



The effectiveness of Systemic-behavioral couple therapy on emotion expression style and couples communication pattern

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Abstract

Aim: The aim of this study was to investigate the effectiveness of Systemic-behavioral couple therapy on emotion expression style and communication pattern of couples. **Method:** The statistical population included all couples referring to health centers in Karaj, from which 30 couples who met the inclusion criteria were selected by available sampling method, which was randomly assigned to 2 groups of 15 people to test and select selection. The experimental group received 10 sessions of couple therapy training and the control group did not receive any intervention. Participants were assessed using the Emotional Expression Questionnaire (EEQ) and Family communication pattern questionnaire (RVFCPQ). Data were analyzed using repeated measures analysis of variance using SPSS23 software.

Results: The results show that the intervention was effective in changing the scores of emotion expression style and communication pattern of couples, which means that the mean difference in the studied groups was significant for emotion expression style, dialogue orientation and compliance. **Conclusion:** Based on the obtained results, it can be stated that Systemic-behavioral couple therapy has been effective on the expression of emotion and communication pattern of the couple and this effectiveness has been stable over time.

Keywords: Systemic-behavioral couple therapy, emotion expression style, couple communication model.

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