divorce of women seeking divorce. *Social Work Quarterly*. 7 (1): 21-14(Persian)
- Goldenberg I, Goldenberg H. (2012) Family therapy: On overview. 4th ed. Pacific Grove, CA: *Brooks/Cole*, 2: 96-103.
- Goldenberg I, Goldenberg H. (2012) Family therapy: On overview. 4th ed. Pacific Grove, CA: *Brooks/Cole*, 2: 96-103.
- Harrington, N. (2005). The frustration discomfort scale: Development and psychometric properties. *Clinical Psychology & Psychotherapy*. 12(5), 374-387.
- Harrington, N. (2005). The frustration discomfort scale: Development and psychometric properties. *Clinical Psychology & Psychotherapy*. 12(5), 374-387.
- Hendricks H., Hunt H. (2014). Easy marriage guide. Translated by Rahmani Shams, Hassan, Nazari, Morteza. (2015). Tehran: Nasl Aftab (Persian)
- Hendricks H., Hunt H. (2009). Getting the Love You Want: A Practical Guide for Couples. Translated by Rahmani Shams, Hassan, Nazari, Morteza. (2016) Tehran: Nasl Aftab. (Persian)
- Isazadegan A., Dostalizadeh S. (2021). Comparison of cognitive flexibility, cognitive fusion and cognitive dissonance in women and men applying for divorce. *Quarterly journal of nursing, midwifery and paramedicine*. 5 (4): 15-26. (Persian)
- Mahmoudpour A., Dehghanpour S., Adhafi S., Yousefi N. (2021). Predicting women's marital intimacy based on mindfulness, conflict resolution patterns, perceived social support and social well-being. *Social Psychology Research Quarterly*. 10 (39), 102-83(Persian)
- Mateen H., Hayati M. (2017). The effectiveness of imagotherapy group training on defense mechanisms and problem solving for women. *The culture of counseling and psychotherapy*. 8(32): 63-87(Persian)
- Moazhinejad M., Arefi M., Amiri H. (2020). Comparing the effectiveness of couple therapy group training based on acceptance and commitment and imago therapy on couples' sexual intimacy. *Consulting research*. 19 (76): 24-47(Persian)
- Nik Amal M., Salehi M., Bermas H. (2017). The effectiveness of emotion-oriented schema therapy on couples' marital satisfaction. *Psychological studies*. 13(4): 157-174(Persian)
- Nowland, R., Talbot, R., Qualter, P. (2018). Influence of loneliness and rejection sensitivity on threat sensitivity in romantic relationships in young and middle-aged adults. *Personality and Individual Differences*. 131:185-190.
- Nowland, R., Talbot, R., Qualter, P. (2018). Influence of loneliness and rejection sensitivity on threat sensitivity in romantic relationships in young and middle-aged adults. *Personality and Individual Differences*. 131:185-190.
- Sarmad Z., Hijazi E., Bazargan A (2011). *Research methods in behavioral sciences*, Aware Publications (Persian)
- Scott, W., Tyser, J., Penningroth, S. L., Strauch, C. (2021) Assessing self-schema content: The relationship of psychological needs to early maladaptive schemas, rejection sensitivity, and personality traits. *Self and Identity*. 1-22
- Scott, W., Tyser, J., Penningroth, S. L., Strauch, C. (2021) Assessing self-schema content: The relationship of psychological needs to early maladaptive schemas, rejection sensitivity, and personality traits. *Self and Identity*. 1-22
- Seyedabadi S., Nooranipour R., Shafiabadi A. (2020). Comparing the effectiveness of two couples therapy approaches (Persian)

- Shidanfar N ., Navanijad Sh ., Farzad W . (2017). Comparing the effectiveness of emotion-oriented couple therapy and imago therapy on marital satisfaction of couples. *Family Psychology*. 4 (2): 75-88(persian)
- Shojayan M . (2017). The effectiveness of collaborative couple therapy and communication imaging (imagotherapy) on communication patterns and intimacy of disturbed couples referring to the centers of Behbahan city. Thesis, Shahid Chamran University of Ahvaz - Faculty of Educational Sciences and Psychology. Ph.D(persian)
- Young, ME., Long, LL. (1999) *Counseling and psychotherapy of couple*. New York: Guilford, 21-85.
- Young, ME., Long, LL. (1999) *Counseling and psychotherapy of couple*. New York: Guilford, 21-85.