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Comparison and Effectiveness of Stress Reduction Methods based on Mindfulness and Solution-focused Therapy on Reducing Aggression and Marital Conflicts in couples with addict spouses

Submission Author: Javad Asadolahi

Javad Asadolahi¹, Seyyed Ali Kimiayee², Ali Mashhadi²

1. MSc in family counseling, Department of Psychology and educational Sciences -Ferdowsi University of Mashhad, Mashhad, IR Iran. (asadolahi_javad@yahoo.com)
2. Associate professor, Department of Psychology and educational Sciences- Ferdowsi University of Mashhad, Mashhad, IR Iran.

Background and Aim: Considering the role of family, which is one of the main pillars of society, it should be said that achieving a healthy society depends on the family. Family health also depends on the mental health of couples and favorable relationship between them. This study has been conducted to compare the effectiveness of mindfulness-based stress reduction group therapy with solution-focused group therapy in reduction of aggression and marital conflicts of couples between whom the husband is an addict, the couples who go to the parent drug rehabilitation clinic of Mashhad

Methods: This is a practical study and a quasi-experimental research methodology with a pre-test–post-test control-group design has been used. The population consists of all couples who have gone to the parent drug rehabilitation clinic of Mashhad in 1393 (2014); among all these couples the problem has been drug abuse in husbands. 15 couples with marital conflicts and signs of aggression have been selected from the population through convenience sampling, and they have been replaced randomly into two treatment groups and one control group. The required data have been collected through aggression questionnaire (Buss and Perry, 1999), and marital conflict questionnaire. Then treatment groups receive eight sessions of group therapy (each session is 90 minutes); meanwhile, the control group receives no intervention. Finally, when the group therapy sessions finish, a post-test is given

The results: Findings of the study are analyzed through analysis of covariance (ANCOVA) done with SPSS 21. The results confirm the secondary hypotheses of the research, and show that mindfulness-based stress reduction group therapy and solution-focused group therapy can cause a reduction in aggression and marital conflicts of the couples between whom the husband is an addict