

# The Causal Relationship Between Early Maladaptive Schemas and Attachment Styles with Attitudes Toward Marital Infidelity Among Married Men and Women

Ahmad. Estebarsari<sup>1</sup>, Shahnam. Abolghasemi<sup>2\*</sup>

<sup>1</sup> Master's Degree, Department of Counseling, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

<sup>2</sup> Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

\* Corresponding author email address: dr.shahnam\_abolghasemi@yahoo.com

## Article Info

### Article type:

Original Research

### How to cite this article:

Estebarsari, A., & Abolghasemi, S. (2024). The Causal Relationship Between Early Maladaptive Schemas and Attachment Styles with Attitudes Toward Marital Infidelity Among Married Men and Women. *Journal of Assessment and Research in Applied Counseling*, 6(4), 75-82.

<http://dx.doi.org/10.61838/kman.jarac.6.4.9>



© 2024 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

## ABSTRACT

**Objective:** The present study aimed to develop a causal model of the relationship between early maladaptive schemas and attachment styles with attitudes toward marital infidelity among married men and women attending counseling centers in Tonekabon.

**Methods and Materials:** This research is applied in terms of purpose and descriptive-analytical in terms of methodology, conducted as a survey using the statistical method of structural equation modeling. A total of 75 individuals, both men and women attending counseling centers in Tonekabon, were selected using simple random sampling to test the hypotheses and model fit. Data were collected using the Young Early Maladaptive Schema Questionnaire (1998), the Hazan and Shaver Attachment Styles Questionnaire (1998), and the Mark Whitley Marital Infidelity Questionnaire (2009). Data were analyzed using SPSS22 and SmartPLS3 software. The Kolmogorov-Smirnov test was used to assess the normality of data, confirmatory factor analysis was employed to validate the questions and identify key factors of each component, and structural equation modeling was used to evaluate the fit of the research model.

**Findings:** Based on the results, the causal relationship model of the aforementioned variables exhibited an acceptable fit. The results indicated that all fitness indices showed the model's alignment with the data. Overall, in the proposed research model, all paths were significant, thus confirming the hypotheses related to these paths. Additionally, the findings revealed that early maladaptive schemas had a significant positive effect on attitudes toward marital infidelity ( $\beta = 3.338$ ), secure attachment styles on attitudes toward marital infidelity ( $\beta = 4.048$ ), avoidant attachment styles on attitudes toward marital infidelity ( $\beta = 2.946$ ), and ambivalent attachment styles on attitudes toward marital infidelity ( $\beta = 3.925$ ), all of which are greater than the value of 1.96, indicating a significant positive effect at a 95% confidence level. Attachment styles, through early maladaptive schemas, had a significant indirect effect on

attitudes toward marital infidelity among married men and women attending counseling centers in Tonekabon.

**Conclusion:** The findings suggest that as the level of early maladaptive schemas and attachment styles change in clients, their attitudes toward marital infidelity increase correspondingly.

**Keywords:** *Early Maladaptive Schemas, Attachment Styles, Attitudes Toward Marital Infidelity.*

## 1. Introduction

The family is the primary unit of every society, serving as the foundation for mental health and psychological well-being. It is the source of human emotions and the hub of the most intimate interpersonal relationships and interactions (Scheeren et al., 2018; Selterman et al., 2019). If a breach occurs in the trust and sense of security within the family, it can lead to emotional wounds in one or possibly both spouses. Marital infidelity damages the fundamental element of the relationship, which is trust, ultimately leading to divorce between spouses (Parker & Campbell, 2017; Weiser & Weigel, 2015; Wen & Zheng, 2019). Marital infidelity is defined as a violation of the sexual agreement between a couple. While emotional and sexual fidelity plays a crucial role in strengthening relationships and is considered a key norm in regulating marriage, marital infidelity potentially contributes to the dissolution of marital relationships (Ghasemi et al., 2017; Ghezelseflo et al., 2023).

Understanding biological and psychological needs, how to satisfy them, and being equipped with techniques to recognize biological and psychological tendencies are indispensable necessities. After marriage, most individuals expect themselves and their spouses to remain emotionally and sexually faithful throughout their marriage. Moreover, most people condemn extramarital sexual relationships as wrongful behavior and consider marital fidelity essential. When the marital relationship provides sufficient attractiveness and a sense of worth for both parties, the likelihood of inclining towards infidelity is reduced. Loneliness, another existential concern, also affects marital relationships (Larsson et al., 2020).

Studies of couples experiencing infidelity indicate profound changes in their perspective on marital life and love, often leading them to existential crises (Selterman et al., 2019). Thus, it seems that multiple factors interact and contribute to the phenomenon of infidelity, with this research aiming to explore the roles of early maladaptive schemas and attachment styles on infidelity.

One variable that can impact marital infidelity is early maladaptive schemas. Many schemas form during the early years of life and impose themselves on life experiences. Schemas can be positive or negative, adaptive or maladaptive. Young posits that schemas inevitably overshadow adult life. Maladaptive schemas are pervasive, self-damaging cognitive and emotional patterns that form early in development and are repeated throughout life (Aghili & Borujerdi, 2018; Rafiee et al., 2011; Shiri et al., 2020).

Another variable contributing to marital infidelity is attachment styles. Attachment is a psychological and enduring bond between two individuals, initially internalized between a child and their mother, later generalized to a broad range of the child's future personal relationships. These attachment styles remain stable throughout life. Attachment is the starting point for the communication system between couples and the foundation of intimacy in relationships. When trust and a sense of security in couples' attachment are threatened, relational turmoil is inevitable. Attachment acquisition significantly impacts individuals' relationships with others. People with different attachment styles have varied experiences in their romantic relationships (Parker & Campbell, 2017).

Considering the prevalence of the issue of marital infidelity and its irreparable damages on couples' relationships and families, understanding the influence of the mentioned variables on marital infidelity can be an important step in its prevention and reduction.

## 2. Methods and Materials

### 2.1. Study Design and Participants

This research is correlational in nature, utilizing the statistical method of structural equation modeling (SEM) or causal modeling. The population of interest includes all married men and women who visited counseling centers in Tonekabon from 2016 to 2022, totaling 85 individuals. According to the Morgan table, a sample of 70 men and women visiting counseling centers in Tonekabon was selected using simple random sampling. The data collection

instruments included Young's Early Maladaptive Schema Questionnaire, Hazan and Shaver's Attachment Styles Questionnaire, and Mark Whitley's Marital Infidelity Attitude Questionnaire.

2.2. Measures

2.2.1. Early Maladaptive Schemas

This questionnaire consists of 75 questions designed by Young to assess 15 early maladaptive schemas, which are categorized into five domains: 1) Disconnection/Rejection: abandonment/instability, mistrust/abuse, social isolation/alienation, defectiveness/shame, emotional deprivation. 2) Impaired Autonomy/Performance: dependence/incompetence, vulnerability to harm or illness, enmeshment/undeveloped self, failure. 3) Impaired Limits: entitlement/grandiosity, insufficient self-control/self-discipline. 4) Other-Directedness: subjugation, self-sacrifice. 5) Overvigilance/Inhibition: emotional inhibition, unrelenting standards/hypercriticalness. Each question is rated on a 6-point scale (1 for completely untrue, 6 for completely true). Each schema is assessed by five questions. A subscale average above 25 indicates a dysfunctional schema. The reliability and validity of this tool have been confirmed in numerous studies. The norming of this questionnaire in Iran was conducted by Ahi (2005) on Tehran University students. Internal consistency using Cronbach's alpha was 0.97 for females and 0.98 for males (Rezakhaniha & Ashkan, 2022).

2.2.2. Attachment Styles

The Adult Attachment Scale was used to measure attachment styles. It is a 15-item test that assesses three attachment styles: secure, avoidant, and ambivalent, on a 5-point Likert scale (1 for very low, 2 for low, 3 for moderate, 4 for high, 5 for very high). Questions for the avoidant style are 1-5, secure style 6-10, and ambivalent style 11-15. The minimum and maximum scores for each subscale are 5 and 25, respectively. Cronbach's alpha (reliability) coefficients for the secure, avoidant, and ambivalent subscales were 0.86,

0.84, and 0.85, respectively, for a sample of 1480 students (860 girls and 620 boys). The coefficients for girls were 0.86, 0.83, and 0.84, and for boys 0.84, 0.85, and 0.86, respectively, indicating good internal consistency of the Adult Attachment Scale. Correlation coefficients between scores of fifteen psychology experts were used to assess the scale's validity. Kendall's concordance coefficients (validity) for secure, avoidant, and ambivalent attachment styles were 0.80, 0.61, and 0.75, respectively (Parsakia et al., 2023).

2.2.3. Marital Infidelity Attitude

This questionnaire was designed by Whitley (2008) to measure attitudes toward marital infidelity. Validated in Iran by Abdollahzadeh (2010), it contains 12 items rated on a 7-point Likert scale from strongly agree (7) to strongly disagree (1). Reverse-scored items are 2, 5, 6, 7, 8, and 12. The total score is obtained by summing the items' scores, with a minimum of 12 and a maximum of 84. Higher scores indicate a greater acceptance of and a more positive attitude toward infidelity. Whitley's findings indicate the scale's satisfactory validity, with an internal consistency coefficient of 0.80. Cronbach's alpha for this scale was estimated at 0.71. Test-retest reliability reported by Alitabar, Ghanbari, Mohammadi, and Habibi (2014) was 0.87. Criterion validity in Iran was assessed using Allport's Religious Orientation Scale, with divergent validity correlations of 0.29 (intrinsic) and 0.16 (extrinsic) (Aghili & Borujerdi, 2018; Mansourian et al., 2019).

2.3. Data analysis

Data analysis employed descriptive statistics (frequency, percentage, mean, and standard deviation), Pearson correlation, and structural equation modeling (SEM) via SPSS and AMOS.

3. Findings and Results

Initially, the descriptive statistics of the research variables were examined according to the indices in Table 1.

Table 1

Descriptive Statistics of Research Variables

Variable	Mean	Standard Deviation	Skewness	Kurtosis	Minimum	Maximum
Emotional Deprivation	15.97	5.267	-0.195	-0.468	5	26
Abandonment	15.57	6.037	0.111	-0.880	5	27
Mistrust	18.31	5.015	-0.738	0.552	5	26

Social Isolation	14.00	5.710	0.046	-0.861	5	25
Defectiveness/Shame	12.44	5.118	0.337	-0.418	5	25
Failure	12.00	5.477	0.720	-0.166	5	26
Dependence/Incompetence	17.09	5.372	0.385	-0.733	8	30
Vulnerability to Harm	16.90	4.932	0.260	-0.589	7	28
Enmeshment/Undeveloped Self	18.81	5.179	-0.366	-0.300	7	28
Subjugation	17.01	5.012	0.375	0.286	7	30
Self-Sacrifice	16.64	5.861	0.373	-0.039	5	30
Emotional Inhibition	18.00	6.218	0.314	-0.814	7	30
Unrelenting Standards	15.29	4.351	0.390	0.195	7	27
Entitlement/Grandiosity	15.11	5.151	0.166	-1.065	7	25
Insufficient Self-Control	14.93	5.215	-0.130	-0.499	5	27
Early Maladaptive Schemas	238.09	46.505	-0.300	-0.965	136	316
Avoidant Attachment Style	12.02	3.686	0.339	0.584	5	22
Secure Attachment Style	15.87	5.135	-0.247	-1.398	7	24
Anxious Attachment Style	13.25	3.713	-0.268	0.016	5	22
Marital Infidelity	49.72	12.959	0.079	-0.885	29	79

The significance level of the Kolmogorov-Smirnov test for the research indices is greater than 0.05. As a result, the research indices are normally distributed. To examine the relationship between the research variables, the Pearson

parametric correlation coefficient will be used, given the results of the Kolmogorov-Smirnov test and the normal distribution of the data.

**Table 2**

*Correlation Test Results Between Research Variables*

Variable	Avoidant Attachment	Secure Attachment	Anxious Attachment	Marital Infidelity
Emotional Deprivation	0.352	-0.413	0.458	0.591
Abandonment	0.387	-0.305	0.463	0.570
Mistrust	0.261	-0.461	0.302	0.452
Social Isolation	0.394	-0.388	0.510	0.721
Defectiveness/Shame	0.376	-0.389	0.457	0.626
Failure	0.475	-0.502	0.461	0.666
Dependence/Incompetence	0.459	-0.539	0.293	0.431
Vulnerability to Harm	0.412	-0.338	0.278	0.314
Enmeshment/Undeveloped Self	0.384	-0.289	0.250	0.488
Subjugation	0.302	-0.252	0.333	0.432
Self-Sacrifice	0.310	-0.263	0.251	0.491
Emotional Inhibition	0.464	-0.312	0.451	0.514
Unrelenting Standards	0.261	-0.250	0.259	0.315
Entitlement/Grandiosity	0.412	-0.427	0.409	0.574
Insufficient Self-Control	0.250	-0.250	0.336	0.436
Early Maladaptive Schemas	0.635	-0.617	0.638	0.882
Marital Infidelity	0.651	-0.644	0.632	1

All  $p < 0.01$ .

The KMO and Bartlett's test statistics and their significance are reported. The KMO statistic is used to measure sampling adequacy, which, if greater than 0.6, indicates adequacy. In this study, the KMO value is 0.769, which is above 0.6, indicating that the sample is adequate for factor analysis.

To test the hypotheses and the significance of the path coefficients between variables, the software output was used. The path coefficients and their significance are shown in Table 3.

**Table 3**

*Results from Structural Model Evaluation for Testing Research Hypotheses*

No.	Pathway	Path Coefficient ( $\beta$ )	t-value	Test Result
1	Secure Attachment → Early Maladaptive Schemas	-0.255	3.415	Confirmed
2	Avoidant Attachment → Early Maladaptive Schemas	0.343	4.407	Confirmed
3	Anxious Attachment → Early Maladaptive Schemas	0.227	3.528	Confirmed
4	Secure Attachment → Marital Infidelity	-0.328	4.048	Confirmed
5	Avoidant Attachment → Marital Infidelity	0.179	2.946	Confirmed
6	Anxious Attachment → Marital Infidelity	0.267	3.925	Confirmed
7	Early Maladaptive Schemas → Marital Infidelity	0.290	3.338	Confirmed

To evaluate the main hypothesis and model fit, the model fit criteria are as follows:

The  $R^2$  criterion for the endogenous (dependent) variables indicates the effect of an exogenous variable on an endogenous variable. Values of 0.19, 0.33, and 0.67 are considered as weak, moderate, and strong, respectively. The  $R^2$  values obtained for Early Maladaptive Schemas (0.287) and Marital Infidelity (0.693) confirm the model fit.

The  $Q^2$  criterion indicates the model's predictive power. If the value for an endogenous construct is 0.02, 0.15, and 0.35, it indicates weak, moderate, and strong predictive power, respectively. The  $Q^2$  values obtained for Early Maladaptive Schemas (0.236) and Marital Infidelity (0.357) indicate suitable predictive power for the endogenous constructs, confirming the structural model fit.

Another criterion introduced for fit is the overall fit index (GOF), calculated by the geometric mean of the average communality and  $R^2$ . This index ranges from 0 to 1, with values closer to 1 indicating good model quality. In this study, the average communality value is 0.341, and the average  $R^2$  is 0.490. Using the formula, the GOF value is 0.415, which is greater than the threshold of 0.3, indicating adequate model prediction for the endogenous latent variable.

The significance statistic between Early Maladaptive Schemas and Marital Infidelity is 22, greater than 1.96, indicating a significant relationship at the 95% confidence level. The path coefficient between these variables is 3.338, showing a positive effect of Early Maladaptive Schemas on Marital Infidelity. This means that a unit change in Early Maladaptive Schemas leads to a 3.338 unit increase in Marital Infidelity, confirming the research hypothesis.

The significance statistic between Secure Attachment and Marital Infidelity is 22, greater than 1.96, indicating a significant relationship at the 95% confidence level. The path coefficient between these variables is 4.048, showing a positive effect of Secure Attachment on Marital Infidelity. This means that a unit change in Secure Attachment leads to a 4.048 unit increase in Marital Infidelity, confirming the research hypothesis.

The significance statistic between Avoidant Attachment and Marital Infidelity is 22, greater than 1.96, indicating a significant relationship at the 95% confidence level. The path coefficient between these variables is 2.946, showing a positive effect of Avoidant Attachment on Marital Infidelity. This means that a unit change in Avoidant Attachment leads to a 2.946 unit increase in Marital Infidelity, confirming the research hypothesis.

The significance statistic between Anxious Attachment and Marital Infidelity is 22, greater than 1.96, indicating a significant relationship at the 95% confidence level. The path coefficient between these variables is 3.925, showing a positive effect of Anxious Attachment on Marital Infidelity. This means that a unit change in Anxious Attachment leads to a 3.925 unit increase in Marital Infidelity, confirming the research hypothesis.

To test this hypothesis, the bootstrap method was used. If the lower and upper bounds of the bootstrap are both positive or both negative and zero is not between them, the indirect path is significant, and the hypothesis is accepted. Additionally, if the significance level is less than 0.05, the indirect effect is accepted. Based on this criterion, the significance of the indirect path is shown in [Table 4](#).



**Table 4**

*Bootstrap Method Results for Testing Indirect Effect Significance*

Pathway	Indirect Effect	Upper Bound	Lower Bound	t	S.E	p
Secure Attachment → Early Maladaptive Schemas → Marital Infidelity	-0.074	-0.021	-0.138	2.619	0.042	0.017
Avoidant Attachment → Early Maladaptive Schemas → Marital Infidelity	0.099	0.148	0.054	3.351	0.051	0.001
Anxious Attachment → Early Maladaptive Schemas → Marital Infidelity	0.065	0.130	0.018	2.014	0.039	0.033

According to [Table 4](#), the significance level in all three cases is less than 0.05, and the confidence interval does not include zero. Therefore, the research hypothesis is accepted, meaning that attachment styles indirectly affect marital infidelity through early maladaptive schemas in married men and women attending counseling centers in Tonekabon.

#### 4. Discussion and Conclusion

The results of the study indicated that early maladaptive schemas have a direct effect on attitudes toward marital infidelity among married men and women attending counseling centers in Tonekabon. In other words, this path was confirmed, suggesting that changes in early maladaptive schemas increase attitudes toward marital infidelity among married men and women attending these centers. This finding aligns with the results of some studies by [Rezakhaniha and Ashkan \(2022\)](#), where early maladaptive schemas are suggested as a variable associated with infidelity tendencies ([Rezakhaniha & Ashkan, 2022](#)),

The study also showed that attachment styles have a direct effect on attitudes toward marital infidelity among married men and women attending counseling centers in Tonekabon. In other words, this path was confirmed, indicating that changes in attachment styles among these individuals increase attitudes toward marital infidelity. This finding is consistent with the prior results ([Khayat et al., 2018](#); [Parker & Campbell, 2017](#); [Rafiee et al., 2011](#); [Zeinali, 2018](#)).

Furthermore, the study indicated that attachment styles indirectly affect marital infidelity through early maladaptive schemas among married men and women attending counseling centers in Tonekabon. This finding aligns with the results of some prior studies ([Bakhtiari et al., 2019](#); [Rafiee et al., 2011](#)).

This study examined the causal model of the relationship between early maladaptive schemas and attachment styles on marital infidelity among married men and women attending counseling centers in Tonekabon. Attachment indeed occurs in adult romantic relationships. Attachment to a spouse is an inseparable part of marriage for both men and

women. Based on the research literature, it can be said that schemas develop and expand on the internal activation models of attachment theory. Therefore, attachment influences can be understood as cognitive schemas for relationships, formed in response to caregivers' experiences and later interpersonal relationships. Early maladaptive schemas are self-defeating emotional and cognitive patterns that begin in childhood development and repeat throughout life. On the other hand, an individual's psychopathology can reflect their unhealthy schemas. Hence, negative and maladaptive schemas, often resulting from adverse childhood experiences, can be the core of personality disorders and many other conditions. Essentially, maladaptive schemas lead to biased interpretations of events. These biases manifest in psychopathology as misunderstandings, distorted attitudes, incorrect assumptions, unrealistic goals, and expectations between spouses. These misunderstandings influence subsequent perceptions and evaluations of shared life because schemas persist throughout life and affect how individuals relate to themselves and others, especially their partners. Since maladaptive schemas are dysfunctional, they result in marital dissatisfaction, setting the stage for separation and infidelity.

Given the relationship between early maladaptive schemas and attitudes toward marital infidelity, it can be said that early maladaptive schemas are self-damaging emotional and cognitive patterns that form early in development and persist throughout life. According to Young, the developmental roots of schemas should be sought in the unmet emotional needs of childhood. These fundamental needs include: (1) secure attachment to others; (2) autonomy, competence, and identity; (3) freedom to express valid needs and emotions; (4) spontaneity and play; and (5) realistic limits and self-control.

#### 5. Limitations & Suggestions

Considering the different cultural, regional, and religious conditions across various parts of the country, it is recommended that similar research be conducted in other

cities or more comprehensively nationwide. Additionally, since other factors beyond those examined might influence the tendency toward marital infidelity, the relationship between other psychological constructs and this variable should also be investigated. The findings of this study indicate the relationship between early maladaptive schemas and attachment styles on attitudes toward marital infidelity and how the increase or decrease of one variable's components can ultimately affect other variables. Therefore, it can be said that planning to improve various components can address marital issues, including infidelity. Thus, couples' awareness of the impact of these variables on their life quality is crucial.

Since early maladaptive schemas and attachment styles affect attitudes toward marital infidelity, it is suggested that to improve couples' marital life and increase their life quality, training courses based on early maladaptive schemas and attachment styles be organized for couples. This could help reduce the issue of infidelity and teach them how to balance their lives and cope with these problems. As this study was conducted on married individuals in Tonekabon, generalizing the results to other populations and communities should be done cautiously. Considering the different cultural, regional, and religious conditions of each province, the generalizability of the results to other provinces is limited.

### Acknowledgments

We would like to express our appreciation and gratitude to all those who cooperated in carrying out this study.

### Declaration of Interest

The authors of this article declared no conflict of interest.

### Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

### Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

### Funding

This research was carried out independently with personal funding and without the financial support of any governmental or private institution or organization.

### Authors' Contributions

All authors equally contributed in this article.

### References

- Aghili, M., & Borujerdi, S. (2018). Study of Predictors of psychological well-being: Early maladaptive schemas and personality traits in people with marital infidelity. *Clinical Psychology Achievements*, 4(1), 73-88. <https://doi.org/10.22055/jacp.2021.37211.1193>
- Bakhtiari, E., Hosseini, S., Arefi, M., & Afsharinia, K. (2019). Causal Model of Extramarital Affairs Based on Attachment Styles and Early Maladaptive Schemas: Mediating Role of Marital Intimacy and Love Styles [Research]. *Iranian Journal of Health Education and Health Promotion*, 7(2), 245-258. <https://doi.org/10.30699/ijhehp.7.2.245>
- Ghasemi, B., Sharifi, Y., & Sharifi, K. (2017). The role of sexual function and experience emotional breakdown in tendency toward relationships Extra-marital. *frooyesh*, 6(1), 45-68. <http://frooyesh.ir/article-1-319-en.html>
- Ghezelsefloo, M., Navabinezhad, S., Rostami, M., & Parsakia, K. (2023). The Effectiveness of Emotional Freedom Techniques on Reducing Symptoms of Post-Traumatic Stress Disorder Among Women Affected by Marital Infidelity. *Psychology of Woman Journal*, 4(4), 92-101. <https://doi.org/10.61838/kman.pwj.4.4.11>
- Khayat, E., Attari, Y., & Koraei, A. (2018). Predict the tendency toward infidelity based on personality traits and attachment styles in married people. *Social Psychology Research*, 8(31), 87-102. [https://www.socialpsychology.ir/article\\_87488.html](https://www.socialpsychology.ir/article_87488.html)
- Larsson, H., Rämgård, M., Kumlien, C., & Blomqvist, K. (2020). Spouses' existential loneliness when caring for a frail partner late in life - a hermeneutical approach. *International Journal of Qualitative Studies on Health and Well-Being*, 15(1), 1734166. <https://doi.org/10.1080/17482631.2020.1734166>
- Mansourian, J., Khalatbari, J., Tarkhan, M., Ghorban Shirodi, S., & Zarbakhsh, M. (2019). Comparison of the effectiveness of imagotherapy and emotion-focused couple therapy on couples' psychological well-being Incompatible and involved with your home. *medical journal of mashhad university of medical sciences*, 61(supplement1), 182-192. <https://doi.org/10.22038/mjms.2019.13831>
- Parker, M. L., & Campbell, K. (2017). Infidelity and Attachment: The Moderating Role of Race/Ethnicity. *Contemporary Family Therapy*, 39(3), 172-183. <https://doi.org/10.1007/s10591-017-9415-0>
- Parsakia, K., Farzad, V., & Rostami, M. (2023). The mediating role of attachment styles in the relationship between marital intimacy and self-differentiation in couples. *Applied Family Therapy Journal (AFTJ)*, 4(1), 589-607. <https://doi.org/10.61838/kman.aftj.4.1.29>
- Rafiee, S., Hatami, A., & Foroughi, A. (2011). Relationship between Early Maladaptive Schema and Attachment Style in Woman with Infidelity. *Journal of Woman & Society*, 2(1), 21. <https://www.magiran.com/paper/872242>

- Rezakhaniha, G., & Ashkan, S. (2022). Prediction of tendency to extramarital relationships based on early maladaptive schemas and social support in women. *icss*, 24(1), 133-146. <https://doi.org/10.30514/icss.24.1.133>
- Scheeren, P., Apellániz, I. d. A. M. d., & Wagner, A. (2018). Marital infidelity: The experience of men and women. *Trends in Psychology*, 26, 355-369. <https://www.scielo.br/j/tpsya/4b6d4mBhVxNnNmc9bkWcC Sw/?lang=ens>
- Selterman, D., Garcia, J. R., & Tsapelas, I. (2019). Motivations for Extradyadic Infidelity Revisited. *The Journal of Sex Research*, 56(3), 273-286. <https://doi.org/10.1080/00224499.2017.1393494>
- Shiri, F., Goudarzi, M., Moradi, O., & Ahmadian, H. (2020). Comparison of the Effectiveness of Self Regulation-Attachment Couple Therapy and Systemic-Behavioral Couple Therapy on the Family Function in Women with Substance-Dependent Spouse. *etiadpajohi*, 14(56), 247-266. <https://doi.org/10.29252/etiadpajohi.14.56.247>
- Weiser, D. A., & Weigel, D. J. (2015). Investigating experiences of the infidelity partner: Who is the "Other Man/Woman"? *Personality and individual differences*, 85, 176-181. <https://doi.org/10.1016/j.paid.2015.05.014>
- Wen, G., & Zheng, L. (2019). The influence of power on online sexual activities among Chinese men and women in committed relationships. *Personality and individual differences*, 149, 88-93. <https://doi.org/10.1016/j.paid.2019.05.032>
- Zeinali, A. (2018). Infidelity proneness: the role of parenting styles and attachment styles. *Journal of Family Research*, 14(4), 533-548. [https://jfr.sbu.ac.ir/article\\_97695.html](https://jfr.sbu.ac.ir/article_97695.html)