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Title: Marital Satisfaction: Do Executive Functions Matter?

Submission Author: Zahra Hosseinzadeh Maleki

Author Names: Fatemeh Bagherzadeh, Bachelor student of psychology, Ferdowsi University of Mashhad; Zahra Hosseinzadeh Maleki, Assistant professor, Ferdowsi University of Mashhad; Zahra Oskouie, Imam Reza International University; Fatemeh Zareh, Imam Reza International University; Zahra Barzakhi Farimani, Imam Reza International University.

Abstract

Background and Aim: Recent evidence suggests the effective role of cognitive factors in the quality of couple relationships. The purpose of this study was to investigation of the relationship between executive functions and marital satisfaction.

Methods: The current study was a quantitative and correlational research. The statistical population comprised married men and women (18-65 year old) living in Mashhad City, Iran. Purposive sampling technique was used to select 163 male and female. The research inclusion criteria consisted of age between 18 and 65 years, living in Mashhad. The exclusion criteria were widows and divorced people, having extramarital relationships, having serious suicidal thoughts, having a history of admission to psychiatric hospital. The study was conducted by collecting self-report measures of Enrich marital satisfaction scale and Barkley deficits in executive functioning scale (BDEFS). The obtained data were analyzed using Pearson correlation

Results:A negative but not significant correlation ($p > .05$) was observed between the marital satisfaction and the total DEX score, also between marital satisfaction and all components of EF ($p > .05$)

Conclusion: Although findings suggested that empirical designs and larger samples be used in future research, highlight the necessity of considering cognitive characteristics in programs for the promotion of the relationships between couples and premarital counseling.

Keywords: Cognitive Psychology, Executive Functioning, Brain, Marital Satisfaction