Positive Lifestyle to Feed Couples Attachment Needs

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Abstract

According to the attachment theory, failure to meet the attachment needs of people can cause anxiety disorders. These needs include the need for security, love, a sense of worth, and receiving support. Failure to meet these needs during marital interactions can cause failure in marital relationships. Failure to meet attachment needs often causes anger, worry, anxiety, aggression, stress, and fear (Wiebe & Johnson, 2016).

The study's main purpose was to check the effectiveness of the resilient marital relationship lifestyle program to feed the attachment needs of young couples. To touch the research goal, an ABA single-subject design was used. The sample consisted of six young couples between 26 to 38 years old. The Resilient Marital Relationship Program (RMR Program) was used as an experimental intervention in this study. The RMR Program was designed to help Iranian young couples to cope with their marital conflicts by considering attachment needs. The RMR Program was focused on resilient beliefs, resilient lifestyles, resilient marital strategies, and, resilient marital techniques. The attachment needs scale, brief resilience scale, and healthy family life scale were used in this study. The intervention was run in 5 virtual space sessions with two virtual assessments for the first two stages (AB) and one for the second A stage of the design. Visual analysis and statistical Indexes revealed that attachment needs to improve after running the RMR Program. In sum, the RMR Program is an effective intervention for feeding the attachment needs of young couples.

The results of this study indicate that the marital resilience program is adequate to meet the attachment needs of couples and reduce marital conflicts. Using this program by couple therapists and family therapists can significantly improve couple relationships.

Image

Table 1. Average attachment needs of couples

	Base Line(A)		Intervention(B)		Follow up(A)	
Couple	1	2	3	4	5	6
1	37	36	46	48	45	47
2	23	20	27	29	29	30
3	26	28	35	39	35	37
4	32	31	45	48	46	45
5	30	28	40	48	44	48
6	20	21	36	35	40	38

Recent Publications

1. Burgess Moser, M., Dalgleish, T. L., Johnson, S. M., Lafontaine, M., Wiebe, S. A., & Tasca, G. (2016). Changes in relationship-specific romantic attachment in Emotionally Focused Couple Therapy. Journal of Marital and Family Therapy, 42(2), 231–245.
2. Coan, J. A. (2010). Adult attachment and the brain. Journal of Social and Personal Relationships, 27(2), 210– 217.
3. Halchuk, R. E., Makinen, J. A., & Johnson, S. M. (2010) Moser, M., Lafontaine, M.-F., Wiebe, S. A., & Tasca, G. A. (2015). Predicting change in marital satisfaction throughout Emotionally Focused Couple Therapy. Journal of Marital and Family Therapy, 41(3), 276–291.
4. Halchuk, R. E., Makinen, J. A., & Johnson, S. M. (2010). Resolving attachment injuries in couples using Emotionally Focused Therapy: A three-year follow-up. Journal of Couple & Relationship Therapy, 9(1), 31–47.
5. Samani, S. (2020). Lifestyle: Simple but effective way to promote individual and public health. Global Journal of Interdisciplinary Social Sciences, vol. 9, No. 2.
6. Sohrabi, N. (2020). Psychometric properties of the healthy family lifestyle scale. Journal of Psychiatry, vol 23, No 4.
7. Wiebe, S. A., & Johnson, S. M. (2016). A Review of the Research in Emotionally Focused Therapy for Couples. Family Process, 55, 3, 390-407.

Photograph



Biography

Dr. Samani has expertise in Emotional Focused Therapy. He has established a theoretical family model named Family Process and Content Model (FPC Model). The FPC Model as a contextual model provides three zooms of assessment for the family: family typology, family integration, and, family pathology. Also, he developed two instruments for family assessment: Self-report Family Process Scale and Self-report Family Content Scale. Recently, based on the FPC Model, he tries to design marital and family interventions for developing marital and family resiliency.

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Notes/Comments: