

research article

Comparison of the effectiveness of McMaster and William C. Nichols family counseling approaches on couples' problem solving ability

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Abstract

In the field of family counseling and psychology, various approaches have been developed to reduce conflicts and communication disorders between couples. This study aimed to compare the effectiveness of McMaster and Nichols family counseling approaches on problem-solving ability. . The present study was applied in terms of purpose and quasi-experimental in terms of the method with a pre-test-post-test design with the control group. The study population consisted of all couples referring to counseling centers in Boroujerd city in 2021-2022, whose number was reported to be about 700 people. Among them, 36 couples with marital incompatibility were selected as a sample and were randomly placed in two intervention groups and one control group (12 people in each group). The instrument of the present study was Ahmadi et al.'s (2010) Family Problem Solving Questionnaire (FPS). McMaster's family therapy intervention (Ryan et al., 2012) was performed in 10 sessions of 1.5 hours, and Nichols family therapy (Nichols, 2001) in 12 sessions of 1.5 hours each week. But the control group did not receive any intervention. Research data were analyzed by mixed analysis of variance (with repeated measures). Findings showed that McMaster's family therapy and Nichols's family therapy are effective on couples' problem-solving ability ($p < 0.05$). The results also showed that there was no difference between the effectiveness of McMaster family therapy and Nichols family therapy interventions in adaptation ($p < 0.05$). Considering the effectiveness of both interventions in increasing problem-solving ability, family therapy counselors can be suggested to use these two interventions to resolve conflicts between couples and increase problem-solving ability.

Keywords: McMaster Family Counseling Approach, Nichols, Problem Solving Ability

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Introduction

The family is one of the most important social institutions, the basis of society, and the preservation of human emotions, and any failure in family functioning has an adverse effect on the growth and normalization of children (Mark Anderson, Matsuzawa & Sabia, 2021). A healthy society is composed of healthy families and the condition for family health is the existence of healthy relationships and the proper functioning of this institution (Jo, 2020). The occurrence and spread of many individuals, social problems, and other injuries and deviations in recent centuries can be due to the dysfunction of the family institution (Rapp & Stauder, 2020). The effect of marriage quality on spouses' two-person relationships in the family, on their physical and mental health, success, and psychological and social adjustment in various aspects of individual and social life has always been confirmed (Zaman & Koski, 2020).

Compatible couples are relatively satisfied with their marital relationship, love their partner's personality habits, enjoy spending time with family and friends, and solve problems together (Frye, Ganong, Jensen & Coleman, 2020). When adaptability in couples decreases; Marital conflicts arise between couples (Li, Zhou, Fang & Cao, 2020). Conflicting couples are upset with their spouse's habits and personality and have communication problems in various areas, making it difficult for them to accept each other's differences (Yeon & Choi, 2020).

In the context of the devastating effects of marital conflict, there are a wide range of physical and psychological consequences, such as; Increased risk of mental disorders such as depression (Du, Luo & Zhou, 2021), substance abuse (Wei, Chen, Xin, Liu, Yu & Zou, 2020), sexual dysfunction (Tahan, Salim, Mushtaq, Fattahi & Rahimi, 2020) Behavioral problems (Li & Liu, 2020), Decreased immunity, Hypertension, Atherosclerosis and pain caused by chronic diseases (Abbas, Aqeel, Ling, Ziapour, Raza & Rehna, 2020), as well as the phenomenon of violence (Sharma, Amobi, Tewolde, Deyessa & Scott, 2020) and finally divorce (Han & Yang, 2020).

The presence or absence is not a conflict that determines the quality of marriage; Rather, it is the method of managing conflicting situations that determines the quality of the marital relationship; Thus, the key skill in long-term committed relationships is conflict management by problem-solving (Sarac & Sanberk, 2020). Problem-solving skills are one of the life skills that help us solve individual and social problems and is a logical and orderly thinking process that helps a person to look for various solutions when faced with problems and then the best solution. (Middleton, 2020).

Problem-solving skills steps; The first step is to choose the right approach to the problem by first thinking about ourselves and consciously knowing how we feel and feel. At this stage, misconceptions about the problem need to be identified and corrected. the second stage; A precise definition of the problem to be answered at this stage; What is the problem? When did the problem start? Who is involved in this problem? And that the problem should be broken down into smaller, simpler dimensions. Thus, during this stage, Babian must provide a precise definition of the problem through objective and clear goals.

the third level; Achieving different solutions (brainstorming) without restricting the mind means writing down every solution or decision that comes to mind, regardless of whether it is right or wrong, positive or negative. The fourth stage; Evaluating the options and choosing the best solution is the fifth step; Implementation and review of solutions (Golverdi, 2020).

The McMaster model is one of the most effective models in the field of family. This model is based on a systems approach (Cong, Tan, Nainee, & Tan, 2022); Describes the structure, organization, and pattern of exchange of the marital unit and allows family or marital relationships to be tested on a superficial range, from mental health status to severe mental disorder (Pourmovahed, Ardekani, Mahmoodabad, & Mahmoodabadi, 2021). The McMaster family counseling approach is one of the most important role models in family performance assessment, which is based on a systematic approach that describes the structure, organization, and exchange pattern of the marital unit and allows family or marital relationships in a superficial range of health status. Mentally tested for severe mental disorders (Omidi, Karaei & Sudani, 2020). In this model, the basic function of the family is to provide a suitable environment for family members to develop various physical, psychological, and social aspects (Li, & Liu, 2020). Carr (2020) in his research entitled the effectiveness of systemic family therapy refers to the effectiveness of this therapeutic approach on compatibility between couples. Bibak, Amini, Deyreh, & Mirzaei, (2022) In a study comparing the effectiveness of psychological education based on the Olson model and McMaster model on problem-solving ability, they showed that McMaster family therapy is effective in increasing problem-solving ability.

Integrated psychotherapy also refers to the collection of emotional, cognitive, behavioral, and physiological systems in the individual with awareness of the social and metaphysical aspects of the systems around the individual. These concepts are used in the perspective of human development in which each stage of life presents developed tasks, and requires sensitivities, crises, and opportunities for new learning (Tehranchi, Neshatdoost, Amiri & Power, 2021).

Integrated psychotherapy, on the other hand, takes many perspectives on human functioning. Psychodynamics, Behavioral, Cognitive, Family Therapy, Gestalt Therapy, Object Relationship Theories, and Psychoanalysis Psychology are all considered in the context of dynamic systems, each providing a partial explanation of behavior and each selectively integrating with other aspects of the therapist approach (Miley, Allah Yari, Sohrabi & Karami, 2017).

Lebow (2019) in a study entitled Integrated Family Therapy to Solve the Problem of Incompatibility in Divorced Applicants showed that integrated family therapy can help improve marital compatibility and reduce conflicts between couples. Devlin, Toof, West, Andrews & Cole (2019) conducted a study entitled Integrated Family Therapy, which showed that integrated family therapy helps resolve family problems and reduce conflict between family members.

Considering that no research has been done so far to investigate the effect of linear family-therapy models such as McMaster's evaluative and integrated models and Nichols's approach on adaptability and problem-solving in other family-related variables,

especially couples; The present study seeks to examine and compare the effectiveness of these two approaches and models of systemic approaches to the question of whether the two approaches of McMaster and Nichols are effective on the ability to solve couples' problems?

Methods

The method of the present study was quasi-experimental with pre-test-post-test-follow-up and control group. The statistical population included all couples who were referred to counseling centers in Boroujerd city in 2021-2022, whose number was reported to be about 700 people. In this study, 36 couples with marital incompatibility were selected by convenience sampling method and randomly divided into three groups including 12 couples in the McMaster family therapy intervention group, 12 couples in the Nickels family therapy intervention group, and 12 couples in the control group. In terms of age and level of education, they were homogeneous and this homogeneity was done through a two-sample t-test and chi-square. Inclusion criteria included couples with marital incompatibility, age range 25 to 40 years; Willingness to cooperate and participate in sessions and criteria for leaving the research Also participating in other treatment groups at the same time, obvious psychological disorders according to the diagnosis of psychologists and therapists in counseling centers, was the absence of more than two sessions in treatment interventions. One of the ethical considerations of the research is that all the sample people were assured that their names will not be mentioned in any part of the research and only the results of the data will be used. To conduct the research, a briefing session was held and a consent form and a questionnaire containing demographic information were distributed among the participants. To be anonymous and to ensure the privacy of the participants, an appropriate code was assigned to each participant. The McMaster Family Counseling Group underwent a 10-session intervention based on 1.5-hour sessions once a week, and the Nichols Family Counseling Group under a 12-session, 1.5-hour-a-week intervention. Were present. The control group also did not receive any intervention. At the end of the intervention sessions, the subjects of all three groups were re-evaluated with research tools and after one month, a follow-up was performed. The data were analyzed using SPSS edition 26 and statistical methods of mixed analysis of variance (repeated measures) and the Bonferroni test.

Measuring tool

This questionnaire was inspired by Forgach (1989), Diana and Thomas (1996), Berger and Hena (1991), Champion and Power (2000), Di Zorilla and Nizo (1990) by Ahmadi, Ashrafi, Kimiaei, and Afzali (2010). Has been. The materials of this questionnaire are in

the field of methods of dealing with current problems, the extent of recognizing the process and steps of problem-solving, and how to use problem-solving methods among couples. The questionnaire consists of 30 items and is scored on a five-point Likert scale (never = 1, rarely = 2, sometimes = 3, very often = 4, and always = 5). Phrases 9, 10, 12, 17, 18, 21, 25, 26, and 30 are scored in reverse. This questionnaire has been approved by experts in terms of content validity. The internal correlation coefficient of the questionnaire with Cronbach's alpha method was 0.92 and the validity of the questionnaire by retest method with a two-week interval was 0.64 (Ahmadi et al., 2010; quoted by Mansouri, 2013). The reported Cronbach's alpha for the adaptability scale in the present study was 0.897.

McMaster Family Therapy Sessions by Ryan et al. (2012). This treatment was performed in nine sessions and each session was 1.5 hours and once a week, the sessions were as follows:

Table 1. Training sessions based on the McMaster model (Sarkari et al., 2018)

session	Content
First session	Explain the objectives of the workshop and the importance of McMaster's family performance model, articulate group rules and contracts, and build commitment
second session	Identify the problem-solving process, and problem-solving factors, find alternative solutions and consider the consequences and results of the work
third session	Explain and express the role of effective communication in male-female relationships and the types of communication problems
fourth Session	Explain and express the role of effective communication in male-female relationships and the types of communication problems
Fifth Session	Investigate and deal with main families and explain the importance of personality such as self-differentiation or dependence of men and women on their own family
sixth Session	Explain how men and women think about marital relationships and their expectations from this relationship, familiarity with gender differences, teaching scientific techniques of expressing love
Seventh Session	Familiarity with the main causes of anger in the family; Provide solutions for dealing with an aggressive spouse and how to manage anger
Eighth session	Training and strengthening empathetic conflict between couples
The ninth session	Explain how and the need to control behavior and the area of psychological needs; Biosocial, family as well as coping with problems
Ninth session	Final review and evaluation of the efficiency and effectiveness of the training, identification of obstacles to the implementation of the training, summarizing and conducting the post-test

Nichols Family Therapy Meetings were organized by Nichols in 2001. This treatment was performed in 12 sessions each session 1.5 hours and once a week, the sessions were as follows:

Table 2. Nichols Counseling Training Sessions (2001)

session	Content
First session	Introducing the coach and the couple's acquaintance with each other; Outline the meeting plan and expectations of the participating couples
second session	Defining love and its types, expressing the characteristics of a healthy and efficient relationship and unhealthy and dysfunctional relationship, teaching dysfunctional coping styles and responses, and introducing communication patterns.
third session	The technique of communicating (conversational), paying attention to each other's body language.
fourth Session	Analysis of reciprocal behaviors, expression of the parent, adult, and child characteristics, expression of examples, the performance of the play, and role play.
Fifth Session	Role play.
Sixth and seventh session	Mating couples is based on early relationships with important people, childhood development and experiences, familiarity with defense mechanisms, and identification of cognitive distortions.
Eighth session	
Ninth and tenth sessions	Using this technique, positive changes will occur in couples' relationships, and these improvements will be mainly due to emotional security and active listening.
The ninth session	Problem-solving training, training on the differences between individuals in personality types and how to gather information and make decisions. The mentioned training was conducted to orient the failures in the couple. By listing the failures, the couple tried to find a solution together.
The twelfth session	Emphasize and encourage couples to apply the achievements of the educational program through real-life practice, and post-test.

Results

The mean age reported for the present study sample by groups; For the McMaster family counseling group 36.5 27 4.27 in women and 37.5 2 2.93 in men; In the Nichols family counseling group, 36.5 03 4.03 in women, 37.3. 3.36 in men, 37.2 3 3.22 in women, and 38.2 2 2.52 in men were reported in the control group. The minimum age of female

participants in this study is 28 and the maximum age is 40. The minimum reported age for male participants was 29 and the maximum age was 40. Also, according to the significance level greater than 0.05, there was no significant difference between the three groups and the three groups were homogeneous in terms of age. The sample group was also examined in terms of education level and the results showed that the three groups are homogeneous in terms of education level. The descriptive findings of the research are presented in Table 3, divided into three stages of research into three groups.

Table 3. Comparison of mean and deviation of problem-solving ability between the three groups and in the three times before, after the intervention, and follow-up

group	Before intervention		After the intervention		Follow up	
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation
McMaster Family Therapy	65.5	5.65	93.7	7.29	93.8	7.27
Nichols Family Therapy	66.05	4.47	84.8	5.93	84.9	5.84
control group	66.2	7.86	65.8	7.66	65.5	7.43

Table (3) shows the mean of adaptability in the three groups of McMaster Family Therapy, Nichols Family Therapy, and the control group; As can be seen, the average problem-solving ability between the three groups studied in the pre-test is not much different; But after the intervention, the intervention groups showed a significant difference compared to the control group compared to before the intervention; This difference can also be seen in the follow-up phase.

To evaluate the normality of the variables in this study, the Shapiro-Wilk test was used to apply the appropriate test. $P < 0.05$ was reported. These results were reported immediately after the intervention in the McMaster family therapy group 0.948, in the Nichols family therapy group 0.973, and in the control group 0.978 ($p < 0.05$). Also, the results of this test were reported in the month of intervention in the McMaster family therapy counseling group 0.956, Nichols family therapy counseling group 0.977, and the control group 0.961 ($p < 0.05$).

To evaluate the combined symmetry of the covariance matrix for the McMaster family therapy counseling group, the box test was used ($114.7 = \text{inbox statistic}$, $F = 17.7$, $P < 0.01$), which showed a significant level of F . Less than 0.05 was reported. This result means that the assumption of homogeneity of the covariance matrix is not confirmed, but due to the equality of the number of groups, this assumption can be ignored (Rezaei and Ostovar, 2017). Mackley sphericity (Mushley statistic = 0.023, $168.8 = \text{chi-square distribution}$, $P < 0.01$) which is not higher than 0.05 because of Machley sphericity test, from conservative tests such as Greenhouse Geiser for size variance analysis Repeated taking was used; Also homogeneity of variance of groups for the three stages of measurement through Levin test for pre-test ($F = 1.037$, $P < 0.05$), post-test ($F = 0.549$, $P < 0.05$), respectively. And follow-up ($F = 0.314$, $P < 0.05$) was reported, which indicates

the confirmation of homogeneity of variances in the post-test and follow-up. On the other hand, these results were reported for the Nichols family therapy counseling group (ambox statistic = 58.4, $F = 9.04$, $P < 0.01$), where the significant level of F was less than 0.05. This result means that the assumption of homogeneity of the covariance matrix is not confirmed, but given the equality of the number of groups, this assumption can be ignored. Machley sphericity (Mushley statistic = 0.212, 69.8 = chi-square distribution, $P < 0.01$) which is not higher than 0.05 because of the conservative Machley sphericity test such as Greenhouse Geiser test for size variance analysis Repeated taking was used; Also the homogeneity of variance of the groups for the three stages of measurement for pre-test ($F = 4.29$, $P < 0.05$), post-test ($F = 5.65$, $P < 0.05$) and follow-up, respectively (93 ($F = 4$, $P < 0.05$)) It was reported that the homogeneity of variances in these three measurement steps was not confirmed, but this assumption can be ignored due to the number of groups being equal.

Table 4. Summary of simple analysis of variance test for intra-group and extra-group effects

		Source of changes	Total squares	Degrees of freedom	F	The significance level	Effect size	
Group	Between subjects	Group	12302.5	1	12302.5	90.5	0.001	0.663
		Error	6250.6	46	135.8			
	Inside the subject	Factor	6197.7	1.01	6124.9	293.6	0.001	0.865
		Factor and group	6632.7	1.01	6554.8	314.2	0.001	0.872
Group	Between subjects	Error	970.8	46.5	20.8			
		Group	552.2	1	552.2	7.94	0.031	0.097
	Inside the subject	Error	5137.6	46	111.6			
		Factor	119.09	1.11	106.4	73.9	0.001	0.616
		Factor and group	186.1	1.11	166.4	115.5	0.001	0.715
		Error	74.1	51.4	1.44			

The simple results of repeated measures analysis of variance based on Greenhouse Geiser show that the main effect of the factor is significant at the level of 0.01 ($p = 0.001$, $F = 293.6$, Greenhouse-Geisser = 719.7). The result means that there is a significant difference between the scores of the factors (pre-test, post-test, and follow-up) of the problem-solving ability variable regardless of the group. Also, the interaction effect of the group with the factor (measurement steps) is significant at the level of 0.01 ($p = 0.001$, $F = 314.2$, Greenhouse-Geisser = 6632.7). In other words, there is a significant difference between at least two stages of problem-solving ability assessment between the intervention and control groups; Therefore, to investigate which of the measurement

stages the differences are related to in the groups, a confrontational or two-way test was used within the subject, the results of which are summarized in Table 5.

Table 5. In-subject coping test Ability to solve the problem in repeated measurements

Source of changes	Double comparisons	Total squares	Degrees of freedom	F	The significance level	Effect size	
Factor	Pre-test with post-test	4620.3	1	4620.3	295.7	0.001	0.865
	Post-test with follow-up	1577.3	1	1577.3	287.6	0.001	0.862
Factor and group	Pre-test with post-test	5046	1	5046	323	0.001	0.875
	Post-test with follow-up	1586.7	1	1586.7	289.3	0.001	0.863
Error	Pre-test with post-test	718.6	46	15.6	64.92	0.001	0.582
	Post-test with follow-up	252.2	46	5.48	118.4	0.001	0.720
Factor	Pre-test with post-test	84.3	1	84.3	113.8	0.001	0.712
	Post-test with follow-up	34.7	1	34.7	123.2	0.001	0.728
Factor and group	Pre-test with post-test	150	1	150			
	Post-test with follow-up	36.1	1	36.1			
Error	Pre-test with post-test	60.6	46				
	Post-test with follow-up	13.4	46				

Based on the information in the table above, in the McMaster family therapy group, the main effect of the factor on the pre-test and post-test is significant ($p = 0.001$, $F = 295.7$). On the other hand, the interactive effect of the factor and the group is significant ($p = 0.001$, $F = 323$, comparison of means in the information in Table 4-4 also shows that the problem-solving ability score in the intervention group increased compared to the control group in the post-test compared to the pre-test, ie McMaster family therapy was effective on the intervention group. Is. Also, the results of Table 4-21 show that the main effect of post-test and follow-up is significant at the level of 0.01 ($p = 0.001$, $F = 287.6$). And F obtained for post-test and follow-up, considering the group, is also significant at the level of 0.01 ($p = 0.001$, $F = 289.1 / 1$). That is, the difference between follow-up and post-test scores in the intervention group and the control group is significant; Therefore, according

to these results, it can be said that McMaster family therapy has been consistently effective on the couple's problem-solving ability. Based on the information in the table above, the Nichols family therapy counseling group also has a significant effect of the main factor on pre-test and post-test ($p = 0.001$, $F = 64.9$). On the other hand, the interactive effect of the factor and the group is significant ($p = 0.001$, $F = 113.8$), comparison of means in the information in Table 4-4 also shows that the score of problem-solving ability in the intervention groups compared to the control group in the post-test compared to the pre-test, ie Nichols family therapy was effective on the intervention group. . Also, the results of Table 4-26 show that the main effect of post-test and follow-up is significant at the level of 0.01 ($p = 0.001$, $F = 118.4$) and the obtained F-related post-test and follow-up at the level also considering the group. 0.01 is significant ($p = 0.001$, $F = 123.2$). That is, the difference between follow-up and post-test scores in the intervention group and the control group is significant; Therefore, according to these results, it can be said that Nichols family therapy has been consistently effective on the couple's problem-solving ability. The above results are well shown in the diagram below. As can be seen, the scores of the problem-solving ability of the intervention group in the post-test had a significant increase compared to the pre-test. Also, the increase in the scores of the control group in the follow-up was not much different, while the scores of the experimental group were stable over time.

Table 6. Bonferroni test to compare three groups in research variables

Research stages	Variables	group	group	difference averages	in	Significance level
Post-test	Problem-solving ability	McMaster Family Therapy	Nichols Family Therapy	22.7*		0.001
		McMaster Family Therapy	control group	27.8*		0.001
		Nichols Family Therapy	control group	5.08*		0.39
Follow up	Problem-solving ability	McMaster Family Therapy	Nichols Family Therapy	23.4*		0.001
		McMaster Family Therapy	control group	28.2*		0.001
		Nichols Family Therapy	control group	4.83*		0.033

According to the results of the Bonferroni test in a table (4-27) in the post-test, there is a significant difference in the ability to solve the problem between the two groups of McMaster family therapy and Nichols family therapy ($p < 0.01$); There was also a statistically significant difference between McMaster's family therapy and Nichols's

family therapy and the control group ($P < 0.05$). In other words, both methods affected increasing problem-solving ability in couples, and these two interventions had a significant difference in terms of effectiveness on problem-solving ability; These results can be seen in the post-test of both interventions.

Discussion

This study aimed to compare the effectiveness of McMaster and Nickels's family counseling approach on couples' adaptability. The results of the present study showed that McMaster and Nichols family counseling is effective on couples' adaptability, But there was no difference between the effectiveness of these two interventions in couples' adaptability. Concerning the alignment of the present study on the effect of McMaster family counseling on adaptability in couples, the results can be obtained with the results of researchers such as Bibak (2020), Omidi et al (2020), Li et al (2020) and Carr (2020) are consistent. The whole McMaster family therapy counseling process, the theoretical foundations, and the exercises provided can be effective in improving irrational beliefs, destructive opposition, unchanging spouse, mind-reading expectations, and gender differences. McMaster Family Therapy focuses on "solving temporary problems" and provides classified, useful, and practical solutions for therapists in this area, and even identifies some of these types of problems (financial issues, housework, having children, Spouse's family, etc.) and prepare a plan to help couples with these issues and design practical and practical exercises for them, such as "trying to start gently and calmly", "protesting". Instead of "blaming", use sentences that start with "I" instead of "you"; Explaining what is happening, not evaluating, accusing, judging, and blaming instead of reading the mind and expecting the other person to understand everything and have knowledge of the unseen, speaking, being polite and appreciative, and practicing to make matters worse. And do not save annoyances. Calming yourself and your spouse, as well as emphasizing this compatibility and agreement on solving chronic and permanent problems, identifying deadlocks, finding common ground, and accepting your spouse as he or she is can all contribute to compatibility. And no marital conflicts are effective. Also, the process of meetings and improving the relationships and communication patterns of couples gradually and during counseling sessions and the couple's greater satisfaction with their life together and relationships has been able to increase adaptability.

Regarding the alignment of the present study on the effect of Nichols family counseling on adaptability in couples, it can be said that the result is consistent with the results of researchers such as Lebow (2019) and Devlin, et al (2019). It is consistent. In the present explanation, it can be said that Nichols family therapy, by targeting marital dissatisfaction and improving relationships between couples, has been able to have a positive effect on anxiety and reduce the adverse effects of marital problems. Changes in marital adjustment and satisfaction occur when couples react to their inner private events with increasing

fervor. Finally, this inconsistency reduces the involvement of each of them with negative thoughts and increases acceptance, so that the negative and pervasive nature of the pattern of relationships and behaviors is reduced. Increasing cognitive dissonance and acceptance can not only help improve relationships and, consequently, improve couples' quality of life by reducing the symptoms of conflict. This training helps couples to observe negative relationship reactions and thus get rid of the pattern of avoidance and conflicting behaviors.

Regarding the alignment of the present study in comparing the effectiveness of McMaster and Nichols family counseling on adaptability in couples, it can be said that the principles of McMaster family therapy, unlike other methods of dealing with couples' problems, instead of paying attention to what factors cause They break up the marriage, paying attention to what factors make the marriage successful. Also, in the adjustment between spouses to various factors, such as proper conflict resolution, the expression of positive and negative emotions in the right way, proper communication between couples, lack of self-centeredness, empathy and cooperation between couples, decision-making and Couples 'responsibility, not drowning in past negative experiences and couples' awareness of themselves and their spouse can be mentioned. McMaster family therapy with emphasis on communication skills, deepening empathy, training to express emotions Conflict resolution skills and the power to generalize and maintain skills in everyday life, problem-solving skills, maps, communication and communication skills, emotional responsiveness, emotional engagement, and behavior control are important and the ability And has the potential to improve problem-solving ability between spouses.

It can also be said that McMaster's family therapy approach emphasizes the positive aspects of couples and strengthens the optimistic outlook to achieve greater compatibility. Creating partnerships in couples by finding common ground, increasing self-disclosure and the ability to understand each other, and encouraging each other to express interest and improve mutual relationships are among the key principles in implementing therapy. What is certain is that one of the causes of the incompatibility of people is the inability to solve the problem, in which the systemic approach has a special focus on improving this skill. Finally, an attitude approach other than identifying harm that leads couples to find their abilities to improve the relationship and solve the problem.

In a systemic approach, engaging, searching, and gathering information together to solve a problem, helping each other get things done, physical affection, helping the spouse to calm down, re-framing the situation, and paying attention to the spouse can all be time together. Increases the presence of couples. These factors lead to the use of regular and categorized activities to reconstruct the problem cognitively, as a result of which couples come up with a strategy and solution to solve their problem (Alsander et al., 2011).

. The results of the present study showed that McMaster and Nichols family counseling is effective on couples' adaptability, But there was no difference between the

effectiveness of these two interventions in couples' adaptability. Concerning the alignment of the present study on the effect of McMaster family counseling on adaptability in couples, the results can be obtained with the results of researchers such as Ardani (2020), Omidi et al (2020), Li et al (2020), Carr (2020) and Devlin et al (2019) are consistent. The whole McMaster family therapy counseling process, the theoretical foundations, and the exercises provided can be effective in improving irrational beliefs, destructive opposition, unchanging spouse, mind-reading expectations, and gender differences. McMaster Family Therapy focuses on "solving temporary problems" and provides classified, useful, and practical solutions for therapists in this area, and even identifies some of these types of problems (financial issues, housework, having children.

Conclusion

Incompatibility between spouses to various factors, such as proper conflict resolution, the expression of positive and negative emotions in the right way, proper communication between couples, lack of self-centeredness, empathy and cooperation between couples, decision-making, and responsibility of the couple Not to be overwhelmed by past negative experiences and couples' self-awareness of themselves and their spouse. McMaster's family therapy with emphasis on communication skills, deepening empathy, emotion training, conflict resolution skills And differences and the power to generalize and maintain skills in everyday life, problem-solving skills, maps, communication skills, emotional responsiveness, emotional engagement, and behavior control are important and the ability and ability to Improves the ability to solve problems between spouses. In a systemic approach, engaging, searching, and gathering information together to solve a problem, helping each other get things done, physical affection, helping the spouse to calm down, re-framing the situation, and paying attention to the spouse can all be time together. Increases the presence of couples. These factors lead to the use of regular and categorized activities to reconstruct the problem cognitively, as a result of which couples come up with a strategy and solution to solve their problem (Becvar, & Becvar, 2017).

Disclosure Statements

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