

## Comparison of Effectiveness of the Horney's Psychoanalysis and the Cognitive Psychotherapy on Conflict Resolution Styles of Neurotic Women

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### Introduction

Studies have shown that neurotic personalities tend to use passive strategies, such as avoidance, self-blame, imaginary thinking, or interpersonal militant strategies of coping with stressful situations, such as hostility reaction, discharge, and exhaustive use of negative emotions. Higher levels of neuroticism exacerbate negative emotions that influence well-being as well. Karen Horney described in detail the process of neuroticism formation and its related factors. She has also point out appropriate solutions to resolve it in individuals. However, few research investigated the application of the theory and its derivated analytic psychotherapy. The purpose of this study then was to investigate the effectiveness of Horney's psychoanalytic therapy on conflict resolution styles of neurotic women compared with cognitive therapy.

### Method

In a randomized controlled trial design among 300 married women referred to counseling centers in the eastern region of Tehran in 2016-2017 for problems with their spouse, a sample of 45 married neurotic women

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according to "Horney-Coolidge Tridimensional Inventory" scores were selected by available sampling method. The final sample of 45 women were randomly divided into three groups of 15 persons. The first and second groups received 15 sessions of individual counseling with cognitive therapy and Horney's Psychoanalysis approaches respectively. Rahim Conflict Resolution Styles Inventory in three steps including baseline, midphase and termination phase completed as well.

### Results

A repeated measures analysis of variance showed significant effects for the time and time\*groups on integrated, avoidant, dominant and obliging conflict resolution styles. Comparing the efficacy of the two therapies showed that both experimental groups had a significant increase in integrated conflict resolution style and a significant decrease in avoidant conflict resolution style, compared to the control group, while no significant difference found between two therapy groups. Compromising conflict style increased significantly in cognitive therapy group compared to control group and Horney's psychoanalysis as well. Finally, the obliging conflict style significantly reduced in Horney's psychoanalysis group, compared to control and cognitive therapy group.

### Conclusion

It could be concluded that two therapeutic approach improved the conflict resolution styles in neurotic women and are then recommended to clinicians.

**Keywords:** psychoanalysis, Karen Horney, cognitive therapy, conflict resolution styles, neurotic women.

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