Title:
Effectiveness of treatment plan for stress reduction based on mindfulness on sexual self-efficiency, sexual satisfaction and happiness in married women working in Isfahan hospitals

Abstract:
The current research was done with the aim of determining the effect of treatment for mindfulness based stress reduction on sexual self-efficiency and sexual satisfaction and happiness between employed married women in hospitals of Isfahan. The approach was semi-experimental and done with pre-testing and post-testing among a test group and comparison with a control group. The groups made from 30 people from employed women in Amin Hospital in Isfahan in 2017 and the people were randomly put in test and control group, 15 people on each group. A teaching treatment program performed during 8 sessions in 8 weeks and each session took approximately 90 minutes, during which a classical approach followed for stress reduction and mindfulness. No intervention was done for control group. Data gathering was done on the basis of standard questionnaires for “Sexual Satisfaction Scale for Women” (SSSW) and Schwarzer and Oxford questionnaire for sexual self-efficiency and happiness. For analyzing the data, co-variance analysis approach was used. The result stated that mindfulness teaching for stress reduction has affected and changed sexual satisfaction and happiness. The sessions affected on some indices of women sexual satisfaction including connection, adoption and relation anxiety (p<0.05). But for two indices of sexual satisfaction (personal anxiety and satisfaction), no meaningful improvement observed. The bottom-line and final result of the research shows that mindfulness teaching for stress reduction is a good approach for improving of sexual self-efficiency and sexual satisfaction and happiness in employed women.

Keywords:
Mindfulness based stress reduction, Sexual self-efficiency, sexual satisfaction, happiness.