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

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EFFECTIVENESS OF GROUP AND INDIVIDUAL COGNITIVE-BEHAVIOR-THERAPEUTY 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

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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 khoshbooi.

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

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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 $\eta^2 = .60$, $\eta^2 = .65$ 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.

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

Oleh

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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 memperaktikkan CBT, ia tidak dilakukan ke atas wanita yang putus haid. Oleh itu, objektif utama kajian ini adalah untuk mengkaji keberkesanan 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 dilengkapkan 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 \( r^2 =.92 \) dan \( r^2 =.95 \). 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 \( r^2 = 0.60 \) \( r^2 =.65 \) 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 alternative kos efektif bagi terapi individu terutamanya CBT. Kajian masa hadapan adalah diperlukan untuk menghasilkan penemuan secara keseluruhan.
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ROBAB KHOSHBOOII
November 2011
I certify that a Thesis Examination Committee has met on 22-NOV-2011. to conduct the final examination of Robab Khoshbooi 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.

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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
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