The role of metacognitive beliefs and emotional expressiveness in prediction of marital burnout among the couples with marital confilicts that recourse to centers of the council in Tehran

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Abstract The role of metacognitive beliefs and emotional expressiveness in predicting marital burnout among couples with marital conflicts that recourse to counseling centers in Tehran Marital burnout causes weak relationship between couples and lead to disrupted families. The present study aimed to predict marital burnout on the basis of variables such as metacognitive beliefs and emotional expressiveness in married individuals recourse to counseling centers in Tehran. The research method was descriptive correlational and statistical population of the study were consisted of married people recoursed to counseling centers of Tehran in February, March and May of 2013. So, 213 people were questioned during census. Among these cases, 169 had marital conflicts. In order to collecting data four questionnaires were used: first, Marriage conflicts (Sanaii and Barati, 2000), second, Metacognitive beliefs (Wells Short Form, 1997), third, emotional expressiveness (King & Emmons, 1990), and fourth, Marital burnout (Pines, 1996). Data were analyzed using Pearson correlation coefficient and stepwise regression analysis. The findings have shown that: 1. Among the components of metacognitive beliefs, negative beliefs about the uncontrolledness and the risk of thoughts,(r=0.333), the cognitive trust(r=0.310), beliefs about the need to control thoughts(r=0.224) and the total score of cognitive beliefs(r=0.339) have significant relationships with marital burnout(P

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