



UNIVERSITI PUTRA MALAYSIA

**EFFECTS OF THERAPEUTIC INTERVENTIONS ON MENTAL HEALTH OF
WOMEN EXPERIENCING DOMESTIC VIOLENCE IN TEHRAN, IRAN**

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**By
PARAND ARZANI**

**This thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfilment of the Requirements for the Degree of Doctor of philosophy**

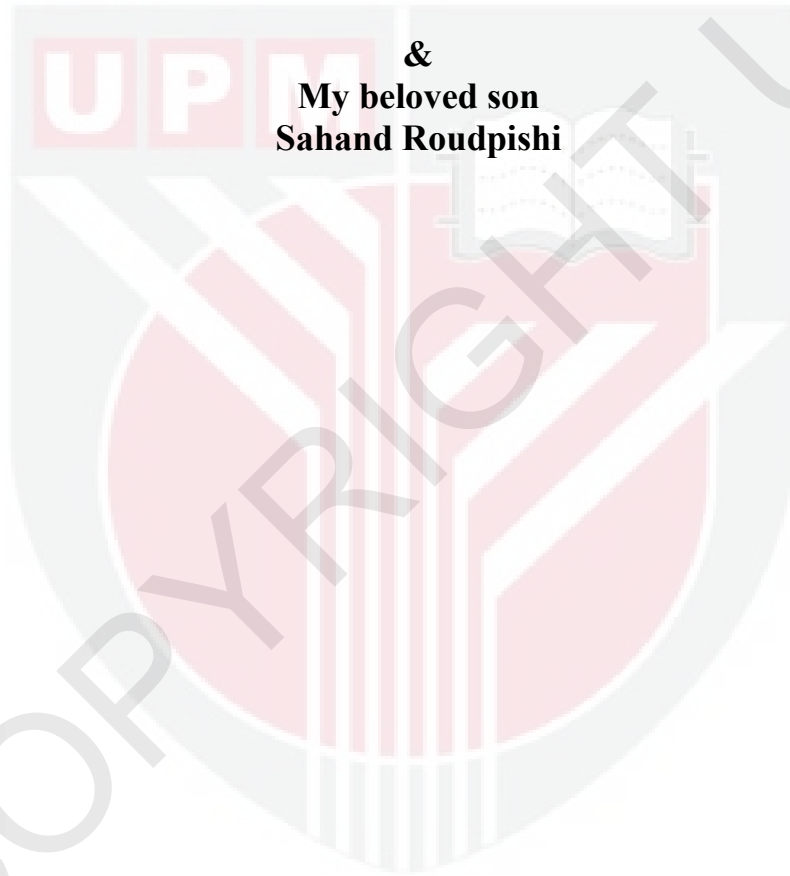
April 2012

To My Parents

**My father, Esmael Arzani
My mother, Zahra Asadizadeh**

My brother, Parham Arzani

**&
My beloved son
Sahand Roudpishi**



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

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April 2012

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Faculty: Educational Studies

This study was carried out to investigate the effects of three therapeutic interventions on the mental health of women who are experiencing domestic violence. The therapeutic interventions investigated in this study are Cognitive-behaviour therapy, Feminist therapy, and Combination of therapies (CBT & FEM).

The research design was experimental using both descriptive and inferential statistics to address the research objectives and hypotheses, respectively. Sixty women from a counselling center in Tehran, who are experiencing domestic violence, were randomly assigned into treatment groups based on systematic random sampling. Potential respondents were initially screened by using the Domestic Violence Questionnaire (Ghahari, 2004). Later on respondents were selected based on the following criteria: age, marital status, duration of marriage and number of marriage. An interpersonal interview was carried out and the SCL-90-R was administered as pre-test. The subjects were then

placed in the following groups: a) Cognitive-behaviour Therapy, b) Feminist Therapy, c) Combination of Therapies (Cognitive-behaviour therapy and Feminist therapy), and d) Control Group. The SCL-90-R was administered at the last session as post-test. All the respondents participated in eleven individual therapy sessions, whereby every session lasted for 50 minutes. In the process of the study, seven respondents dropped out. A paired sample t-test was employed to compare the differences in pre-test and post-test scores of each treatment group. The analysis of variance, One-Way ANOVA was also used to determine the differences between groups.

The study indicated that the Combination of Therapies (Cognitive-behaviour therapy and Feminist therapy) is the most effective approach in treating the mental health of women. The results showed that all treatments were effective in the following order: Combination of Therapies (Cognitive-behaviour therapy and Feminist therapy), Feminist Therapy, and Cognitive-behaviour Therapy.

The implications of the study include: 1) the combination of therapies enabled the counsellors to open up the women's awareness regarding their social rights and equal opportunities through cognitive restructuring, 2) CBT and Feminist therapy are two approaches which can be integrated by counsellors in Iran who are working with victimized women, 3) counsellor educators can consider the inclusion of feminist theory in the curriculum of guidance and counselling at universities, 4) counsellors should recognize the need to explore gender equality issues in the treatment of women's mental health problems, 5) policy makers can encourage mental health care centres to use this knowledge in treating victimized women.

This research provides a foundation for family researchers to undertake further studies on the dynamism and factors that enable families to cope with and survive the challenges of domestic violence, to employ Feminist therapy in combination with CBT in other cultures, and to identify the factors that characterized functional and successful families.



Asbtrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Doktor Falsafah

**KESAN INTERVENSI TERAPUTIK KE ATAS KESIHATAN MENTAL
WANITA YANG MENGALAMI KEGANASAN RUMAH TANGGA DI
TEHRAN, IRAN**

Oleh

PARAND ARZANI

April 2012

Chair: Halimatun Halaliah Mokhtar, PhD

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Kajian ini telah dijalankan untuk mengkaji kesan tiga intervensi terapeutik ke atas kesihatan mental wanita yang mengalami keganasan rumah tangga. Intervensi terapeutik yang dikaji dalam kajian ini adalah terapi Kognitif-tingkah laku, terapi Feminis, Kombinasi terapi (terapi Kognitif-tingkah laku & terapi Feminis) dan kemahiran kerja sosial (kumpulan kawalan). Reka bentuk kajian ini ialah eksperimen yang menggunakan statistik deskriptif dan inferensi bagi menjawab objektif kajian dan hipotesis. Enam puluh orang wanita dari sebuah pusat kaunseling di Tehran yang mengalami keganasan rumah tangga telah diagihkan secara rawak kepada kumpulan rawatan berdasarkan persampelan rawak sistematik. Responden yang berpotensi untuk terlibat dalam kajian ini telah disaring terlebih dahulu dengan menggunakan *Domestic Violence Questionnaire* (Ghahari, 2004). Kemudian responden telah dipilih berdasarkan kriteria berikut: umur, status perkahwinan, tempoh perkahwinan dan bilangan perkahwinan. Satu temu bual interpersonal telah dijalankan dan *SCL-90-R* telah diberikan sebagai

ujian-pra. Responden kemudiannya diletakkan dalam kumpulan terapi berikut: a) Terapi Kognitif-tingkah laku, b) Terapi Feminis, c) Kombinasi terapi (terapi Kognitif-tingkah laku & terapi Feminis), dan d) kumpulan kawalan (kemahiran kerja sosial). *SCL-90-R* telah diberikan di sesi yang terakhir sebagai ujian-pasca. Kesemua responden melibatkan diri dalam sebelas sesi terapi individu, di mana setiap sesi berlangsung selama 50 minit. Dalam proses kajian ini, tujuh orang responden telah menarik diri daripada menjalani rawatan. Ujian-t dua sampel bersandar telah digunakan untuk membandingkan perbezaan dalam skor ujian-pra dan ujian-pasca bagi setiap kumpulan rawatan. *Analysis of variance*, ANOVA Sehalajuga telah digunakan untuk menentukan perbezaan antara kumpulan.

Kajian ini menunjukkan bahawa Kombinasi terapi (terapi Kognitif-tingkah laku & terapi Feminis) adalah pendekatan yang paling efektif dalam rawatan kesihatan mental wanita. Keputusan kajian menunjukkan bahawa kesemua rawatan adalah efektif mengikut susunan yang berikut: Kombinasi terapi (terapi Kognitif-tingkah laku & terapi Feminis), terapi Feminis, terapi Kognitif-tingkah laku, dan kemahiran kerja sosial.

Implikasi kajian ini terdiri dari: 1) Kombinasi terapi membolehkan kaunselor memberikan kesedaran kepada wanita tentang hak sosial dan peluang yang samarata melalui penstrukturan semula kognitif, 2) Terapi Kognitif-tingkah laku dan terapi Feminis adalah dua pendekatan yang boleh diintegrasikan oleh kaunselor di Iran yang bekerja dengan wanita yang menjadi mangsa keganasan rumah tangga, 3) pendidik kaunselor boleh mempertimbangkan penerapan teori Feminis ke dalam kurikulum bimbingan dan kaunseling di universiti, 4) kaunselor perlu menyedari tentang keperluan

meneroka isu kesamarataan gender dalam rawatan masalah kesihatan mental wanita, 5) penggubal polisi boleh mendorong pusat jagaan kesihatan mental menggunakan dapatan ini dalam rawatan wanita yang menjadi mangsa keganasan rumah tangga.

Kajian ini menyediakan asas bagi penyelidik dalam bidang kekeluargaan untuk menjalankan kajian lain mengenai kedinamikan dan faktor yang membolehkan keluarga mengatasi cabaran keganasan rumah tangga, mengaplikasi kombinasi terapi Kognitif-tingkah laku dan terapi Feminis dalam budaya lain, dan mengenal pasti faktor yang mencirikan keluarga yang berfungsi dan berjaya.

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Last but not least, my deepest thankfulness goes to my son. I dedicate this thesis wholeheartedly to my one and only son, **Sahand**. I appreciate him for his love, understanding and patience while I indulged in this doctoral study.

I certify that a Thesis Examination Committee has met on 26 April 2012 to conduct the final examination of Parand Arzani on her Degree of Doctor of Philosophy thesis entitled “EFFECTS OF THERAPEUTIC INTERVENTIONS ON MENTAL HEALTH OF WOMEN EXPERIENCING DOMESTIC VIOLENCE IN TEHRAN, IRAN” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the student be awarded the Degree of Doctor of Philosophy.

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DECLARATION

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

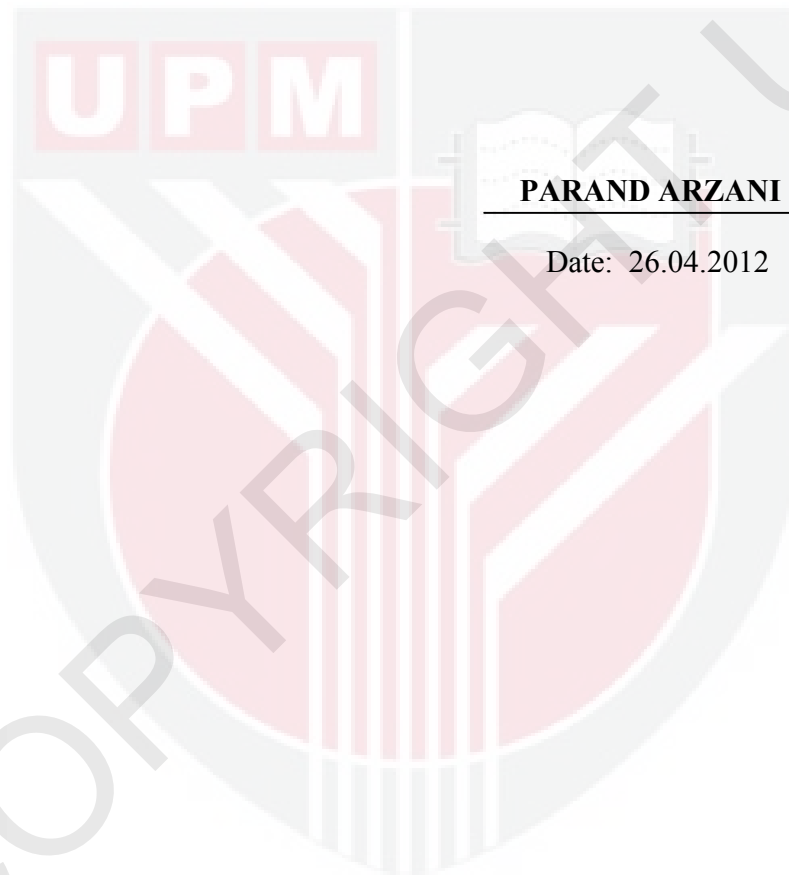


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