



Comparison of the effectiveness of cognitive-behavioral therapy and schema therapy on sexual dysfunction in infertile women

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Abstract

Aim: The aim of this study was to compare the effectiveness of cognitive-behavioral therapy and schema therapy on sexual dysfunction in infertile women. **Method:** The research method was quasi-experimental with pre-test, post-test design and follow-up with experimental and control groups. The study population was all infertile women referred to infertility centers in Sari in the first 6 months of 2019. The sample consisted of 60 people who were selected by purposive sampling method and randomly assigned to three groups of cognitive-behavioral therapy (20 people), schema therapy (20 people) and control (20 people). The first experimental group received cognitive-behavioral therapy (Becky, Owen and Wright, 2019) and the second experimental group received Young Schematic Therapy (2006) in 8 sessions of 90 minutes. The research instruments were Rosen et al.'s (2000) Sexual Performance Index Questionnaire. Data were analyzed by repeated measures analysis of variance using SPSS-22 software. **Results:** The results showed that cognitive-behavioral therapy and schema therapy improved sexual dysfunction and subscales of sexual desire ($F=12.86$, $P<0.001$), psychological stimulation ($F=22.65$, $P<0.001$), moisture ($F=24.84$, $P<0.001$), orgasm ($F=16.14$, $P<0.001$), satisfaction ($F=21.23$, $P<0.001$) and sexual pain ($F=78.35$, $P<0.001$) has been infertile in women. But there was no significant difference between the effects of these two methods on sexual dysfunction in infertile women ($P>0.05$). **Conclusion:** It can be concluded that cognitive-behavioral therapy and schema therapy are effective in improving sexual dysfunction in infertile women.

Keywords: Cognitive-behavioral, Schema therapy, Sexual dysfunction, Sexual dysfunction, Infertility.

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