Title: The Effect of mental health Courses for couples on domestic violence rate in Mothers referring to Alzahra educational hospital Tabriz-2010

Authors: Niloofar Sattarzadeh*, Soheila Ahmadian, Dr. Simin Taghavi, Masoomeh Poozesh, Dr. Alireza Barband, Amene Mirzaee

Abstract: Objectives: Domestic violence is a major health problem which affects family’s life. Pregnancy and the nursing period are critical times for this problem, as its effects on the health of women and fetus-infant multiplies. Mothers in such condition fail to create a deep emotional relationship with their new born child; they are not successful in exclusive & long- term breastfeeding and etc as well. All these issues have great influences on children’s future personal and social character.

Method & Materials: In a Quasi-experimental study, the effect of Training Courses on range of domestic violence in pregnant women is assessed. Data were collected by a standard questionnaire including 32 questions, which measured domestic violence in four mental, physical, sexual and economic areas. Questions were ranged by Likert criterion from 0 to 3. The range of scores were from 0-64, the higher the score, the more violence. Seventy couples completed the questionnaire (pre-test) and then took part in educational courses in 3 sessions; again they received the questionnaire as post test. Data were analyzed using SPSS soft ware and Pair T-test. (P<0.005) is significant.

Keywords: Domestic violence – Education course, pregnancy.

Results: A general decrease in violence scores and in all 4 sections was shown: In general violence (57.9 versus 39.3), mental violence (29.7 versus 14.7), physical violence (19.8 versus 11.2), sexual violence (5.1 versus 2.2) and economical violence (3.3 versus 1.4). All above differences was statistically significant. (P ≤ 0.005).

Conclusions: Domestic violence negative outcomes affect women, family and society. This study shows that educational courses for couples could be helpful in this regard.

Keywords: Domestic violence – Education course, pregnancy

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