



# The effectiveness of mindfulness group therapy based on cognition in reducing anxiety and increasing the quality of life of couples with delinquent husbands

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### Abstract

**Aim:** The present study was conducted to investigate the effectiveness of cognitive-based mindfulness group therapy on reducing anxiety and increasing the quality of life of couples with delinquent husbands. **Method:** The current research design was a quasi-experimental pre-test-post-test and follow-up with a control group. The statistical population included all criminals and their spouses who refer to Wasal Psychological and Counseling Clinic during the year 2021. For sampling, the available sampling method is used, 20 couples are selected from the clients of Vesal Psychological and Counseling Clinic and are randomly replaced in the experimental group and the control group. Received the cognitive-based intervention and no intervention was provided to the members of the control group. Before and after the implementation of the intervention, Beck's anxiety questionnaire (Beck et al., 1990) and quality of life (World Health Organization group, 1998) were completed by the sample group. **Result:** The results of repeated measurement variance analysis showed that in the post-test and follow-up stages, the anxiety of women with delinquent husbands in the experimental group compared to the control group showed a significant decrease ( $F = 89.74, P = 0.001$ ) and the quality of life of the experimental group compared to the control group. The evidence of increase ( $F = 110.31, P = 0.001$ ) was found significant. **Conclusion:** The findings of the research confirm that it is important that mindfulness group therapy based on reducing anxiety reduces the marital conflicts of couples with delinquent spouses.

**Keywords:** *consciousness, anxiety, quality of life, women with delinquent husbands.*

## Introduction

Despite the great achievements of humanity in various scientific, technological, economic and social fields, the world community has entered the 21st century while the threats caused by social problems have cast a shadow on the progress and prosperity of humans and have made the well-being of humans face danger. In this field, addiction and drugs have been placed at the top of social threats in such a way that it has been considered as one of the four global crises of the third millennium (Nasiri et al., 2019).

According to the announcement of the United Nations (2007), about 208 million people between the ages of 15 and 64 (equivalent to 4.8 percent) in 170 countries of the world use drugs and psychotropic substances at least once a year (Khaleqipour, 2012).

One of the psychological problems that is abundantly observed in delinquent people and makes their treatment process difficult is anxiety. Anxiety is one of the most common psychiatric diagnoses that has created a major problem for mental health with its growing trend and prevalence (Sadock, 2018).

Quality of life is considered an important issue in various fields, including psychology (Islami, 2005). This broad concept is effective on various aspects of a person, including physical, mental and psychological (Najafi et al., 2010). The quality of life is related to the satisfaction of life issues, which is considered important from the person's point of view, and what is valuable is the quality of life and not just its quantity (Alavi et al., 2010).

Currently, several theoretical perspectives with different approaches seek to reduce anxiety and thereby increase the quality of life of people with delinquency. Among these approaches, we can mention the cognitive-behavioral, rational-emotional, systemic approach, choice theory and analysis of mutual relations. Among the different psychological perspectives, the approach of the conscious mind based on cognition is very prominent in terms of the depth of the theory and its wide and varied application.

Mindfulness requires special behavioral, cognitive, and metacognitive strategies to focus the attention process, which leads to the prevention of downward spirals of negative mood-negative thinking, the tendency to worrisome responses, the development of a new perspective, and the emergence of pleasant thoughts and emotions (Segal et al., 2002). In this way, which is a form of the structure of our mind, our thinking is related to past, future and present experiences.

Considering the above, it seems that cognitive therapy group therapy based on the presence of mind is effective in reducing anxiety and increasing the quality of married life. However, so far, little research has been done in the country to investigate this issue. Therefore, the purpose of this research is to investigate the effectiveness of mindfulness-based cognitive therapy group therapy on reducing anxiety and increasing the quality of married life of women with delinquent husbands.

## Method

The current research design was a quasi-experimental pre-test-post-test and follow-up with a control group. The statistical population included all criminals and their spouses who refer to Wasal Psychological and Counseling Clinic during the year

2021. For sampling, the available sampling method is used, 20 couples are selected from the clients of Vesal Psychological and Counseling Clinic and are randomly replaced in the experimental group and the control group. Received the cognitive-based intervention and no intervention was provided to the members of the control group. Before and after the implementation of the intervention, Beck's anxiety questionnaire (Beck et al., 1990) and quality of life (World Health Organization group, 1998) were completed by the sample group.

### **Results**

The mean and standard deviation of the age of the female participants were 24.32 and 1.60, respectively, with a minimum of 20 and a maximum of 40 with a diploma education and above.

The average quality of marital life of the test and control groups was almost the same in the pre-test stage, but in the post-test stage, the test group showed higher scores than the control group; That is, cognitive therapy based on the presence of mind has increased the quality of married life in women with delinquent husbands.

The pre-test and post-test difference in anxiety ( $F = 89.74$ ,  $P = 0.001$ ) and the pre-test and post-test difference in quality of life ( $F = 110.31$ ,  $P = 0.001$ ) are all significant at the  $P = 0.001$  level.

### **Conclusion**

This research was conducted with the aim of investigating the effect of group cognitive therapy based on the presence of mind on reducing anxiety and increasing quality of life in women with delinquent husbands who refer to Mashhad's Vasal Psychological and Counseling Clinic.

Anxiety and marital satisfaction have an inverse relationship. In this research, cognitive therapy based on presence of mind has reduced anxiety in depressed married women; Moreover, in the field of marital satisfaction, a significant difference was found in the increase of marital satisfaction after the pre-test and post-test. Therefore, it can be claimed that this method of treatment was effective in increasing marital satisfaction. However, we need more research.

Among the limitations of this research: not using men, which limits the generalizability of the results. Lack of another treatment plan to compare between types of treatment, lack of follow-up period due to time limit. Therefore, it is suggested to use both sex offenders (male and female) with the presence of another intervention program and follow-up period in future researches. Hoping for the day when the results of this research can open the way for therapists and assistants and counselors of treatment and rehabilitation centers for delinquents and become effective.

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