The effects of emotional focused therapy on increasing the 
mariage suitability of barren couples

Abstact

Introduction: The present research aims at investigating the 
effects of emotional focused therapy on increasing the 
adjustment of marital couple.

Method: The present research was a quasi-experimental 
study. The samples included 16 couples, 8 couples in which 
husband and wife were married, and 8 couples in which 
husband and wife were not married. The experimental 
group was the one that received emotional focused therapy 
while the other group did not receive therapy. The 
control group received therapy and the other group received 
therapy.

Result: Emotional focused therapy increased 
marriage adjustment, increased marital satisfaction, 
and increased communication.

Keywords: Emotional focused therapy, marital 
satisfaction, marital adjustment, marital communication.