The effect of cognitive-behavioral couple therapy on couples' communication patterns

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Abstract
The purpose of this study was to investigate the effectiveness of cognitive-behavioral couple therapy on couple's communication patterns. The statistical population was the couple’s residence in Ardabil city, among them 12 couples (6 couples in control group and 6 couples in experimental group) were selected via voluntarily sampling method, and were randomly assigned into experimental (7 sessions of cognitive-behavioral couple therapy) and control groups. The assessment tool was Communication Patterns Questionnaire (Christensen & Sullaway, 1984) and data were analyzed using analysis of covariance. The results showed that there was significant difference between experimental and control group in communication patterns such as constructive, mutual avoidance, total of withdrawal/demand, demand male/withdrawal female and demand female/withdrawal male (P<0/05).

Keywords: cognitive-behavioral couple therapy, communication patterns, couples.