

# **The effectiveness of cognitive behavioral therapy on depression, anxiety and marital satisfaction after delivery among women in Shiraz**

Mohammad Alishvandi\*, Dr. Ali Reza Varasteh,

**This study aimed the efficacy of cognitive-behavioral treatment of depression and anxiety and marital satisfaction after delivery among women in the city of Shiraz. The design of the study was semi-experimental with two experimental and control groups. The study population was all women Shiraz who referred to counseling centers during a three-month time period. (beginning of Shahrivar to the End of Aban 1394). Among them a sample of 30 was randomly ed using a simple random sampling method and were assigned to the experimental group and a control group. The experimental group received cognitive-behavioral therapy sessions. The people were trained in ten sessions of forty-five minutes. Finally, both groups were assessed with the questionnaires listed. Information obtained questionnaires were analyzed by multivariate analysis of variance. The results showed that cognitive behavioral therapy was effective on depression, anxiety and marital satisfaction after delivery among women in Shiraz (P**

**Keywords : Key Words: cognitive-behavioral treatment, depression, anxiety, marital satisfaction, delivery (childbirth)**

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