



Original Article

# An investigation on the effectiveness of group psychodynamic psychotherapy on the personality dimensions in divorced and non-divorce woman with low marital satisfaction

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## Abstract

**Introduction:** Present study is aimed at investigating the effectiveness of psychodynamic psychotherapy on the personality characteristics of divorced and non-divorced women with low marital satisfaction.

**Materials and Methods:** This clinical research conducted in the clients referred to Khane Roshan-e-Doost Psychological Studies Institute. They are evaluated clinically through interviews and questionnaires. So, 45 patients selected and divided in three equal groups of divorced women, non-divorced women (married) with low marital satisfaction, and control group. Then, the groups of divorced and non-divorced women with low marital satisfaction participated in 24 sessions of psychodynamic psychotherapy. To collect data, Cattel's 16-item questionnaire and Enrich marital satisfaction questionnaire were used. Data analyzed through multivariate analysis of covariance (MANCOVA).

**Results:** The results of this study indicated that training of psychodynamic psychotherapy caused a significant change in personality traits in divorced women and in married women with low marital satisfaction. Only in factor B (intelligent - low intelligence) and factor Q1 (conservatism) there was no significant difference between experimental and control groups. The results of correlation between personality factors and low marital satisfaction pointed that there is a significant relationship between all factors of personality except the factor of conservatism.

**Conclusion:** Based on the results, psychodynamic psychotherapy is effective in significant improvement of most of personality traits. Therefore, applying this method can be useful in improving marital personality traits, reducing divorce and maintaining mental health.

**Keywords:** Marital satisfaction, Personality, Psychodynamic

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## Introduction

One of the vital aspects of a marital system is the satisfaction which spouses feel and experience in their marital relationship. Personality traits can also predict a significant degree of marital satisfaction. Many studies have shown that fundamental personality factors are among the most important factors affecting marital satisfaction. (1). Claxton et al. (2) argue that some personality traits, such as neuroticism, create persistent vulnerabilities in marital relationships and increase the probability of divorce. Watson et al. (3) showed that reconciliation and conscientiousness correlate positively with

marital satisfaction. Botwin et al. (4) found in their research that neuroticism has a positive correlation with negative interactions, and consensus and empiricism has a negative correlation with negative interactions. Now, according to the personal experience and to the studies mentioned in this field, it can be claimed that the personality traits of people such as mood (mood instability), emotional deprivation, domination, compromise and inflexibility, high anxiety, feelings of worthlessness (self-dissatisfaction) being angry and skeptical, irritability, etc. can affect marital dissatisfaction.

We start living from small groups (families) and then will work and play in different groups of life. The prediction of our personality depends on our experience, in the groups we interact with, the group is an opportunity for modification and change in our

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character (5). A group can either sicken people or heal them again (6). Group therapy is a therapeutic approach, including a small group of members and one or more specialist therapists. The group therapy is aimed at promoting mental development and reducing psychological problems (7), the most important decision in group therapy, is taking the theoretical position (8) considered in this psychoanalytic group therapy research.

The aim of the psychodynamic approach is to bring the levels of the unconscious into conscious. People will be able to be autonomous and choose their behavior by being aware of the motives and main causes of their behavior (9). By applying methods of free association, transferring, understanding resistance and interpreting thoughts and dreams, the unconscious can be brought to a certain level of consciousness (10). Analytic therapists are usually floating between reality and imagination, unconscious and consciousness, logic and irrationality, thought and feeling (11). It is assumed that the scrutiny of evolution (the first object relations) is of paramount importance (12). According to Freud's theory, most human behavior is driven by forces outside the informed experiences. The painful experiences of childhood and emotions related to them are hidden in the unconscious (13). These shocking experiences often cause an unbearable anxiety for children, so there is always a shadow of the past in the present. The therapist tries to transform the unconscious into conscious and teach that anxiety is not intolerable, he helps the referrer to get rid of his suppressed past (12).

In the psychodynamic psychotherapy, the patient talk about a variety of topics, and the therapist listens to them. (12) Listening helps us find specific and important elements in the understanding of the patient. 1. Materials of the manifest unconscious. 2. To support ego-weakened functions. These important elements are: affection, resistance (the way the patient treat with treatment), transference (of the patient's emotions to the therapist), counter-transference, conflict, defense, and dreams (14). psychodynamic psychotherapy, through its structure, offers unique opportunities in experiencing and working on the issue of intimacy, individuality, and interrelationships. In this type of group, the community is represented in the treatment room (12).

Psychoanalytic Group Therapy Components

Timing:	Twice a week
The content of the conversations:	Current and past life situations Relations within the group

Transference:	Relations outside of the group Positive and negative transference is created and analyzed
Dreams:	Analyzed repeatedly
Dependence:	intergroup dependence is encouraged There is a dependence on the leader to a varying degree
Therapist's activities:	Challenging active defenses without providing any advice or personal reaction
Interpretation:	Conflict of the unconscious is interpreted
Major group processes:	Cohesion, transference, evaluating realism

Communication of members outside the group: prevented permanently

Therefore, by increasing individual abilities, creating satisfaction and positive motivations, self-realization, identifying feelings, adjusting emotions, increasing self-disclosure, improving cognitive functions, and getting rid of inefficient patterns (15) to help people make effective communication, leaving untrustworthiness, creating hope and goodwill for themselves and others, this kind of psychotherapy leads to improving the quality of marriage and increasing the level of marital satisfaction of couples. In general, this approach can lead to improvements in our specific ways of adapting to stimuli, which is one of the main goals of analytic psychotherapy, during an interpersonal correction process (14).

Ghorbani (16) in a research has compared the effectiveness of intensive short-term dynamic psychotherapy (ISTDP) -and communicational- on improvement of mental health and satisfaction of couples, applying one-way ANOVA. Results indicated that both of approaches to components of the physical symptoms of anxiety and sleep disorders, and social functioning were equally effective. In the subscales of depression, only the psychosocial approach of both approaches were effective in enrichment of components (subscales) of personality issues, marital satisfaction, communication, conflict resolution, financial management, sex, and child-rearing.

Therefore, group-based dynamic psychotherapy interventions can be effective, since one of the main aspects of this therapeutic approach is to work on the underlying issues and constraints. If we want to change some aspects of the personality of the members, we must work on the resistance and old patterns of behavior. After discovering the dynamics and signs, the leader presents a plan for addressing these signs (17). These authors see the change and progress of the members as a result of the efforts and cooperation between the leader and the members in the context of the practice of a flexible

and thought-provoking mapping. According to the above, the present study tries to investigate the effectiveness of psychodynamic psychotherapy on improving the personality factor in divorced and non-divorced women with low marital satisfaction.

### Materials and Methods

This clinical project is kind of a trial with a pretest-posttest and a control group. The statistical population of this study was 45 people in three groups, 15 divorced, 15 people with low marital satisfaction, and 15 in control group. Due to the search for the changes created through the psychodynamic psychotherapy on members, people with low marital satisfaction were asked to complete two questionnaires (16 factors of Cattell, and the Inrich marital satisfaction), and the divorced and control group completed the 16-item questionnaire of Cattell before and After the sessions of psychodynamic psychotherapy. The criteria for entry into the present research are: having the least physical and cognitive ability to participate in psychological interventions, having a full interest in attending the sessions determined on the basis of the members' self-declaration, having their total marital satisfaction score in the three lower decile (less than 130) in the Inrich marital satisfaction questionnaire. Exit criteria include severe physical illnesses, especially heart disease, substance abuse, and psychosis. Training of psychodynamic psychotherapy was conducted for 24 sessions twice a week for experimental group. During this period, the control group did not receive any training. Finally, multivariate covariance analysis (MANCOVA) was applied to analyze the data.

The training program during the twenty four sessions was as follows:

The beginning phase

- Appropriate selection of patients who can use psychodynamic therapies
- Determining the contract and treatment framework

- The foundation of treatment

- Shaping an effective therapy union

Intermediate phase

The middle phase is often the longest one in which the patient and therapist have solid healing and work well together. This time is the time to address all the therapeutic goals:

- Improving self-perception and self-esteem adjusting
- Improving relationships with others
- Improving adaptability with external and internal stimuli

- Improving other Igo functions

The final phase

- Ending the treatment
- providing coherence in goals
- Reviewing the treatment
- conducting a realistic assessment on the changes and possible future changes
- Planning for future treatment if necessary and willing
- saying goodbye

### Research tools

- *Cattell's 16 Factor Questionnaire*: This questionnaire was prepared by Raymond Cattell (18) in 5 forms A, B, C, D, E, which provides a complete assessment of each person's personality. In this study, E form of this Questionnaire was used to collect data; Containing 128 substances, considering 16 substances for each factor. Each material has two options that its score is based on zero and one. Subjects must choose one of both options. So for each factor, a score is obtained so that the minimum and maximum score for each factor is zero and 8 respectively.

In this study the Cattell questionnaire was used to assess personality factors. This questionnaire has been used as a valid research tool in numerous clinical trials and researches. This test measures 16 personality factors, each with two poles, one for high scores and one for low scores, factor A (philanthropy-misanthropy), factor B (intelligent-low intelligence), factor C (Emotional stability-Emotional instability), factor E (domination-obedience), factor F (vitality-dejection), factor G (stable mood, dependent mood), factor H (cyclothymia- dysthymia), factor I (sensitive-stubborn), factor L (skeptical-credulous), factor M (fantasy, practitioner), factor N (the elegance of work - Simplicity of elegance), factor O (anxious distrust, trust with peace), factor Q1 (conservatism), factor Q2 (self-governing- relying on others), factor Q3 (restraint of will-stability of moods), factor Q4 (anxious-calm) (19).

### Research instrument

- *Enrich Marital Satisfaction Inventory*: The inventors of this questionnaire are Alanson et al. (20) in 1989. This 115-question inventory is used to assess the potential problems of couples. The complete form of the questionnaire consists of 14 sub-scales, the first scale of which has 5 questions and other scales, each one have 10 questions. For each question of the questionnaire, five options are included with the score (0 to 4) of the Likert scale. The high score is a sign of more satisfaction. The 12 domains that have been used in this research are: 1.

Ideal distortion 2. Marital satisfaction 3. Personal satisfaction 4. Marital relationship 5. Conflict resolution 6. Financial management 7. Leisure activities 8. Sex 9) Children and parenting 10) Egalitarian roles 11) Religious orientation 12) Family and friends. Subscales of ideal distortions, marital satisfaction, personal satisfaction, marital ties, conflict resolution, financial management, leisure, sexual relations, children, family and friends, and egalitarianism are respectively calculated as follows: 0.71, 0.72, 0.77, 0.48, 0.76, 0.74, 0.75, 0.68, 0.73, 0.81, 0.90. Navaabinejad (21), while verifying the content validity of the questionnaire, calculated through the alpha coefficient, a reliability of 0.93 (22).

In this research, the 47-question form is used, which is normalized by Soleimanian (22). Alpha coefficient of the 47-question form of this questionnaire was obtained in Soleimanian's research as (22), 95%. Correlation coefficient of Inrich questionnaire with family satisfaction scale ranged from 41% to 60% and with life satisfaction scale from 32% to 41%, which is a sign of construct validity (23).

**Results**

Before using the covariance analysis test, to investigate the effect of psychodynamic psychotherapy on improving the personality characteristics of divorced and non-divorced women with low marital satisfaction, the assumptions of using the covariance analysis test were examined.

The Kolmogorov-Smirnov test was used to measure the normality of the data. The results of the Kolmogorov-Smirnov test are shown in Table 1.

**Table 1.** Results of Kolmogorov-Smirnov test for checking normality of the data

Variable	Statistics	Degrees of freedom	The significance level
Philanthropy/Misanthropy	0.11	45	0.155
Intelligent /Low-intelligence	0.152	45	0.168
Emotional stability/Emotional instability	0.142	45	0.124
Domination/Obedience	0.106	45	0.212
Vitality/Dejection	0.241	45	0.211
Stable mood/Dependent mood	0.233	45	0.126
Cyclothymia/Dysthymia	0.189	45	0.153
Sensitive/Stubborn	0.321	45	0.460
Skeptic/credulous	0.176	45	0.352
Fantasy/ practitioner	0.175	45	0.341
The elegance of work/Simplicity of elegance	0.412	45	0.795
Anxious distrust/Trust with peace	0.114	45	0.121
Conservatism	0.272	45	0.354

Self-governing/Relying on others	0.216	45	0.319
Restraint of will/Stability of moods	0.191	45	0.381
Anxious/Calm	0.51	45	0.335

As can be seen from Table 1, with respect to the significance level obtained for all subscales of Catel personality factors ( $P<0.05$ ), it can be safely assumed that the normative data assumption is observed.

**Table 2.** Results of homogeneity of variance analysis in test and control groups based on Catel personality factors

Variable	df	df of denominator	significant level value
Philanthropy/Misanthropy	0.423	0.656	43
Intelligent /Low-intelligence	0.835	0.044	43
Emotional stability/Emotional instability	0.119	2.54	43
Domination/Obedience	0.548	0.367	43
Vitality/Dejection	0.258	1.17	43
Stable mood/Dependent mood	0.345	2.51	43
Cyclothymia/Dysthymia	0.533	2.34	43
Sensitive/Stubborn	0.289	1.28	43
Skeptic/credulous	0.321	1.161	43
Fantasy/ practitioner	0.286	1.34	43
The elegance of work/Simplicity of elegance	0.179	2.90	43
Anxious distrust/Trust with peace	0.441	1.36	43
Conservatism	0.332	3.84	43
Self-governing/Relying on others	0.324	2.63	43
Restraint of will/Stability of moods	0.753	3.54	43
Anxious/Calm	0.554	1.11	43
Philanthropy/Misanthropy	0.423	0.656	43

The results in Table 2 show that the Levin test for the Catel personality subscales is greater than 0.05 ( $P<0.05$ ), which indicates that the homogeneity of variances is assumed.

**Table 3.** The results of homogeneity of regression slope

Pre-test	Sum of squares	Df	average	F	Level of significance
Philanthropy/Misanthropy	3.58	2	1.926	0.194	0.825
Intelligent /Low-intelligence	46.717	2	23.359	91.36	0.167
Emotional stability/Emotional instability	0.277	2	0.138	0.138	0.872
Domination/Obedience	1.935	2	0.967	1.692	0.206
Vitality/Dejection	0.701	2	0.350	1.063	0.362
Stable mood/Dependent mood	7.960	2	3.980	2.762	0.119
Cyclothymia/Dysthymia	22.348	2	11.174	2.933	0.548
Sensitive/Stubborn	0.356	2	0.178	2.51	0.246
Skeptic/credulous	1.935	2	0.967	2.846	0.355
Fantasy/ practitioner	0.822	2	0.421	1.784	0.583

The elegance of work/Simplicity of elegance	2.440	2	1.220	1.810	0.289
Anxious distrust/Trust with peace	4.622	2	2.311	1.343	0.321
Conservatism	0.457	2	0.228	2.970	0.453
Self-governing/Relying on others	1.325	2	0.678	0.916	0.864
Restraint of will/Stability of moods	21.34	2	0.617	1.323	0.578
Anxious/Calm	12.825	2	6.412	2.631	0.576

Effect size	Value	f	Assumption of df	error of df	level of significance	Squared ut	statistical power
The pillage	0.273	40.125	8	31	0.001	0.921	1
Lambda Wilkes	0.065	40.125	8	31	0.001	0.921	1
Hutchling	4.28	40.125	8	31	0.001	0.921	1
Root	4.28	40.125	8	31	0.001	0.921	1

As shown in Table 3, the significance level for the subscales of Personality Factors of Catel is higher than 0.05, which indicates that the regression slope is assumed to be homogeneous.

**Table 4.** Results of multivariate covariance analysis (MANCOVA) on differential scores (pre-test and post-test), variables of research in control and experiment groups

As can be seen from Table 4, the significant levels of the pylon statistic indicate that there is a significant difference between the mean scores of the experimental and control groups in relation to the dependent variable ( $P<0.01$ ,  $F=40.15$ ). The effect or difference is equal to 0.921. That is, 92 percent of the individual differences in the difference in the variables of the research are related to the impact of psychodynamic psychotherapy. The power is equal to 1.

**Table 5.** Multivariate Covariance Analysis (MANCOVA) on post-test scores with pre-test control of dependent variables in test and control groups

group	Sum of squares	dependent variable	average of squares	F	level of significance	Ssquared ut
Philanthropy/Misanthropy	77.42	1	77.42	67.77	0.001	0.531
Intelligent /Low-intelligence	56.25	1	56.25	430.1	430.1	0.014
Emotional stability/Emotional instability	176.60	1	176.60	44.773	0.001	0.231
Domination/Obedience	94.950	1	94.950	41.907	0.001	0.452
Vitality/Dejection	11.630	1	11.630	63.473	0.001	0.321
Stable mood/Dependent mood	24.26	1	24.26	31.15	0.001	0.311
Cyclothymia/Dysthymia	115.923	1	115.923	23.358	0.001	0.231
Sensitive/Stubborn	35.840	1	35.840	41.83	0.001	430.2
Skeptic/credulous	4356.4	1	4356.4	45.569	0.001	0.215
Fantasy/ practitioner	13.920	1	13.920	31.305	0.001	0.333
The elegance of work/Simplicity of elegance	41.60	1	41.60	21.773	0.001	0.245
Anxious distrust/Trust with peace	23.425	1	23.425	26.140	0.001	0.311
Conservatism	41.324	1	41.324	2.569	0.231	0.045
Self-governing/Relying on others	47.913	1	47.913	53.305	0.001	0.253
Restraint of will/Stability of moods	31.451	1	31.451	24.773	0.001	0.295
Anxious/Calm	78.44	1	78.44	34.46	0.001	0.234
Philanthropy/Misanthropy	37.90	38	12.997			
Intelligent/Low-intelligence	35.950	38	1.946			
Emotional stability/Emotional instability	34.30	38	21.903			
Domination/Obedience	319.50	38	8.40			
Vitality/Dejection	495.50	38	13.039			
Stable mood/Dependent mood	19.47	38	11.77			
Cyclothymia-dysthymia	49.162	38	146.074			
Sensitive/stubborn	19.198	38	57.672			
Skeptic/Credulous	37.90	38	23.997			
Fantasy/Practitioner	26.70	38	11.703			
The elegance of work/ Simplicity of elegance	26.20	38	13.689			
Anxious distrust/Trust with peace	34.30	38	24.903			
Conservatism	23.75	38	0.625			
Self-governing/Relying on others	35.950	38	65.946			
Restraint of will /Stability of moods	37.90	38	23.997			
Anxious/Calm	44.78	38	32.703			

As can be seen from Table 5, in factor a: philanthropy/misanthropy ( $f=67.77$ ,  $P<0.05$ ), factor c: emotional stability/ emotional instability ( $f=44.773$ ,  $P<0.05$ ), factor e: Domination/Obedience

( $f=44.73$ ,  $P<0.05$ ), factor f: vitality/dejection ( $f=63.473$ ,  $P<0.05$ ), factor g: Stable mood/Dependent mood ( $f=63.473$ ,  $P<0.05$ ), factor h: cyclothymiacs/? ( $f=23.358$ ,  $P<0.05$ ), factor i:

Sensitive/stubborn ( $f=41.83$ ,  $P<0.05$ ), factor l: Skeptic/Credulous ( $f=45.569$ ,  $P<0.05$ ), factor m: Fantasy/ practitioner ( $f=31.305$ ,  $P<0.05$ ), factor n: The elegance of work/Simplicity of elegance ( $f=21.773$ ,  $P<0.05$ ), factor o: Anxious distrust/Trust with peace ( $f=26.140$ ,  $P<0.05$ ), factor q2: Self-governing/Relying on others ( $f=53.305$ ,  $P<0.05$ ), factor q3: Restraint of will/Stability of moods ( $f=24.773$ ,  $P<0.05$ ), factor q4: Anxious/Calm ( $f=34.46$ ,  $P<0.05$ ) among the experimental and control group, there's a significant difference. So psychodynamic psychotherapy has a significant effect on these personality traits in the subjects of the experimental group.

There was no significant difference between the experimental group and the control group, only in

factor B: intelligent/low-intelligence ( $f=6.193$ ,  $P>0.05$ ), and factor Q1: conservatism ( $f=2.569$ ,  $P<0.05$ ). Therefore, psychodynamic psychotherapy did not have a significant effect on these personality traits.

To compare the groups and to check the difference between the groups, the scheffe follow up test was used, the results of which are listed in Table 6. As can be seen, there is a significant difference between the divorced and non-divorced women with the control group in all factors except factor B (intelligent - low intelligence) and factor Q1 (conservatism) ( $P<0.01$ ) but in the whole The factors between the divorced and non-divorced women are not significantly different in mean scores of personality factors ( $P<0.01$ ).

**Table 6.** Scheffe's follow-up test results to examine the difference between the experimental groups (divorced and unpunished) and control in the variable of personality factors

Factor	Group	Group	Difference in averages	Standard deviation error	Level of significance
Philanthropy-Misanthropy	Divorced	Non-divorced	-0.55	2.707	0.231
		Control	2.94	2.425	0.001
	Non-divorced	Divorced	0.55	3.376	0.231
		Control	2.72	2.546	0.001
	Control	Divorced	-2.94	4.346	0.001
		Non-divorced	-2.72	2.269	0.001
Philanthropy/Misanthropy	Divorced	Non-divorced	-0.55	2.244	0.445
		Control	2.94	2.425	0.653
	Non-divorced	Divorced	0.55	3.376	0.445
		Control	2.72	2.546	0.273
	Control	Divorced	-2.94	4.346	0.653
		Non-divorced	-2.72	2.269	0.273
Emotional Stability/Emotional instability	Divorced	Non-divorced	-0.67	2.707	0.754
		Control	8.44	2.425	0.001
	Non-divorced	Divorced	0.67	3.344	0.356
		Control	7.78	2.233	0.001
	Control	Divorced	-8.44	4.346	0.001
		Non-divorced	-7.78	2.269	0.001
Domination/Obedience	Divorced	Non-divorced	-0.21	2.441	0.466
		Control	2.94	2.340	0.001
	Non-divorced	Divorced	0.21	3.977	0.862
		Control	2.73	2.255	0.001
	Control	Divorced	-2.94	4.455	0.001
		Non-divorced	-2.73	2.269	0.001
Vitality/Dejection	Divorced	Non-divorced	-0.90	2.244	0.234
		Control	3.11	2.425	0.001
	Non-divorced	Divorced	0.90	3.376	0.543
		Control	3.58	2.546	0.001
	Control	Divorced	-3.11	4.577	0.001
		Non-divorced	-3.738	2.269	0.001
Stable mood/Dependent mood	Divorced	Non-divorced	-0.67	2.707	0.754
		Control	2.34	2.425	0.001
	Non-divorced	Divorced	0.67	3.367	0.456
		Control	2.78	2.546	0.001
	Control	Divorced	-2.34	4.346	0.001
		Non-divorced	-2.78	2.269	0.001
Cyclothymia-Dysthymia	Divorced	Non-divorced	-0.21	2.441	0.064
		Control	2.11	2.756	0.001
	Non-divorced	Divorced	0.21	3.134	0.862
		Control	2.73	2.077	0.001
	Control	Divorced	-2.11	4.123	0.001
		Non-divorced	-2.73	2.269	0.001

Sensitive/Stubborn	Divorced	Non-divorced	-0.47	2.964	0.634
		Control	3.11	2.425	0.001
	Non-divorced	Divorced	0.47	3.376	0.412
		Control	3.58	2.546	0.001
	Control	Divorced	-3.11	3.231	0.001
		Non-divorced	-3.738	2.269	0.001
Sensitive/Stubborn	Divorced	Non-divorced	-0.67	22.34	0.754
		Control	2.12	2.425	0.001
	Non-divorced	Divorced	0.67	3.367	0.252
		Control	3.01	2.546	0.001
	Control	Divorced	-2.12	4.346	0.001
		Non-divorced	-3.01	52.54	0.001
Fantasy/Practitioner	Divorced	Non-divorced	-0.21	2.441	0.442
		Control	2.94	2.756	0.001
	Non-divorced	Divorced	0.21	3.977	0.862
		Control	2.73	2.560	0.001
	Control	Divorced	-2.94	4.466	0.001
		Non-divorced	-2.73	2.269	0.001
The elegance of work/ Simplicity of elegance	Divorced	Non-divorced	-0.74	2.964	0.521
		Control	3.11	2.425	0.001
	Non-divorced	Divorced	0.74	3.376	0.412
		Control	3.58	2.546	0.001
	Control	Divorced	-3.11	4.577	0.001
		Non-divorced	-3.738	2.269	0.001
Anxious distrust/Trust with peace	Divorced	Non-divorced	-0.67	2.707	0.754
		Control	2.15	2.425	0.001
	Non-divorced	Divorced	0.67	3.376	0.457
		Control	2.33	2.546	0.001
	Control	Divorced	-2.15	4.346	0.001
		Non-divorced	-2.33	2.269	0.001
Conservatism	Divorced	Non-divorced	-0.55	2.707	0.642
		Control	2.24	2.425	0.476
	Non-divorced	Divorced	0.55	3.376	0.642
		Control	2.36	2.54	0.476
	Control	Divorced	-2.24	4.346	0.273
		Non-divorced	-2.36	2.269	0.653
Self-governing/Relying on others	Divorced	Non-divorced	-0.55	2.707	0.332
		Control	2.54	2.425	0.001
	Non-divorced	Divorced	0.55	3.376	0.247
		Control	2.22	2.546	0.001
	Control	Divorced	-2.54	4.346	0.001
		Non-divorced	-2.22	2.269	0.001
Restraint of will /Stability of moods	Divorced	Non-divorced	-0.80	2.707	0.145
		Control	2.94	2.425	0.001
	Non-divorced	Divorced	0.80	3.376	0.332
		Control	2.34	2.546	0.001
	Control	Divorced	-2.94	4.346	0.001
		Non-divorced	-2.34	2.269	0.001
Anxious/Calm	Divorced	Non-divorced	-0.48	2.707	0.772
		Control	2.94	2.425	0.001
	Non-divorced	Divorced	0.48	3.376	0.453
		Control	2.31	2.546	0.001
	Control	Divorced	-2.94	4.346	0.001
		Non-divorced	-2.31	2.269	0.001

There is a significant relationship between personality factors with low marital satisfaction among non-divorced women. For this purpose, Pearson correlation test was used. Correlation between personality factors and low marital satisfaction in non-divorced women has been reported in Table 7.

**Table 7.** Correlation of personality factors with low marital satisfaction

Marital satisfaction	Variable
0.334**	Philanthropy/Misanthropy
0.112*	Intelligent /Low-intelligence
0.211**	Emotional stability/Emotional instability
-0.155**	Domination/Obedience
0.214**	Vitality/Dejection
0.132*	Stable mood/Dependent mood
0.124*	Cyclothymia-Dysthymia
0.334**	Sensitive/Stubborn
-0.111*	Skeptic/Credulous
0.058	Fantasy/Practitioner

0.118*	The elegance of work /Simplicity of elegance
**-.0219	Anxious distrust/Trust with peace
0.015	Conservatism
20.51**	Self-governing/Relying on others
0.198**	Restraint of will/Stability of moods
**-.0209	Anxious/calm

There is a significant relationship between the total score of marital satisfaction with all factors in the level of less than 0.01.

Except for factor Q1 (conservatism) and factor M (dreams- practitioner), no meaningful relationship was obtained at the level of less than 0.01 ( $P < 0.01$ ).

## Discussion

The results indicated that the dynamic psychotherapy had a significant change in personality traits and only in factor B (intelligent - low intelligence) and factor Q1 (conservatism) no significant difference was found between the between the experimental and control groups. The results are consistent with the research by Abbass (24) and Derison (25).

In justification of the findings, the main goals of the dynamic psychotherapy are: 1- Improving self-perception and self-esteem adjustment 2. Improving adaptability with external and internal stimuli 4. Improving other ego functions through two supporting and revealing strategies. In the dynamic psychotherapy, the patient talk about a variety of topics, and the therapist listens to them. Listening helps us find specific and important elements in the understanding of the patient. 1. Materials of the manifest unconscious. 2. To support ego-weakened functions. These important elements are: affection, resistance (the way the patient treat with treatment), transference (of the patient's emotions to the therapist), counter-transference, conflict, defense, dreams and catharsis. The psychodynamic psychotherapy approach, with an emphasis on the behaviors, thoughts, emotions and conflicts that people have in their current interpersonal conditions, reduces the anxiety of the individual. As we see, the reduction in the anxiety of the members in the scores of the Q4, O, G, and C of Cattell's test, is in line with Bond and Perry's research (26). In the psychodynamic psychotherapy, anxiety is one of the basic techniques in the group's position. The way an individual is diagnosed and addressed by the leader (in individual or group therapy) is an important and key technique in psychodynamic therapy. Anxiety is not something we just want to overcome, but we must recognize, perceive and understand, and then checked to see how to defend against (24). We also see a change in the scores of individuals in factors

C, F, L, which include: vitality, optimism, stability in mood and excitement, compromise, flexibility, etc., which is consistent with matte research (27).

The goal of the dynamic psychotherapy approach is to change personality, in other words, to change the traits of referrers within the time frame of treatment. A change in personality that reduces the vulnerability and increases the flexibility of the individual (24). The change and rehabilitation of the personality system of the referrer is achieved through the process of making the unconscious, conscious and examining them. The psychodynamic groups reproduce the family of origin in a symbolic way and emphasize the re-examination of the past of each member in the presence of other members. Beck (28) points to the use of the return-regression approach in psychodynamic psychotherapy. This method refers to returning to the past of each member to achieve the goal of treatment, which is the reconstruction of personality and personality traits. The treatment process focuses on the reconstruction, analysis, discussion, and interpretation of past experiences and affects the unconscious by working on defenses and resistances. Which is in line with Saskia's research. It is necessary for the referrer to rehabilitate their past and work on their suppressed conflicts in order to become aware of the unconscious impact on their present life. The psychodynamic treatment group is usually a purposeful and long-term process. All therapists who believe in the psychoanalytic approach presume that the process of analyzing and interpreting emotions is the core of treatment. Because the goal is to gain insight and change in character. In psychodynamic psychotherapy, members are able to establish quasi-relationships with other members of the group. These relationships arise in groups and in safe conditions, and bring about desirable consequences. In this approach, members of the group have many opportunities to transfer their feelings to the leader and other members; by working on their emotions, they can increase their self-awareness and become more active in their communication, in factor A: philanthropy/ misanthropy, we see this change is in line with Frankl's research (29). In the group, the dependency on the therapist's skills is less than that of individual counseling. Because people in the group, receives feedback from other members, in addition to the therapist.

In psychodynamic group members learn that having strong feelings and expressing those feelings is acceptable, that this change which is evident in the H factor: daring/ coward, is in line with



Ghorbani's research (16). At the same time, having similar problems in others causes the members to realize their own uniqueness and reduce their resistance. All of these are factors that can play a key role in changing the personality traits of the group members and, of course, rebuilding their personality system (30).

From another angle, perhaps, what causes the treatment and change in personality traits of subjects is the achievement of the specific insights and emotional experiences of these types of sessions, something that analysts believe is called "corrective emotional experience" (30).

One of the reasons that can be explained in justifying the lack of effect psychodynamic psychotherapy on factor B (intelligent - low intelligence) is that intelligence is a biological factor that is not affected by therapeutic interventions, and not any significant changes in Q1 factor can also be considered due to the short duration of treatment sessions because conservative people need more time to form a security and treatment unity.

To investigate the relationship between personality factors and marital satisfaction, Pearson correlation test was used. The results of consistency of personality factors with low marital satisfaction showed that there is a significant relationship between all factors of personality other than conservative factor.

The result obtained is consistent with the results of the carriage (31). The present study showed that there is a significant negative relationship between anxiety and neuroticism (scores of Q4, O, G, C factors) with marital satisfaction. Neuroticism has a negative effect on all the dynamic and continuous processes of marriage. The findings of this study showed that couples with high neuroticism, in comparison with those who have low neuroticism, show more negative behaviors and emotions when confronted with situations of problem solving, such

features increase the probability of separation and divorce, in line with Caughlin's research (32), it can be stated that couples who have a healthy personality have normal behaviors, feelings, desires and needs, and this is one of the most important factors in adaptability of individuals, and is the most effective factor in marital satisfaction. Individuals with a healthy personality have a positive image of their abilities and appear more active in social and life affairs, and, consequently, have more social, economic, cultural and welfare facilities, and these facilities provide more satisfaction through manifestation in their shared life. Due to the lack of research on the approach of analytical group therapy, this subject should be considered more than ever by domestic researchers. It is suggested that a similar study with the aim of evaluating the effectiveness of psychodynamic psychotherapy on marital satisfaction gets conducted, and then the questionnaire of the five personality factors be used as the tool, and then the results be compared with the results of this study.

### Conclusion

The psychodynamic approach, leads to improving the quality of marriage and increasing the level of marital satisfaction of couples, by increasing individual abilities, creating satisfaction and positive motivations, self-realization, identifying feelings, adjusting emotions, increasing self-disclosure, improving cognitive functions, and getting rid of inefficient patterns in order to help people make effective communication, leaving untrustworthiness, creating hope and goodwill for themselves and others.

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