



The Effectiveness of Couple Relationship Enrichment Training with an Emotionally-Focused Approach in Improving Controlling Behavior in Men and Women Faced with Infidelity

Zohreh. Kiadarbandsari¹
Hasan. Mirzahoseini^{2*}
Majid. Zargham Hajebi³

1. PhD student, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran
2. Assistant Professor, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran
3. Associate Professor, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran

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Abstract

Aim: The present study aimed to investigate the effectiveness of couple relationship enrichment training with an emotionally-focused approach in improving controlling behaviors in men and women faced with infidelity. **Method:** The present semi-experimental research had a pretest-posttest design with control and follow-up groups. The statistical population consisted of all women and men who faced infidelity by their spouses in Tehran in 2019-2020. A total of 40 individuals were selected by the convenience sampling method and were randomly classified into the experimental group (n=20) and the control group (n=20). The research tool included the Controlling Behavior Scale by Graham-Kevan and Archer (2005). The experimental group received an intervention to Emotionally-Focused Couple Enrichment intervention for eight 90-minute sessions. The data were analyzed using the repeated-measures analysis of variance (ANOVA). **Result:** The results indicated that the emotionally-focused training method was effective in improving the scores of controlling behaviors ($F=7.47, P=0.040$) in men and women faced with infidelity, and the effect was stable in the follow-up stage. **Conclusion:** The Emotionally-Focused Couple Enrichment training was an effective model for women and men faced with spouse's infidelity and it could be used as a therapeutic or educational method in couple therapy programs.

Keywords: Controlling behavior, Couple relationship enrichment training, Emotionally-focused approach

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