

Effectiveness of Intensive Short-Term Dynamic Psychotherapy (ISTDP) to Reducing Alexithymia in Divorce Applicant Women

1. Shahram Mami, 2. Afshin Safarnia*, 3. Leyla Tardast, 4. Bita Abbasi

1. Assistant Professor of Psychology, University of Humanities, Islamic Azad University of Ilam, Ilam, Iran.
Email: shahram.mami@yahoo.com
2. Corresponding Author: PhD, Department of Psychology, Ilam Branch, Islamic Azad University, Ilam, Iran.
Email: Afshinsafarnia@Hotmail.com
3. PhD, Department of Psychology, Ilam Branch, Islamic Azad University, Ilam, Iran.
Email: yadyaran62@yahoo.com
4. Master of General Psychology, Islamic Azad University, Kermanshah Branch, Kermanshah, Iran.
Email: sepehr180@mailfa.com

Abstract

The study method was quasi-experimental with a pretest-posttest design with a control group. The statistical population of the study included all women seeking divorce referred to counseling and assistance centers in Kermanshah in 1396, from which 30 people were selected by purposive sampling method and randomly selected in two experimental and control groups. The experimental group was appointed Intensive short-term intensive scanning psychotherapy intervention for twice a week in 9 sessions of 60 minutes; the control group was placed on a waiting list. The Alexithymia Toronto questionnaire was used for pre-test and post-test to collect data and data were analyzed using univariate analysis of covariance. Result in the post-test stage, showed a significant difference in the rates of mood dysphoria between the experimental and control groups.

Keywords: Divorce, emotional insufficiency, psychotherapy, scanning.

Introduction

Divorce is one of the most disturbing factors in human life, in which there is a multifaceted structure, consisting of difficulty in recognizing emotions, difficulty in describing emotions to others, the difficulty in distinguishing between emotions and bodily stimuli related to emotional arousal. The power of limited visualization, which depends on the poverty of imagination and objective (non-visual), pragmatic and realistic or objective thinking is defined (Duddu, et al., 2003). This failure prevents the regulation of emotions, makes successful adjustment difficult, people with emotional dysfunction also suffer from a lack of rhythm, as well as defects. Have a wide range of ability to detect emotional stimuli (White, et al., 2010). Extensive studies over the past two decades have shown that disclosure, both verbal and written, improves physical and mental health (Pennebaker, et al., 2007). According to the results of this treatment in the country

so far to the types of neurosis and personality disorders and the need to help women to manage emotions in their relationships and manage interpersonal disputes in a way that despite the emotional failure reduce the absence of their spouses in treatment sessions, and pay attention to the fact that men with marital conflicts rarely refer to counseling and social work centers in Iran (Mobassem, et al., 2012) and with Paying attention to the function of scanning psychotherapy on defenses, anxiety and emotional experience can have an effect on resolving emotional conflicts. In this regard, the hypothesis of intensive short-term dynamic psychotherapy research is effective in reducing emotional failure in women seeking divorce.

Method

The design used was quasi-experimental with pretest-posttest and control group. The criteria for entering the selected sample were: 1- Age range of 20-40 years; 2- No addiction to opioids and psychotropic substances and methadone use; 3- Has at least two years of living together; 4- Minimum 9th grade education and maximum bachelor's degree; 5- Not having all kinds of psychosis; 6- Ability to participate in treatment sessions. Exclusion criteria: 1- Impulse control disorders; 2. Bipolar disorders; 3- Not being able to read and write and 4- Not receiving medical treatment or any kind of psycho-social treatment at the same time. Confirmation of the absence of disorders was done by a psychiatrist and a psychologist in charge of the medical center. Intensive short-term scanning psychotherapy (Mubasem, et al., 2013) intervention for twice a week in 9 sessions of 60 minutes were performed the control group was placed on a waiting list. The Alexithymia Toronto questionnaire was used for pre-test and post-test to collect data

Findings

Participants in this study were in the age range of 20-35 years with an average age of 30. Most of the participants' educational levels (53.33%) were 9th grade and 8 (26.67%) of the subjects had diplomas and 6 (20%) also had a master's degree and bachelor's degree.

Table.1-Descriptive statistics of the studied variable in pre-test and post-test

Variable	group	pre-exam		Post-test	
		Average	Standard deviation	Average	Standard deviation
Emotional insufficiency	the experiment	42.11	4.43	32.80	4.84
	Control	41.45	6.01	40.23	6.18

The results of the output analysis show that the significance level obtained in the Kolmogorov-Smirnov test is $Z=0.75$ from the level ($P > 0.05$), and $F=1.35$ at $P=0.83$ for Levine test. It is bigger about the assumption of equality of variances of the two groups in the variable of emotional insufficiency. And the null hypothesis that the data is not normal is rejected.

After adjusting the pre-test scores, table2 shows that there is a significant difference between the post-test scores of the experimental and control groups. The difference between the scores of the experimental and control groups or the magnitude of the effect of the treatment period ($\eta^2= 58.0$), i.e., 58% of the variance of the total remaining scores is affected by the intensive short-term dynamic psychotherapy approach (group membership).

Table 2. Results of ANCOVA of emotional insufficiency scores with adjusting of pretest effect

source	Sum of Square	df	Mean of square	F	P	Eta2
covariate	3256.07	1	3256.07	5.05	0.003	0.15
group	13216.72	1	13216.719	77.03	0.001	0.58
Error	4235.07	28	162.54	-	-	-
total	462397	30		-	-	-

Discussion

The results showed that attending intensive short-term, intensive scanning psychotherapy sessions reduced the emotional insufficiency of women seeking divorce. In explanation, it can be said that emotion regulation and especially positive cognitive marketing strategy of emotions reduces negative emotions and increases positive emotions and adaptive behavior of divorced couples (Khazan, et al., 2016). Also, in psychotherapy, intensive short-term scanning through the

therapeutic experience of the therapist allows the client to face in a suitable environment what he or she has avoided throughout life and the non-adaptive ways to communicate with used himself and others, let go.

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Conflict of Interests

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