



# Comparison of the Effectiveness of Two Group Therapies of Schema Therapy and Emotion Therapy on Stress and Anxiety of Couples

Mahdi. Ahmadi<sup>1\*</sup>  
Somayeh. Basetin<sup>2</sup>

1. \*Corresponding author: Assistant Professor, Department of Counseling, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran
2. PhD Student, Department of Counseling, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran

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## Abstract

**Aim:** The aim of this study was to compare the effectiveness of two group therapies of schema therapy and emotion therapy on stress and anxiety in couples. **Method:** The research method was quasi-experimental with pre-test, post-test and follow-up with control group. The population of this study was all couples referring to specialized counseling and guidance clinics in District 5 of Tehran in 2020-21, from which 45 couples were selected by purposive sampling method and randomly replaced in three equal groups of 15 people. 10 sessions of emotional couple therapy (Johnson, 2009) and 8 sessions of schema therapy (Young, 2003) were performed. Two Stockholm-Tehran Marital Stress Questionnaire and Spielberger Anxiety Questionnaire were used to collect data. SPSS software and multivariate analysis of covariance tests were used to analyze the data. **Results:** The results showed that schema therapy and emotion therapy reduced stress and anxiety in couples in the post-test and follow-up stages. **Conclusion:** The results showed the positive effect of schema therapy and emotion-based therapy on reducing couple stress and anxiety and these two methods have been able to be equally effective. Therefore, it cannot be said that one is superior to the other.

**Keywords:** Schema therapy, Emotional therapy, Stress, Anxiety

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