

**Effectiveness of cognitive behavioral interventions
among Pakistani couples with marital dissatisfaction**

BY

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DEDICATION

This thesis is dedicated to my parents
who are not in this world but whose prayers and guidance are always
with me to become what I am today.

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ABSTRACT

Disturbed marital relationship is one of the major issues of the modern society. The purpose of this study was to assess the effects of cognitive behavioral interventions on marital dissatisfaction in a sample of Pakistani couples. In Pakistan, more scientist-practitioners, who practice evidence-based therapies, are needed. This model of practice is likely to bolster further research in evidence-based psychological interventions. It is within this scientist-practitioner model of clinical research and practice that the present study was planned.

The study was designed to evaluate the effectiveness of cognitive behavioral interventions with married couples experiencing marital dissatisfaction. The research method applied in the present study was quantitative in nature. The research design of the study was experimental. Fifty (50) married couples were randomly allocated into two equal groups: the experimental group (the couples received the treatment) and the control group (waited for behavioral interventions).

Demographic information relating to age, gender, educational qualification, number of years married; number of children and socio-economic status was obtained from participants in experimental and control groups. Both groups were assessed for marital adjustment by completing the Dyadic Adjustment Scale (DAS) and the Kansas Marital Satisfaction Scale (KMSS) before (pre-intervention) and after (post-

intervention) the cognitive behavioral interventions. The cognitive marital techniques used in the study were adapted from Dattilio (1989). The data was analyzed by using MANOVA and t-tests for post-hoc comparisons.

Findings of the study indicated that couples who received cognitive behavioral interventions showed significant reduction in marital dissatisfaction as compared to the couples not received treatment. Study findings have more important implication for the clinicians who are dealing with marital issues. Avenues for the future research have also been suggested, while limitations and implications have been mentioned.