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و خدمات بهداشتی درمانی کرمان

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عنوان

بررسی تأثیر آموزش مهارت‌های ارتقای سلامت معنوی تقویت شده با تکنیک‌های شناختی - رفتاری بر روابط فرازنشویی در زنان مراجعه کننده به مراکز سلامت زنان

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پیوست.....

جلسه دفاعیه پایان نامه خانم ستاره یوسفی دانشجوی کارشناسی ارشد مشاوره در مامایی ورودی ۹۶ تحت عنوان "بررسی تاثیر آموزش مهارتهای ارتقای سلامت معنوی تقویت شده با تکنیک های شناختی - رفتاری بر روابط فرا زناشویی در زنان مراجعه کننده به مراکز سلامت زنان شهر شیراز سال ۱۳۹۸" به راهنمایی دکتر عاطفه احمدی و دکتر حسن جولایی در ساعت ۱۲ روز یکشنبه مورخ ۱۳۹۹/۰۶/۲۳ با حضور اعضای محترم هیات داوران متشکل از:

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## فهرست کوتاه نوشته ها

Abbreviation	
SWB	Spiritual Well-Being Scale
SSPR	Spiritual Strategies for Psychosocial Recovery
HIV	Human Immunodeficiency Virus
WHO	World Health Organization
PTSD	Posttraumatic Stress Disorder
IRCT	Iranian Registry of Clinical Trials
SID	Scientific Information Database
SPSS	Statistical Package for the Social Sciences

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## **Abstract**

**Background and aim:** Family is one of the most important pillars of society threatened by many factors, including extramarital relationships. Appropriate interventions can reduce its prevalence and destructive effects. Therefore, the aim of this study was to determine the effect of counselling to promote spiritual health skills enhanced with cognitive-behavioral techniques on extramarital relationships of women referring to women health centers in Shiraz, 2020.

**Methods:** The research design was a clinical trial intervention study with two groups of intervention and control. The population consisted of all married women who have extramarital relations that referred to Shiraz women's health centers involved in the extramarital in the time of study. 34 women were selected by convenience sampling method considering two dropouts, finally the rest, by picking up random cards, number one (intervention) and number two (control) were divided into intervention ( $n = 16$ ) and control ( $n = 16$ ) groups. Six, 120 minutes of counselling sessions to promote spiritual health skills enhanced with cognitive-behavioral techniques were held for the intervention group, two sessions per week. The control group received routine services of the center. Control group were in waiting list per their request. The research instruments included spiritual health questionnaire by Ellison and Paltazis, spirituality in the behavior of Avarenis and marital infidelity. The sample members responded to the questionnaires before and immediately after the intervention and in follow-up a month later. Ultimately, the data were analyzed by SPSS-22 using descriptive statistics (frequency, percentage, mean and SD) as well as inferential statistics (Wilcoxon, Mann-Whitney and ANCOVA). Paired t-test was used to compare pre- and post-intervention in each group.

Analysis of variance (Repeated Measure ANOVA) was performed to compare post-intervention tests between two groups.

**Results:** The results showed the intervention group had significant in the scores of extramarital relationships, spiritual health and spirituality in behavior in comparison with control group ( $p < 0/05$ ). During the follow-up period, the intervention group only showed a significant difference in the variables of extramarital relationships and spirituality in behavior and control group, only in extramarital relationship variable, compared to pre-test scores ( $p < 0/05$ ).

**Conclusion:** We can use counselling to promote spiritual health skills enhanced with cognitive-behavioral techniques to intervene in extramarital relationships to promote spiritual health.

**Keywords:** counselling, spiritual health, skills, cognitive-behavioral techniques extramarital relationships



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skills enhanced with cognitive-behavioral techniques on  
Extramarital relationships in women referring to Shiraz  
Women's Health Centers, 2020**

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