

Comparison of communication styles, empathy and cognitive distortions in couples applying for divorce and couples referring to Rasht counseling centers

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Divorce is one of the most difficult social phenomena, and this phenomenon is among the most obscure and even obscure and complex aspects of human life. This phenomenon has parallels with the number of all aspects of the human community. The purpose of this study was to compare the communication styles, empathy and cognitive distortions in couples seeking divorce and couples referring to Rasht counseling centers. This research is a causal comparison. The statistical population of this study included couples applying for divorce and couples referring to counseling centers. The sample consisted of 200 individuals (100 couples applying for divorce and 100 couples referring to counseling centers) who were ed through a targeted and targeted sampling method and were assessed using the questionnaires of communication style and empathy and cognitive distortions. The data were analyzed using inferential statistics of single variable variables and multivariate analysis of variance. The results showed that there was a significant difference between the two styles of document styles (causal documents and accountability documents) between the two groups (P

Keywords : documentary styles, empathy, cognitive distortions, couples applying for divorce and couples referring to counseling centers.

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