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The Effectiveness of Schema Therapy on Aggression and Communication Patterns in Couples with Marital Conflicts

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Abstract

The present study aimed to investigate the effectiveness of schema therapy on aggression and communication patterns in couples experiencing marital conflicts. The research employed a quasi-experimental design with pre-test and post-test and a control group. The statistical population consisted of couples who referred to counseling centers in eastern Tehran during the second half of 2024. The sample was selected voluntarily, and 30 couples were randomly assigned to experimental and control groups. The experimental group received schema therapy in 10 group sessions of 60 minutes each (one session per week). Data collection tools included the Buss-Perry Aggression Questionnaire (1992) and the Communication Patterns Questionnaire (Christensen & Sullaway, 1991). Analysis of covariance revealed that schema therapy significantly reduced aggression and improved communication patterns in the experimental group compared to the control group ($p < 0.001$). These findings indicate the effectiveness of schema therapy in improving couple relationships and reducing marital conflicts and suggest its application as an effective intervention in family counseling programs.

Keywords: Schema Therapy, Aggression, Communication Patterns, Marital Conflicts