

# Evaluation of Effectiveness Imago Relationship Therapy on Fear of Negative Evaluation in Betrayed Couples Divorce in Shiraz

Maryam Ghaed Sharafi<sup>1</sup>, Fatemeh Akbari Zadeh<sup>2</sup>

<sup>1</sup>Department of Psychology, Fars Science and Research Branch, Islamic Azad University, Marvdasht, Iran

<sup>2</sup>Department of Psychology, Islamic Azad University, Fasa Branch, Fasa Iran

**Abstract** The aim of the study was to evaluate effectiveness of Imago Therapy on fear of negative evaluation betrayed couples divorce in Shiraz city. A quasi-experimental design pretest - posttest with experimental and control groups, respectively. The population of divorced spouses of Justice referred to the city due to the betrayal of his wife. Sampling of samples are available. A sample of 16 people And 8 couples who were divided into two experimental and control groups. The experimental group of six one-hour sessions (one session per week) were Imago Therapy intervention. Both groups intervention once before and once after the intervention to questions of scale fear of negative evaluation by Larry (1983) responded. Using descriptive and inferential statistics such as analysis of covariance were analyzed. Results showed that training improved total score Imago Therapy in fear of negative evaluation has a significant influence.

**Keywords** Imago Therapy, the fear of negative evaluation, Betrayed spouses

## 1. Introduction

This allows the couple's marital relationship with each other to discuss and exchange ideas, solve their problems and needs are well aware. Warm and intimate interpersonal relationships in family life interactions that give rise to the development of individuals, including the objectives and requirements of marriage. However, there is evidence that couples severe learning difficulties in maintaining romantic relationships and intimate experience (Hamidi, 2008). And the lack of romantic relationships caused marital relations. Betrayed and infidelity at first glance an individual phenomenon, it seems, but considering the consequences and the adverse consequences that the family and the education of children and the health and safety of the disorder and confusion, it should be such a problem. And very serious social problems hidden from them. Lack of accurate statistics and social problems in our country as the problem was not a lack of attention to the social damage shows. A phenomenon that often resolve marital infidelity because emotional or sexual needs person through relationships outside of marriage, occur. When individual needs, by a person of the opposite sex goes away, so the person creates a feeling of satisfaction, that her risk of having a secret relationship with that person to die crushed. (Harley and Chalmers, translated by Hussein and the Aram, 2011). One

consequence that extramarital relationships were observed and reported in people betrayed the fear of negative evaluation of this group of individuals. Fear of negative evaluation by others is one of the anxiety disorders. The people of humiliation and embarrassment in social situations, such as dialogue among greatly afraid. This may include fear, worry, and anxiety symptoms, such as shaking and sweating blush (Mahmoudi et al. 2010). Children with ADHD often frightening to social situations in the face and even after the confrontation rumination about the lack of success and how to see through the eyes of others, and this perpetuates anxiety, mental ruminations on them. While avoiding the feared situation in anxiety disorders lead to failure in discovering items that are not dangerous. As well as more subtle forms of behavior, protection in patients with social phobia such as avoidance of disclosure against an opponent to negative bias the reaction of others and this leads to a vicious negative social reaction to (Mahmoudi et al. 2010). Extramarital relationship, so far, from different aspects have been studied in this regard, various studies have shown that family and they usually function impaired (Modaresi, Zahedian, 2010; Sharifi, Haji Heydari jazayeri, 2015). However Imago Therapy approaches, including approaches to increase and deal with problems with intimacy couples and improving communication patterns used in this research, including Etemadi, Navabinejad, Ahmadi, and Valiollah (2005). That the effect of therapy by Imago Therapy on increasing intimacy, Bayat, (2007), which examines the impact of Imago Therapy (image link) on the styles of loving couples;

Taie, Nessi, and Attari, (2012), which examines the effectiveness of group training Imago Therapy the attitude of love, can be noted. Hendrix Imago Therapy a short-term treatment approach that combines insights and practical skills. It couples the unconscious aspects of their relations and the contradictions they teach and help people to instead try to problems superficially solve it more accurately evaluate changes better in their own relationships. This will be successful in recovery, growth and emotional security than others. (Lipsrot, 2003). The aim of Imago Therapy is that our conscious mind, the subconscious mind aligned itself with the guidelines and that helps clients consciously relations, sincere and committed to develop. The transfer process cannot happen solely through conscious. Special skills and processes is necessary, daily practice is required to make a conscious relationship to the unconscious. (Hendrix and Hunt, 1997; translation of Ebrahimi, 2005). In the treatment of fear of negative evaluation, both medical treatment and psychological treatment is used, one of these therapies can be Imago Therapy. Imago Therapy of marital therapy and individual training to help couples better understand the effect on marital relations Imago Therapy uses. As an initial intervention by the therapist to restore the marital relationship is done. No studies have been conducted on Imago Therapy control. But some support from comparing the pre-treatment and post-treatment control groups that did not use (Etemadi, 2005). In general, it can be concluded that fear of negative evaluation betrayed spouses, including the factors that have an important role in their divorce. However, research results indicate a negative assessment of the impact of Imago Therapy and their divorce is in question, but research has evaluated the role of fear of negative impact on Imago Therapy in people who have not studied the divorce. The aim of this study was to examine the effectiveness of Imago Therapy on fear of negative evaluation betrayed couples divorce Shiraz.

## 2. Research Method

Among quasi-experimental research designs, as pre-test and post-test group was of Goa. The study sample included all persons who betrayed the city in the second half of 2016 to the family court for divorce were referred. To select sample of people divorce the conditions of the sample had the (lack of mental disorder at least five grade education, the main reason for divorce expression infidelity of the wife) 20 couples randomly into control and experimental groups were selected before the test; both groups completed the fear of negative evaluation scale short form scale. The couples in the experimental group participated in 6 sessions Imago Therapy at the meeting a number of people were excluded because of a lack of cooperation from the meetings. Then after the test was administered to both groups.

### Research Tools

#### Fear of Negative Evaluation Scale-Short Form

Short Form fear of negative evaluation scale has five 12-point Likert method is an option.

## 3. Results

The study analyzed data collected from the effect of education on the whole fear of negative evaluation paid Imago Therapy. The report Kolmogorov-Smirnov test the assumptions of research that includes data normalization in the pre and posttests, And post-test, Levene test for homogeneity of variances and independent t- test for evaluation of the differences between the experimental and control groups in the pre-test, is investigated. The results of the study was an analysis of covariance examined the effect of pre-test be controlled by using analysis of covariance. Inferential analysis using SPSS 20 software this study was conducted.

**Table 1.** Descriptive statistics of variables

Maximum data	Minimum data	SD	Middle	average	the level	group	variable
4/01	2/73	0/32	3/32	3/27	pre-exam	control group	Fear of Negative Evaluation
3/77	2/46	0/33	3/10	3/06	After the test		
3/84	2/46	0/33	3/21	3/17	pre-exam	examination group	
3/70	2/06	0/17	2/39	2/37	After the test		

**Table 2.** Covariance analysis of the variables

Ability test	Chi Eta	level of significance	F Test	Mean Square	Degrees of freedom	Source changes	variable
1/0	0/779	0/000**	102/050	1/576	1	The effect of pre-test	Fear of Negative Evaluation
1/0	0/872	0/000**	197/808	3/056	1	group	

\*\*Significant level 0.01 \* Significant level 0.05

## 4. Discussion and Conclusions

As stated aim of this study was to evaluate the effectiveness of Imago Therapy on fear of negative evaluation in the couple's divorce was infidelity. The results showed that the total score improved training Imago Therapy in fear of negative evaluation has a significant influence. These results are in line with Khosh Sirat studies (1393); Own, Zhods and Estanley (2013); Agataglo (2013); Mosaed, Taleb (2008). Taie, Nissi, Attari (2012) is. Perhaps only those who have betrayed wife touched to know that the arrival of a competitor in marriage how it tastes. When two people love close ally and swear the soul is one, but in the middle of one Treaty to kick back and forget all the promises he made his way separated from his wife, Starting emotional storm that resulted in the collapse of the foundation of life. Infidelity may cause severe psychological damage is betrayed wife. Depression, post-traumatic stress disorder, loss of self-esteem, self-blame and self-damaging actions (including suicide), including the consequences are. You may be betrayed to take revenge on the opposite side (the wife and her partner) to act, and this act will have serious consequences. This person may also lose confidence in any relationship. Even in the process of treatment and re-establish trust, Back confidence generally long and difficult and may not be complete. On the other hand, the treacherous victims of their behavior even if not betrayal, guilt and self-blame is one of betrayal. Constantly trying to keep the relationship secret illegal, stress and anxiety are gradually replacing the initial pleasure, and if the relationship is revealed, the more serious the crisis will occur. One of the important factors that are discussed fear of negative evaluation of the betrayed is fear that if forgiveness from his side takes one betrayed either positively or negatively to him that this would be some people betrayed separation thoughts arise. This Eschlenger (1980) show that all people evaluate other inappropriate as a retardants interpersonal and its reflection in a range of social phenomena, psychological, such as expression, behavior, pro-social, self-handicapping and social anxiety is considerable. Social phobia is an intense fear of evaluation by others and avoid these situations is determined. The prediction of negative evaluation by others about their performance, produce more anxiety the components of the physiological, cognitive and behavioral, mental impression of the appearance or behavior of a person viewed by others that affect And the cycle is repeated again. Structural fear of negative evaluation, covering areas such thoughts, expectations and challenge the negative social behavior is shameful and so reduce the treatment process can be one of the indicators of good for the recovery of a person with social anxiety disorder is (Collins, Vestra, Dozoys and Stewart 2005; Vikso et al., 2005). This improvement can increase the bounty on the people betrayed the results obtained in this study, represents this would be.

## ACKNOWLEDGMENTS

This article is extracted from my thesis under the title of "Evaluation of effectiveness Imago relationship on fear of negative evaluation in Betrayed couples Divorce in Shiraz". Hereby, I extend my sincere appreciation to Islamic Azad university of Marvdasht for the efforts and supports they provided to me.

## REFERENCES

- [1] Abdi, R. (2003). Interpretation bias in individuals with social anxiety disorder. Clinical Psychology MA degree thesis, Tehran Psychiatric Institute, Tehran University of Medical Sciences, Tehran, Iran. (Persian).
- [2] Agathagelou, A. (2013). Individual psychodynamic development: the Imago relationship approach in organisational context. submitted in accordance with the requirements for the degree of Doctor of Literature and Philosophy in the subject Psychology at the University of South Africa.
- [3] Bayat, M. (2007). Effect Imago Therapy (image link) on the styles of couples in love. Family Counseling master's thesis, University of Isfahan.
- [4] Etemadi, O. (2005) evaluates and compare the effectiveness of psychological approach to education based on cognitive-behavioral therapy on intimacy and communication between couples. Consulting doctoral thesis, Tarbiat Moallem University of Tehran.
- [5] Hamidi, A. (2008). Eric Berne's Transactional Analysis increase the effectiveness of marital adjustment. MA thesis Allameh Tabatabaei University.
- [6] Harley, F. And V, Chalmers, Z, (2011). Get rid of marital infidelities. Translated by Hussein, the calm Tarzan, or. Tehran. Publishing generation Javan.
- [7] Hendrix, Harville. (2005), Return to Love, translation Hadi Ebrahimi. Tehran, forward thinking publishing generations No Andish.
- [8] Khosh Sirat, M. (2014). Even with the impact of short-term treatment of harmony and marital satisfaction Imago Therapy first 2 years of life. Master's thesis. Welfare and Rehabilitation Sciences University - Faculty of Psychology and Educational Sciences.
- [9] Liphthrott. D.J.(2003), What is Imago Relationship Therapy any Way? Retrieved from www. Relationshipjourney .com
- [10] Modarresy, Fariba and Seyyed Fattollah Zahedian, (2011), the quality of marital and non-marital love in post-divorce relations post-marital relations, the National Conference on Psychology - Psychology family, Shiraz, Islamic Azad University of Marvdasht.
- [11] Mosaed, Taleb (2008). To evaluate the effectiveness of communication in changing attitudes imaging techniques based approach to mate selection. MA thesis, Allameh Tabatabaei University.

- [12] Mahmoudi, Mohammad; Goudarzi, MA; Taghavi, Mohammad Reza Rahimi, Chengiz. (2010) examined the effectiveness of short-term treatment of the symptoms of panic disorder social meta-cognition-focused, single-subject study. *Fundamentals of Mental Health*. (47) (12) 630-641.
- [13] Owen. J, Rhoades. G, Stanley. S (2013). Sliding Versus Deciding in Relationships: Associations With Relationship Quality, Commitment, and Infidelity. *Journal of Couple & Relationship Therapy: Innovations in Clinical and Educational Interventions*, Volume 12, pages 135-149.
- [14] Sharifi, M, Haji Heidari, Mahnaz and jazayeri, Rezvan Sadat. (2015). Extra-marital relationships between justification and styles of love in married women. *Encyclopedia of Psychology information and advice*.
- [15] Schlenker, B.R. (1980). *Impression management: The selfconcept, social identity, and interpersonal relations*. Monterey, CA:Books/Cole.
- [16] Taie, sarvar., Neyssi, Abdolkazem., And Attari, Yusefali (2012). Evaluate the effectiveness of group training Imago Therapy the attitude of loving couples referred to counseling center in Ahvaz oil. *New findings in psychology*, Year Issue 23, pp. 37-48.
- [17] Weeks, J. W., Heimberg, R. G., Fresco, D. M., Hart, T. A., Turk, C. L., Schneier, F. R., & Liebowitz, M. R. (2005). Empirical validation and psychometric evaluation of the brief fear of negative evaluation scale in patients with social anxiety disorder. *Psychological Assessment*, 17, 179-190.