



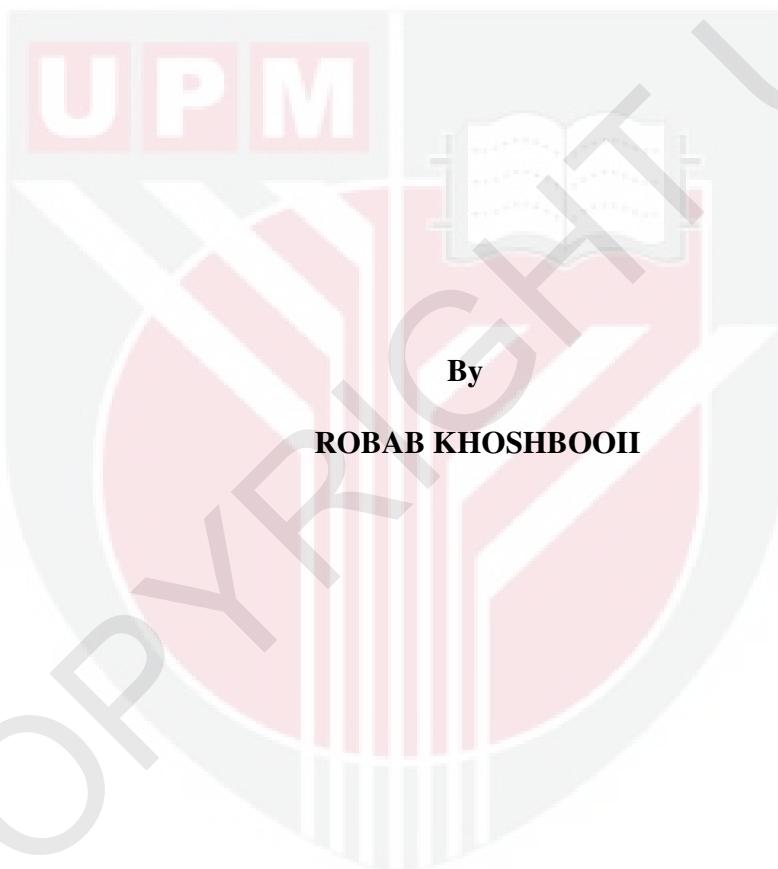
UNIVERSITI PUTRA MALAYSIA

EFFECTIVENESS OF GROUP AND INDIVIDUAL COGNITIVEBEHAVIOR-THERAPY ON DEPRESSION AND DEPRESSION REDUCTION EFFECTS ON MARITAL SATISFACTION AND SEXUAL RELATIONSHIPS AMONG MENOPAUSAL IRANIAN WOMEN

ROBAB KHOSHBOOII

FPP 2011 25

EFFECTIVENESS OF GROUP AND INDIVIDUAL COGNITIVE-BEHAVIOR-THERAPY ON DEPRESSION AND DEPRESSION REDUCTION EFFECTS ON MARITAL SATISFACTION AND SEXUAL RELATIONSHIPS AMONG MENOPAUSAL IRANIAN WOMEN



By

ROBAB KHOSHBOOII

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfillment of the Requirements for the Degree of Doctor of Philosophy

November 2011

DEDICATION

This thesis is dedicated to all the members of my family, and friends who supported and encouraged me, especially my parents Mohtaram and Nasser khoshbooii.

Also my deepest appreciation goes to my dear daughters Helya and Elmira for their love and encouragement during the course of my study.

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment
of the requirement for the degree of Doctor of Philosophy

**EFFECTIVENESS OF GROUP AND INDIVIDUAL COGNITIVE
BEHAVIOR-THERAPY ON DEPRESSION AND DEPRESSION
REDUCTION EFFECTS ON MARITAL SATISFACTION AND SEXUAL
RELATIONSHIPS AMONG MENOPAUSAL IRANIAN WOMEN**

By

ROBAB KHOSHBOOII

November 2011

Chairman: Siti Aishah Bt Hassan, PhD

Faculty: Educational Studies

Transition to menopause is marked by significant physiological and emotional changes that are distressing for a number of women and may lead to depression. Cognitive Behavior Therapy (CBT) as an effective intervention has been examined on different disorders and population and, but in the case of Iran, although CBT has also been practiced, it has not been done on menopausal women. Therefore, the main purpose of this study is to examine the effectiveness of CBT on depression among Iranian women around menopause and explore the impact of reduction of depression on marital satisfaction and sexual relationship among this group of Iranian women.

This study was conducted as an experimental design with pre-test, post-test and four weeks follow-up. Seventy-two women aged 40-55 years who met DSM-IV criteria for major depression were recruited through multi-stage random sampling from four health centers in the municipality of Tehran, Iran and randomly assigned to two experimental groups and one control group. The experimental groups underwent group cognitive behavior therapy (G-CBT) or individual cognitive behavior therapy (I-CBT) for depression while the control group received regular treatment on menopause. Instruments for data collection included Beck Depression Inventory (BDI-II), ENRICH-marital satisfaction, and ENRICH-sexual relationship questionnaires, which were completed by the participants three times.

Results of repeated measure ANOVA for G-CBT and I-CBT illustrated that there was a statistically significant difference in the depression scores over time for both experimental groups $p<.05$, partial effect size $\eta^2 = .92$ and $\eta^2 = .95$ respectively. Furthermore, running MANOVA test revealed that there was a significant difference in marital satisfaction and sexual relationship in follow-up measurements between three groups $p<.05$, partial effect size $\eta^2 = 0.60$, $\eta^2 = .65$ respectively, indicating that the mean differences between groups are large. These results demonstrated that the treatment, comprised of 16 sessions of group CBT or eight sessions of individual CBT intervention for major depression, appears feasible and produced favorable treatment outcomes among Iranian women with major depression around menopause period. Second and third outcomes indicate that the treatment of depression is

effective in improving marital satisfaction and sexual relationship and leads to significant changes in these factors among participants of the experimental groups.

The findings of the present study, firstly, support the effectiveness of the cognitive behavioral therapy (CBT) approach in terms of reducing depression among Iranian women around menopause period. Secondly, indicate that depression, marital satisfaction and sexual relationship tend to change simultaneously in women around menopause period. The findings of this study have implications for menopausal and mental health clinics, marriage and family therapy centers and physicians who provide treatment for women around menopause period. In general, the findings also may have implications on counseling psychology theory and specifically on CBT. Group therapy appears to be a more beneficial and cost-effective alternative to individual therapy especially for CBT. Future studies may be needed to replicate the findings and for generalization.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah.

KEBERKESANAN TERAPI KOGNIFIF-TINGAKAH LAKU KELOMPOK DAN INDIVIDU TERHADAP KEMURUNGAN DAN KESAN PENUNRUNAN KEMURUNGAN TERHADAP KEPUASAN PERKAHWINAN DAN HUBUNGAN SEXUAL DI DALAM KALANGAN WANITA IRAN YANG MENOPOSAL

Oleh

ROBAB KHOSHBOOII

November 2011

Pengerusi: Siti Aishah Bt Hassan, PhD

Fakulti: Pengajian Pendidikan

Peralihan ke putus haid bermula dengan perubahan ketara dari segi fisiologi dan emosi yang membawa kepada kemurungan. Terapi Kognitif Kelakuan (CBT) adalah satu kaedah berkesan di dalam rawatan kemurungan dan telah dipraktikkan di beberapa buah negara. Walau bagaimanapun, bagi negara Iran yang juga mempraktikkan CBT, ia tidak dilakukan ke atas wanita yang putus haid. Oleh itu, objektif utama kajian ini adalah untuk mengkaji keberkesanannya Terapi Kognitif Kelakuan (CBT) kepada wanita Iran yang mengalami putus haid dan mengkaji kesan di dalam kepuasan perkahwinan dan hubungan seksual bagi wanita yang menghampiri putus haid.

Kajian ini dijalankan terhadap 72 orang wanita Iran berusia 40 ke 55 tahun yang menepati criteria DSM-IV dan dipilih secara rawak menerusi pelbagai peringkat daripada empat pusat kesihatan di Bandaraya Tehran, Iran dan mereka ditempatkan di dua kumpulan eksperimen dan satu kumpulan kawalan. Kedua-dua kumpulan eksperimen tersebut menjalani terapi Terapi Kognitif Kelakuan Kumpulan (G-CBT) dan Terapi Kognitif Kelakuan Individu (I-CBT) untuk kes kemurungan manakala kumpulan kawalan menjalani rawatan biasa untuk kes putus haid. Alat kajian yang digunakan untuk pengumpulan data adalah borang kaji selidik seperti Kemurungan Inventori Beck (BDI-II), ENRICH-kepuasan perkahwinan, dan ENRICH-hubungan seksual yang kesemuanya dilengkappan oleh peserta sebanyak 3 kali.

Keputusan daripada ulangan pengukuran ANOVA untuk G-CBT dan I-CBT menunjukkan terdapat perubahan statistik yang ketara untuk dua buah kumpulan $p<.05$, kesan saiz $\eta^2 = .92$ dan $\eta^2 = .95$. Selain itu, penggunaan ujian MANOVA menunjukkan bahawa terdapat perubahan ketara di dalam kepuasaan perkahwinan dan hubungan seks di dalam pengukuran lanjutan di antara tiga kumpulan masing-masing $p<.05$, kesan saiz $\eta^2 = 0.60$ $\eta^2 = .65$ yang menunjukkan perbezaan min adalah besar. Hasil kajian menunjukkan rawatan kemurungan yang merangkumi 16 sesi untuk kumpulan CBT dan 8 sesi untuk individu CBT adalah praktikal dan menjadikan ia sebagai rawatan kegemaran di kalangan wanita-wanita Iran yang mengalami kemurungan dan menghampiri putus haid.

Penemuan pertama daripada kajian terkini menunjukkan CBT adalah kaedah berkesan di dalam mengurangkan kadar kemurungan di kalangan wanita-wanita Iran yang menghampiri peringkat putus haid dan penemuan kedua menunjukkan kemurungan dan kepuasan hubungan boleh berubah seiring dengan peralihan ke peringkat putus haid. Penemuan daripada kajian memberi implikasi kepada klinik kesihatan mental dan peralihan putus haid, pusat terapi keluarga dan perkahwinan dan doktor yang merawat wanita yang menghampiri peringkat putus haid. Secara keseluruhannya, kajian ini juga memberi implikasi kepada teori psikologi terutamanya kepada CBT. Terapi kumpulan didapati lebih bermanfaat dan merupakan alternatif kos efektif bagi terapi individu terutamanya CBT. Kajian masa hadapan adalah diperlukan untuk menghasilkan penemuan secara keseluruhan.

ACKNOWLEDGEMENTS

First of all, praise be to God for His support and guidance throughout the duration of my studies and in the preparation of this project. Also, “Thanks” is the perfect word to express my sincere gratitude to the many kind and helpful people who have helped to make possible the completion of this thesis. To my chairperson, Dr Siti Aishah Bt Hassan, whose support and encouragement made this project possible, I express my deepest appreciation. With her, I learned, and I grew, not only as a professional but also as a human being, to challenge, to ask and to listen and to learn, with patience and humility. Thanks for all your time and advice. My gratitude is due to the members of my supervisory committee - Assoc. Prof. Dr. Mohd Sahandri Gani Bin Hamzah and Dr. Maznah Binti Baba - for their guidance and constant support throughout the research. I admire their devotion to science.

I would also like to thank my supervisor in Iran, Dr Younessi, who provided support for me at various times to conduct this project in Iran. In addition, I would like to express my appreciation to Dr. Khosravi, the chief manager of municipality area 3, who helped me during administration and data collection.

Finally, I wish to thank the most important people in my life, my daughters, Helya and Elmira, for their unconditional love and faith in me.

ROBAB KHOSHBOOII
November 2011

I certify that a Thesis Examination Committee has met on 22-NOV-2011, to conduct the final examination of Robab Khoshbooui on my thesis entitled "Effectiveness of Group and Individual Cognitive-Behavior-Therapy on Depression and Depression Reduction Effects on Marital Satisfaction and Sexual Relationships among Menopausal Iranian Women" in accordance with the Universities and University Colleges Act 1971 and the Constitution of Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The committee recommends that the student be awarded the Doctor of Philosophy.

Members of the Examination Committee were as follows:

Maimunah binti Ismail, PhD

Professor

Faculty of Educational study

Universiti Putra Malaysia

(Chairman)

Halimatun Halaliah binti Mokhtar , PhD

Senior Lecturer

Faculty of Educational study

Universiti Putra Malaysia

(Internal Examiner)

Wan Marzuki bin Wan Jaafar, PhD

Lecturer

Faculty of Educational study

Universiti Putra Malaysia

(Internal Examiner)

Samuel T. Gladding, PhD

Professor

Wake Forest University

United States of America

(External Examiner)

SEOW HENG FONG, PhD

Professor and Deputy Dean

School of Graduate Studies

Universiti Putra Malaysia

Date: 20/ December/ 2011

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of doctor of Science. The members of the Supervisory Committee were as follows:

Siti Aishah Binti Hassan, PhD
Senior Lecturer
Faculty of Educational Study
Universiti Putra Malaysia
(Chairman)

Mohd Sahandri Gani bin Hamzah, PhD
Associate Professor
Faculty of Education Studies
Universiti Putra Malaysia
(Member)

Maznah Binti Baba, PhD
Associate Professor
Faculty of Education Studies
Universiti Putra Malaysia
(Member)

BUJANG BIN KIMHUAT, PhD
Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

DECLARATION

I declare that the thesis is my original work except for quotation and citation which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

ROBAB KHOSHBOOII

Date: 22/ November/ 2011



TABLE OF CONTENTS

	Page
ABSTRACT	iii
ABSTRAK	vi
ACKNOWLEDGEMENTS	ix
APPROVAL	x
DECLARATION	xii
LIST OF TABLES	xvii
LIST OF FIGURES	xix
LIST OF ABBREVIATIONS	xx
CHAPTER	
1 INTRODUCTION	
1.1 Background	1
1.2 Statement of Problem	6
1.3 Research Questions	10
1.4 Research Hypotheses	12
1.5 Significance of the Study	15
1.6 Limitation of study	18
1.7 Study Variables	19
1.8 Definitions of Terms	20
1.8.1 Depression	20
1.8.2 Marital Satisfaction	21
1.8.3 Sexual relationship	21
1.8.4 Menopause	22
1.8.5 Premenopause	22
1.8.6 Perimenopause	22
1.8.7 Menopausal transition	22
1.8.8 Cognitive Behavior Therapy	23
1.8.9 Group Cognitive Behavior Therapy	23
1.8.10 Individual Cognitive Behavior Therapy	23
1.9 Summary	23
2 LITERATURE REVIEW	
2.1 Overview	25
2.2 Theoretical Framework	25
2.2.1 Historical perspective	26
2.2.2 Basic Concepts of Cognitive Therapy	28
2.2.3 Cognitive theory for depression	29
2.2.4 Techniques in Cognitive Behavior Therapy for	34

	depression	
2.2.4.1	Behavioral Techniques	34
2.2.4.2	Cognitive Techniques	39
2.2.4.3	Psycho-Education	43
2.2.5	Phases of Treatment	44
2.2.6	Mechanism of change	44
2.2.7	Efficacy of group and individual CBT	46
2.2.8	Efficacy of group and individual CBT for depression	47
2.2.9	Comparison the efficacy of group and individual CBT for depression	55
2.2.10	Number of participants	58
2.2.11	Benefit of group CBT format	60
2.2.12	Summary	61
2.3	Menopause	62
2.3.1	Symptoms of menopause	63
2.3.2	Age at menopause	65
2.3.3	Epidemiology of menopause	66
2.3.4	Menopause and depression	66
2.3.5	Belief and attitude towards menopause	73
2.3.6	Study of Menopause and Depression in Iran	76
2.3.7	Summary	79
2.4	Depression	80
2.4.1	Categories of diagnosis	81
2.4.2	Diagnosis of major depression	81
2.4.3	Epidemiology of depression	82
2.4.4	Depression and functional impairment	84
2.4.5	Prevalence of depression in Iran	85
2.4.6	Summary	90
2.5	Marital satisfaction	91
2.5.1	Factors affecting marital satisfaction	92
2.5.2	Marital satisfaction and depression	94
2.5.3	Study of marital satisfaction in Iran	99
2.5.4	Summary	103
2.6	Sexual relationship	103
2.6.1	Sexual relationship and age	104
2.6.2	Sexual relationship and menopause	106
2.6.3	Sexual relationship and depression	109
2.6.4	Study of sexual relationship in Iran	112
2.6.5	Summary	117

3	METHODOLOGY	119
3.1	Overview	119
3.2	Research Design	119
3.3	Internal and external Validity	122
3.4	Population and sampling	129
3.4.1	Determination of the Sample Size	130
3.4.2	Sampling Participants, Eligibility and Screening	131
3.4.3	Sampling procedure	134
3.4.4.1	Threats to sampling procedure	135
3.5	Instrumentation	136
3.5.1	Demographic Questionnaire	137
3.5.2	Beck Depression Inventory(BDI-II)	137
3.5.3	Persian version of BDI-II	141
3.5.4	ENRICH Questionnaire	142
3.5.5	Persian version of ENRICH	143
3.5.6	Reliability of instruments in this study	145
3.6	Administrative Instruments	146
3.6.1	Threat to internal validity(Testing)	146
3.7	Protection of human subjects	147
3.8	Data Collection	147
3.9	Method of conducting research	150
3.9.1	Threat to internal validity(Maturation)	151
3.10	Individual cognitive behavior therapy sessions	153
3.11	Group cognitive behavior therapy sessions	158
3.12	Data Analysis	169
3.12.1	Descriptive Analysis	169
3.12.2	Inferential Analysis	170
3.12.3	Threat to statistical regression	171
3.13	Summary	171
4	RESULTS AND DISCUSSION	176
4.1	Overview	176
4.2	Purpose Requiring Descriptive Statistics	176
4.3	Purpose Requiring Inferential Statistics	176
4.4	Descriptive Statistics	177
4.4.1	Demographic Characteristics of Sample	177
4.4.2	Demographic variables in Three Groups	178
4.4.3	Homogeneity of Variances in Three Groups	180
4.4.4	Exploratory Data Analysis	181
4.4.5	Association between Dependent Variables	184
4.5	Hypothesis Testing	185
4.6	Results and discussion for depression	185
4.7	Discussion on Depression (Research Question One)	195
4.8	Results and discussion for marital satisfaction	207

4.9	Discussion on marital satisfaction (Research Question Two)	217
4.10	Results and discussion of sexual relationship	224
4.11	Discussion on sexual relationship (Research Question Three)	233
4.12	Summary	240
5	CONCLUSION AND RECOMMENDATION	241
5.1	Overview	241
5.2	Summary of the study	241
5.3	Conclusion of the study	244
5.4	Theoretical Implication	246
5.5	Clinical implication	248
5.6	Recommendation for future study	253
REFERENCES		256
APPENDICES		283
BIODATA OF STUDENT		302