

## Comparison of the Effectiveness of Schema Therapy and Compassion-focused Therapy on Marital Life Satisfaction and Maladaptive Schemas Married Student Women

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### Introduction

The aim of this study was to compare the effectiveness of schema therapy and compassion-focused therapy on marital life satisfaction and maladaptive schemas. Marital relationships are the most basic and important interpersonal relationships that create the basic structure for establishing family relationships and raising children. One of the common concepts to show the level of happiness and stability of this marital relationship is the concept of marital satisfaction. Another variable that can affect women's performance is early maladaptive schemas. Early maladaptive schemas are beliefs that people have about themselves, others, and the environment, and typically stem from the satisfaction of basic needs, especially emotional needs, in childhood. Various factors can affect and change the variables of early maladaptive schemas and marital satisfaction of women. Schema therapy and compassion-focused therapy play an important role in this satisfaction.

### Methods

The present study was an experimental study with a pretest-posttest design and follow-up with a control group. The statistical population included married women students of Ahvaz Azad University in 2019 60 of them with a history of marriage between 1 to 5 years were selected by purposeful method and then randomly divided into two experimental groups

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(20 people each) and one control group (20 people). The research tools were the marital satisfaction questionnaire and the initial maladaptive schemas questionnaire. The schema experimental group received eight 90-minute schema therapy sessions and the compassion experimental group received eight 90-minute compassion-focused treatment sessions based on Gilbert's concepts. Data analysis was performed using multivariate analysis of covariance.

### Results

The results showed that schema therapy is effective in marital satisfaction of married women and also in four of the five domains of primary maladaptive schemas and treatment focused on compassion for marital satisfaction and on all five domains of primary maladaptive schemas. Also, comparing the means of schema therapy and compassion-focused therapy in the dependent variable of marital satisfaction in the post-test and follow-up stages showed that there is no significant difference between schema therapy and compassion-focused therapy in terms of effectiveness on marital satisfaction. Schematic therapy and compassion-focused therapy in the dependent variable of maladaptive schemas showed that the difference between the means of these two groups in none of the five areas of early maladaptive schemas in the post-test and follow-up stages was significant. Therefore, it can be said that there is no significant difference between schema therapy and compassion-focused therapy in terms of the effect on initial maladaptive schemas in the post-test phase and the follow-up phase.

### Cocnclusion

According to the obtained results, schema therapy and compassion-focused therapy can be used to improve marital satisfaction and early maladaptive schemas in married female students.

**Keywords:** Compassion-focused therapy, Incompatible schemas, Married women, marital satisfaction, Schema therapy

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**Author Contributions:** In the current research, Behnam Makvandy, as a supervisor, was responsible for supervising and strategizing the overall process of the research and compiling and finalizing the corrections of the article. In developing the research plan, Mansoureh Nasirharand was in charge of the process of gathering, analyzing and interpreting the findings and writing the text of the article, and in general, drawing conclusions from the findings and expanding and interpreting them jointly and with the discussion and exchange of opinions of all colleagues and with the support of Reza Pasha and Sasan Bavi. It was done as thesis advisor professors.

**Conflict of interest:** The authors acknowledge that there is no conflict of interest in this article.

**Funding:** The current research did not receive financial support from any institution and institution, and all expenses during the research implementation process were borne by the researchers.

**Acknowledgments:** The present research would not have been possible without the cooperation of the professors, the participants in the implementation of the research, and the Islamic Azad University of Ahvaz branch; We hereby acknowledge and thank all the participants.

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