

# **The impact of mindfulness training on interpersonal skills and marital intimacy of marital conflict**

Mariza Moshtaghi Moghadam\*,

**This study aims at effectiveness of mindfulness, interpersonal skills and marital intimacy with marital conflicts. Done. The study is quasi-experimental. The population of all women are referred to counseling centers in Anzali in 95 years. Accordingly, the sample includes 30 people the community (20 control, 20 test) for its choice of convenience sampling was used to simultaneously scale skills, interpersonal and marital intimacy for test and control groups done. Accomplished. On the basis of the training program, the training sessions are eight test group and the control group did not train. After these sessions, the questionnaire was administered to both groups in a similar position to influence the independent variable on the dependent variable to be determined. The results using statistical indicators covariance analysis showed that the main thesis of mindfulness training interpersonal skills and marital intimacy has been effective. Chi contributed to the severity of the effect (42/0) shows that Balast.mny effect of the intensity of the effects of mindfulness training on women's intimacy and interpersonal skills, which indicates that the dependent variables in these groups is different and mindfulness training on intimacy and interpersonal skills women have been effective.**

**Keywords : education, mindfulness, interpersonal skills, marital intimacy**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)