Title:
Effectiveness of Cognitive Behavioral Therapy on marital satisfaction, mental health and intimacy of women with marital infidelity.

Abstract:
The purpose of the present study was to examine the effectiveness of cognitive behavioral therapy on general health, intimacy and marital satisfaction in women with husband's marital infidelity. It was an hemi-experimental research which was carried out through pretest and posttest format. The statistical population of the study was all women with husband's marital infidelity and living in Foolad Shahr. Sampling has done with random available sampling method. 30 women were chosen randomly and divided in to two groups (15 women in experimental group and 15 women in control group). The instrument was GHQ questionnaire, intimacy questionnaire and marital satisfaction questionnaire which had appropriate stability and validity. The results of Covariance analysis indicated that generally the CBT had significant effect on general health, intimacy and marital satisfaction in women with marital infidelity experience (P<0.05). Also results showed that women's points in marital satisfaction and general health in post-test can anticipate their points in intimacy up to %49. Even intimacy and general health points in post-test can be a predictors of marital satisfaction up to %46 (p<0/05). As the findings showed, we can use CBT for increasing the general health, marital satisfaction and intimacy in women with husband's marital infidelity at psychological clinics.

Keywords:
Cognitive behavioral therapy, women with husband's marital infidelity, marital satisfaction, general health, intimacy