



## **The effectiveness of cognitive behavioral therapy on experiential avoidance and emotional expression of women involved in emotional divorce**

**Sajdeh. Esmaeili<sup>1</sup>, Golestan. Nazari\*<sup>2</sup> & Amir Mohammad. Barati<sup>3</sup>**

1. M.A. in General Psychology, Department of Psychology, Khorasgan Branch, Islamic Azad University, Khorasgan, Iran.

2. \***Corresponding author:** Ph.D in Counseling, Farhangian University, Ilam, Iran.

3. M.A. in Rehabilitation Counseling, Tehran University of Rehabilitation and Social Health, Tehran, Iran

### **ARTICLE INFORMATION**

### **ABSTRACT**

#### **Article type**

Original research

Pages: 1-8

Corresponding Author's Info

Email:

[golestannazarie@yahoo.com](mailto:golestannazarie@yahoo.com)

#### **Article history:**

Received: 2023/02/05

Revised: 2023/04/26

Accepted: 2023/05/06

Published online: 2023/05/07

#### **Keywords:**

*cognitive behavioral therapy, experiential avoidance, emotional expression, emotional divorce.*

**Background and Aim:** Divorce is one of the most important family traumas that can have vulnerable effects on the individual and the society. The purpose of this study was to determine the effectiveness of cognitive behavioral therapy on experiential avoidance and emotional expression of women involved in emotional divorce. **Methods:** The current research method was conducted as a semi-experimental study with a pre-test and post-test design along with a control group with a follow-up period. The statistical population included all the women eligible for emotional divorce in Tehran who referred to the Atiyeh Psychology Clinic in 2022, from which 30 people were selected as available and randomly selected and in the experimental group (15 people) and witnesses (15 people) were replaced. The data were collected using Barati and Sanai's Marital Conflicts Questionnaire (1999), Gutman's Emotional Divorce Questionnaire (2008), Bund et al.'s Experiential Avoidance Questionnaire (2007) and King and Emmons' Emotional Expression Questionnaire (1990) in the early stages. The test, post-test and follow-up have been obtained. Cognitive-behavioral therapy protocol was performed in 8 sessions (one session per week) for 90 minutes. To analyze the results, repeated measurement variance analysis method and SPSS.22 software were used. **Results:** The results indicated that cognitive-behavioral therapy was effective in reducing experiential avoidance and emotional expression of women involved in emotional divorce, and this effect was permanent until the follow-up period. **Conclusion:** It can be concluded that cognitive behavioral therapy is effective on experiential avoidance and emotional expression of women involved in emotional divorce and this treatment can be used to reduce the problems of women involved in emotional divorce.



This work is published under CC BY-NC 4.0 licence.

© 2023 The Authors.

#### **How to Cite This Article:**

Esmaeili, S., Nazari, G., & Barati, A. M. (2023). The effectiveness of cognitive behavioral therapy on experiential avoidance and emotional expression of women involved in emotional divorce. *Jayps*, 4(2): 1-8.

### Introduction

A family is a social unit formed based on human traditions and in which men and women give themselves freely and entirely to each other and create an active organization called family (Asoudeh, 2011). As the first socializing institution and the oldest natural nucleus, the family has existed in all human societies since the beginning of history. This issue shows the constant presence of this social institution and its existential necessity. Marriage is the basis of family formation and its opposite pole is divorce, which causes its destruction. Divorce leads to personal, family and social collapse and negatively affects women more than men (Masai et al., 2011). One of the most important family injuries is divorce, the official statistics of divorce do not fully show the extent of spouses' failure in married life because, besides that, the bigger statistics are dedicated to emotional divorce. It means silent and empty lives where men and women live coldly together but does not ask for a divorce (Bukharai, 2007). In fact, some marriages that do not end in divorce become empty marriages that lack love, intimacy, and friendship, and spouses just go with the flow of family life and pass the time (Steele & Kidd, 2009).

Research has shown that couples usually separate officially and legally after three to five years of emotional divorce (Gottman, 1993). Conflict in marital relationships affects the whole relationship. Research shows that conflicted couples show the lowest level of satisfaction with marriage and the highest probability of divorce (Favers and Elson, 1992, quoted by Panahi et al, 2018). When the intimate relationship stops, many conflicts, frequent criticism, silence, lack of emotional companionship, and unresolved problems emerge, eventually leading to marital burnout (Bolton, 2005). Marital burnout is an uncomfortable situation resulting from the mismatch between expectations and reality, and its extent depends on couples' compatibility and beliefs. Burnout can have different dimensions and be associated with physical, emotional, and psychological exhaustion (Pines, 2006; Marquines, 2009).

Research shows that the tension caused by marital differences and conflicts does not remain within the framework of relationships between couples and affects other relationships within the family, especially children's relationships. The

conflict between parents is one of the problems children face worldwide, and almost all children and adolescents experience some level of conflict between parents and identify it as a source of tension (Kamenguez, Koros, and Pope, 2007). If the family structure is problematic, it can have a negative effect on the formation of the children's personality (Luminita and Speranda, 2010). Also, Snyder et al. (2005) showed that most children who grew up in families with unhealthy relationships, compared to children who grew up in healthy families, had less self-confidence in adolescence and had more negative feelings towards their parents. (Ballestrian, 2013).

In general, emotional divorce is an issue that involves the foundation of the family and despite this issue, in addition to becoming meaningless, cohabitation becomes a suitable environment for the growth of abnormalities and deviations for both its members and the society (Fahimi & Taghvaei, 2022). Emotional divorce is a symbol of a problem in the healthy and correct relationship between husband and wife. This communication problem at a small level (family) can spread and expand to a wider dimension (society) and disrupt human communication. When the foundation of the family institution is shaken, the moral and social foundations of the entire social system are shaken and the society is pushed towards various problems. If there was less talk about emotional divorce and its consequences in the past, one of the reasons could be that the number of emotional divorce cases was not as high as it is today (Golmohammadi H, Alimardani, 2022). Today's social life has been formed in such a way that it has caused more separation and division and severing of family ties. Excessive husband care for children, high working hours of men and women, non-adherence to values, lack of sexual satisfaction, untidy clothing and appearance of the wife, and lack of personal hygiene are among the factors that provide the ground for emotional divorce. (Fahimi & Taghvaei, 2022).

In general, couples who can manage conflicts in their relationship by using appropriate methods will create an atmosphere that leads to problem solving and agreement between them (Johansson, 2003). The quality of marital relationships is very important for both men and women, but it seems that women are more affected by the destructive background of the relationship, such as marital dissatisfaction and

various types of marital conflicts, which provide the basis for marital heartbreak and its outcome in the divorce process. emotional and official divorce can be observed (Nikobukht et al., 2011). Therefore, psychological interventions are necessary and essential to establish stability in marriage and prevent emotional divorce and its consequences. According to the mentioned materials and the studies conducted, each of which separately examined the problems and treatment methods related to couples, the present study aimed to determine the effectiveness of cognitive behavioral therapy on experiential avoidance and emotional expression of women involved in an emotional divorce.

### Method

This research was a quasi-experimental study with a pre-test-post-test and follow-up design with a control group. The statistical population of the present study included all women eligible for emotional divorce in Tehran who were referred to Atiyeh Psychology Clinic in 1401. The sampling method was done as available. According to the opinion of psychologists and counselors of Atiye Clinic in 1401, they were eligible for emotional divorce, and also their score in Guttman's emotional divorce questionnaire was one standard deviation higher than the average of 29 points, and 132 people were selected as the initial sample size. Then, the initial sample size of the marital conflict questionnaire was given to the people who scored one standard deviation below the mean on the marital conflict scale and one standard deviation above the mean (score 89), screened and selected. Among these, 132 people answered the questionnaire (marital conflict) in pre-test conditions. 73 people had the screening conditions. Among the screened people (73 people), 30 people were randomly selected and replaced in the experimental group (15 people) and the control group (15 people).

### Materials

**1. Marital conflicts questionnaire (MCQ).** This questionnaire was prepared and adjusted by Barati and Sanai (1999) and based on clinical experiences in Iran in order to measure conflicts between husband and wife and it has 42 questions. It measures seven dimensions or contexts of marital conflicts. In this questionnaire, the Likert method is used for scoring, the maximum score of the questionnaire is 210 and the lowest is 42. Cronbach's alpha for

the entire questionnaire on a group of 32 people was equal to 0.83. The options are expressed on a Likert scale "always, mostly, sometimes, rarely, never". Cronbach's alpha coefficient for the whole scale was 0.71 and for its seven subscales, it varied from 0.60 (decrease in sexual relationship) to 0.81 (decrease in relationship with spouse's family).

**2. Gottman Emotional Divorce Questionnaire:** The Emotional Divorce Questionnaire is taken from the book *Success or Failure in Marriage* written by John Gottman. This questionnaire was created in 2008 and contains statements about different aspects of life that a person may agree or disagree with. This scale has 24 questions and must be answered by yes or no. A yes answer gets one point and a no answer gets 0. The higher the number of yes answers, the higher the probability of emotional divorce. In Mami and Asgari's research, the Cronbach's alpha of the Persian version of the questionnaire is 0.83.

**3. Acceptance and Action Questionnaire.** second version (Bond et al., 2007). This questionnaire was developed by Bond et al. in 2011 and is a 10-question version of the original questionnaire (AAQ-I) (Bond et al., 2011). This questionnaire, in line with its underlying theory, was developed to measure psychological flexibility, especially in relation to experiential avoidance and the tendency to engage in action despite unwanted thoughts and feelings. Based on the degree of agreement, it is scored on a 7-point Likert scale (from 1=never to 7=always true). Higher scores on this scale indicate higher experiential avoidance. Bund et al. found that the 10-question version of this questionnaire has good reliability and internal consistency and reported the reliability of this scale as 0.84 in a 12-month interval. Concurrent validity of this scale was reported favorable by examining its correlation with the Depression, Anxiety and Stress Questionnaire (DASS) (Bond et al., 2011). Ghasemi et al confirmed the reliability of this scale using Cronbach's alpha equal to 0.72 and its content and form validity. The reliability of this questionnaire was reported in Ghasemi et al.'s research using Cronbach's alpha of 0.80 (Qasemi et al., 2014).

**4. King and Emmons (1990).** emotion expression questionnaire. This 16-question questionnaire was compiled by King and Emmons in 1990 in order to investigate the importance of emotional expression in health

(King and Emmons, 1990). This questionnaire measures three scales of positive emotion (7 questions), negative emotion (4 questions) and expressing sincerity (5 questions). The emotion expression questionnaire has 16 items and three subscales. Items 1 to 7 are related to the positive emotion expression subscale, items 8 to 12 are related to the intimacy instrument subscale, and items 13 to 16 are related to the negative emotion expression subscale. A higher score in this scale indicates a higher expression of excitement. King and Emmons reported the reliability of this scale using Cronbach's alpha equal to 0.80 and its convergent validity by examining its relationship

with Bradburn's favorable positive affect scale (25). Also, in the research of Sharifinia et al., the validity of this scale using Cronbach's alpha method for the whole scale and its subscales was reported as 0.68, 0.65, 0.59, and 0.68, respectively (Sharifinia and Harun Al-Sheidi, 2020).

**5. Cognitive-behavioral therapy.** The content of cognitive-behavioral therapy sessions was based on Stewart and Chambles (2009) and its content validity has been confirmed. The content of cognitive behavioral therapy sessions is shown in Table 1:

**Table 1. Cognitive-behavioral therapy protocol**

<b>Session</b>	<b>The content of the meetings</b>
<b>1</b>	Participants introduce themselves and say why they decided to participate in cognitive-behavioral group sessions. Providing basic information about cognitive-behavioral psychotherapy Explaining the reason for holding these meetings and the purpose of the cognitive-behavioral therapy group Explaining and explaining the principles of confidentiality and reassuring clients that their information is completely confidential Explaining the rules and principles of treatment sessions Doing the homework as an exercise to get to know the group members better to do the homework Taking the pre-test
<b>2</b>	Explanation about the relationship between thoughts, feelings and behavior Expressing the difference in thoughts, feelings and behavior Explaining dysfunctional thinking styles Expression of common cognitive errors Distribute the thought reconstruction worksheet
<b>3</b>	Reviewing and explaining the homework of the previous session Explaining the four main steps to reconstructing thoughts (identifying thoughts, evaluating thoughts, changing thoughts, determining the effects of modified thoughts) Redistribute the Restructuring of Thoughts worksheet
<b>4</b>	Check the homework of the previous session Examining the chain of cause, response, consequence Explain how the consequences fit into the larger behavioral chain Expressing strategies to break the destructive chain
<b>5</b>	Check the homework of the previous session Definition of bold behavior Imagine a situation where it is difficult to be bold Suggested self-talk to increase boldness The difference between passive, aggressive and bold behavior An example of negative thoughts and self-talk that prevents courage
<b>6</b>	Definition of impulse and discussion about managing impulses and solutions for more self-control Tips on raising mood and increasing pleasant events Distribution of pleasant activities worksheet
<b>7</b>	Check the homework of the previous session Explanation about stress, stressor and stress management stress management

	Solutions to solve the problem Muscle relaxation training
8	Check the homework of the previous session Definition of self-esteem Expressing how negative self-evaluations cause lack of self-esteem Strategies to improve self-esteem Distribution of self-help worksheets
9	Check the homework of the previous session Planning for relapse prevention Expressing the necessity of practicing the skills acquired during the sessions Evaluation of work progress and acquired skills

### Implementation

Ethical considerations of the present study include: written consent was received from the participants before starting the work. Before starting the work, the participant (volunteer) was informed about the subject and method of the study. The private and personal information of the candidates will be protected. The results were interpreted for them if desired. If any problems are observed, the necessary instructions for follow-up were provided to the candidates. Participation in the research did not cause any financial burden for the participants. This research has no contradiction with the religious and cultural standards of the subject and the society. In order to describe the data, centrality and dispersion indices such as mean and standard deviation were used, and for data analysis, variance analysis with repeated measurements and Bonferroni's post hoc test were used. It is

worth mentioning that in order to check the assumptions of the inferential test, Levine's test (to check the homogeneity of variances), Shapiro-Wilk test (to check the normality of data distribution), Mbox test and Mochli's sphericity test were used. Chi-square test was used to compare two groups in terms of demographic variables (gender, marital status, age and education). The above statistical analyzes were performed using SPSS.22 software. The significance level of the tests was considered 0.05.

### Results

The average (standard deviation) age of the experimental group participants was 39.7 (9.4), and the control group was 36.2 (7.9). Also, the minimum and maximum ages in the experimental group were 30 and 48 years, and in the control group, 31 and 50 years.

Table 2. Central indices and dispersion of the scores of the research variables in the experimental and control groups

Variable	Group	Pre-test		Post-test		Follow-up	
		Mean	Standard deviation	Mean	Standard deviation	Mean	Standard deviation
experiential avoidance	Exp.	45/05	11/52	36	11/01	35/75	11/10
	Control	44/45	8/61	44/30	8/63	44/25	8/63
emotional expression	Exp.	26/80	5/38	30/85	5/33	30/05	5/57
	Control	31/65	4/00	32	3/83	31/95	3/72

Analysis of variance with repeated measures was used to check the significance of the difference between the experimental avoidance score and

emotional expression in the two experimental groups and the control group.

Table 3. The results of the normal distribution of scores and homogeneity of variances test

Variable	Group	K-S			Leven			Mauchly		
		Df	Statistics	Sig.	Df	Statistics	Sig.	Statistics	Mauchly	Sig.
experiential avoidance	Exp.	15	1/41	0/22	28	1/50	0/245	3/15	0/84	0/16
	Control	15	0/78	0/85						
emotional expression	Exp.	15	0/81	0/51	28	2/33	0/18	2/69	0/91	0/27
	Control	15	0/97	0/16						

The analysis of variance of repeated measurement of several variables among the studied groups in the variables of experiential avoidance and emotional expression showed that the effect between the subject (group) is significant. This effect means that at least one of the groups differs from the other in at least one

of the variables of experiential avoidance and emotional expression. The within-subject effect (time) was also significant for the research variables, meaning there was a change in at least one of the average variables from pre-test to follow-up.

**Table 4. Analysis of variance with repeated measures to compare pre-test, post-test and follow-up of experiential avoidance and emotional expression in experimental and control groups**

Variable	Source	Sum of squares	Df	Mean square	F	Sig.	Eta square
experiential avoidance	Time	87/62	2	43/81	164/78	0/001	0/85
	Time*group	37/48	2	18/74	70/50	0/001	0/71
	Group	13/61	1	13/61	44/25	0/001	0/37
emotional expression	Time	230/46	1/70	160/14	79/16	0/001	0/73
	Time*group	150/02	1/70	104/24	51/53	0/001	0/64
	Group	418/17	1	418/17	33/86	0/001	0/25

The results of Table 4 show that the analysis of variance is significant for the within-group factor (time) and it is significant between groups. These results mean that considering the group effect,

the time effect alone is significant. Also the interaction of group and time is also significant. Bonferroni's post hoc test was also used for pairwise comparison of groups.

**Table 5. Bonferroni post hoc test results for comparing experiential avoidance and emotional expression**

Variable	Group	Stage	Post-test	Follow-up
experiential avoidance	Exp.	Pre-test	4/*60	4/*75
		Post-test	-	0/*15
	Control	Pre-test	0/19	0/15
		Post-test	-	0/22
emotional expression	Exp.	Pre-test	-2/*20	-1/*77
		Post-test	-	0/42
	Control	Pre-test	-0/16	-0/18
		Post-test	-	-0/11

The results of Table 5 show that the experiential avoidance variable score in the experimental group and in the post-test phase is lower than the control group. In other words, the experimental group effectively reduced practical avoidance. Also, these results show that experiential avoidance in the follow-up phase has significantly decreased in the experimental group compared to the control group. The emotional expression variable score in the experimental group and in the post-test phase is higher than the control group. In other words, the experimental group effectively improved the expression of excitement. These results show that the expression of excitement in the follow-up phase

in the experimental group was not significantly different from the control group.

### Conclusion

This study aimed to determine the effectiveness of cognitive behavioral therapy on experiential avoidance and emotional expression of women involved in emotional divorce. The results indicated that cognitive-behavioral therapy was effective in reducing experiential avoidance and emotional expression of women involved in emotional divorce, and this effect was permanent until the follow-up period. The present study was consistent with the results of the following studies: Abedini et al. (2017); Karimi et al. (2017); Sayadi, Gol Mohammadian and Rashidi (2017); Postchian et al. (2017); Mohammadi et

al. (2016); Panahi (2015); Mohammadi and colleagues (2014); Almasi (2013); Mascaro and Rosen (2012); Chang and Fornchham (2007); Chang (2008); Kledge and Young (2006); Racine (2005).

These researchers found in their studies that meta-diagnostic therapy based on cognitive behavioral therapy, schema therapy and meaning therapy is effective in reducing marital conflicts. Therefore, the participation of women involved in emotional divorce in meta-diagnostic treatment sessions based on cognitive behavioral therapy on marital conflicts has increased marital intimacy and emotional regulation of women involved in emotional divorce, and this result leads to the reduction of marital conflicts.

One of the destructive factors of marital satisfaction is marital conflict, which is common in the relationship of couples and can have negative effects on the social and psychological conditions of the family. There are communication problems in marital conflicts, and if couples can resolve their conflicts in a positive way, it will be beneficial not only for themselves but also for their children because they will learn to manage their conflicts with others in a compatible way. Spouses who have conflicts are actually couples where what one wants, the other doesn't. When this conflict turns into a destructive conflict, the existing resentment and hostility towards the addressee will reduce their trust, confidence, friendship, cooperation and intimacy. Such a situation can lead spouses to chart a pattern that is a kind of destructive psychological game that must be recognized and replaced with suitable behaviors (Nemati Sogli Tepe et al., 2017).

In explaining the effectiveness of cognitive behavioral therapy on emotional expression, it can be stated that: People's awareness of the effects of negative emotions on their mental health and the benefits of having a happy life makes them motivated and strive to reduce negative emotions and thus increase positive emotions in themselves. This awareness increases people's willingness to do homework and practice techniques learned in therapy sessions, which can lead to a reduction in marital conflict in women involved in emotional divorce. According to this treatment, positive and rational thoughts replace negative and irrational thoughts and intellectual distortions, and by teaching the correct way to challenge these ineffective thoughts and replace them with positive

thoughts, the way of thinking and perception of women involved in emotional divorce is corrected. In cognitive-behavioral therapy, by using cognitive intervention strategies such as restructuring, considering the worst and best outcome of a situation, evaluation of experiences are included in the therapy. It is possible to reevaluate the logic of a person's thoughts and correct them by using cognitive-behavioral therapy techniques. In this way, it helped to improve relationships and increase adaptation of women involved in emotional divorce and reduce conflicts.

In general, cognitive behavioral therapy is first taught to women involved in emotional divorce so that they can identify their emotions and describe them to themselves first, and in the next step they can recognize the other party's emotions and see the issue from their spouse's point of view. That is, they should not immediately react to emotional outbursts, because this work, despite the fact that it brings a feeling of immediate evacuation, causes the continuation of tension and disputes and has bad consequences, that is, women involved in emotional divorce can have more emotional regulation.

#### Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

#### References

- Albert, L., & Popescu, S. (2010). Emotional consequences of parental divorce and separation on preschool children: ISMH World Congress 2010 Abstract 032. *Journal of Men's Health*, 7(3), 291-291.
- Almasi, A., & et al, (2013), Religious cognitive-behavior therapy (RCBT) on marital satisfaction OCD patients, *Procedia-social and behavioral sciences*, v. 84, p. 504-508 .
- Balestrino, A (2013), On the causes and consequences of divorce, *the journal of Socio-Economics* 45) 1-9 .
- Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K.,... & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire-II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior therapy*, 42(4), 676-688.
- Bukharai, A. (2007). *Sociology of silent lives in Iran (emotional divorce)*. Tehran: Pajhwok Jamia.

- Chang, S. L. (2008). Family background and marital satisfaction of newlyweds: Generational transmission of relationship interaction patterns. California State University, Fullerton.
- Chenge, H., & Furncham, A. (2007). ATTRIBUTIONAL STYLE AS PREDICTORS OF MENTAL HEALTH. *Journal of Happiness Studies*, 2 (3): 309-331 .
- Cummings, E.M., Kouros, C.D & Papp, L.M. (2007). Marital aggression and children's everyday inter parental conflict. *European Psychologist*, 12,17-28 .
- Fahimi M, taghvaei D. (2022). Predicting marital adjustment based on marital justice and marital burnout. *JARAC*; 4 (1) :1-12 (in Persian)
- Ghasemi, N., Kalantari, M., Asghari, K., & Molavi, H. (2014). Factor Structure, Validity and Reliability of the Persian version of the Acceptance and Action Questionnaire (AAQ-II-7). *International Journal of Education and Research*, 2(9), 85-96.
- Golmohammadi H, Alimardani M. (2022). Evaluation of emotional divorce prediction based on sexual issues of couples. *JARAC*, 4 (3) :79-92 (in Persian)
- Johanson, S. (2003). The revolution in couple therapy. *Journal of Marital and family Therapy*.; 29:348-365 .
- Kellogg SH, Young JH. (2006). Schema Therapy for Borderline Personality Disorder. *J Clin psychol.*; 62(4): 445-458 .
- King, L. A., & Emmons, R. A. (1990). Conflict over emotional expression: psychological and physical correlates. *Journal of personality and social psychology*, 58(5), 864.
- Markowitz J. (2009). Developments in interpersonal psychotherapy. *Canadian of psychiatry*. 44: 556-61.
- Mascaro, N., & Rosen, D. H. (2012). Existential meaning in the enhancement of hope and prevention of the depressive symptoms. *Journal of Personality*. 73: 985- 994.
- Mohammadi, M., Sheykh Hadi Siruii, R., Garafar, A., Zahrakar, K., Shakarami, M., & Davarniya, R. (2017). Effect of Group Cognitive Behavioral Couples Therapy on Couple Burnout and Divorce Tendency in Couples. *Armaghanj*, 21(11), 1069-1086
- Musai, M., Tavasoli, G., & Mehrara, M. (2011). The relationship between divorce and economic-social variables in Iran. *British Journal of Arts and Social Sciences*, 1(2), 89-93.
- Nikoubakht N, Karimi U, Bahrami H) 2011(. Couple burnout among fertilized and unfertilized women referred to Valiasr reproductive center, Tehran. *Iranian Journal of epidemiology.*; 7(1):32-37 .
- Panahi, M., Kazemi jamarani, S., Enayatpour Shahrabaki, M., & Rostami, M. (2018). Effectiveness of integrative behavioral couple therapy on reducing marital burnout and fear in couples of intimacy. *Journal of Applied Psychology*, 11(4), 373-392 (in Persian)
- Pines, A. M. (2004). Adult attachment styles and their relationship to burnout: A preliminary, cross-cultural investigation. *Work & Stress*, 18(1), 66-80.
- Pusa Chian, T., Kazemi, A., Rezaei, O., & Kazemi, M. S. (2007). The effectiveness of group therapy based on meaning therapy on life expectancy and resilience of divorced women. *Journal of Psychiatric Nursing*, 5)6.(
- Rosen Grandon, J.R, Myers.J.E., and Hattie, J.A. (2005). The relationship between marital characteristics, marital interaction processes and marital satisfaction. *Journal of counseling and development*, 82 (1), 58-68 .
- Saeedian, F. (2003). Examining the relationship between the power structure in the family and marital conflicts. Master's thesis, Tehran, Tarbiat Moalem University.
- Sayyadi, G., Gol Mohammadian, M., & Rashidi, A. (2017). The effectiveness of schema therapy on the feeling of inferiority of teenage girls from divorced families. *Journal of Clinical and Counseling Psychology Research*, 7(1). 89.
- Sharifiniya, M., & Haroonrashidi, H. (2020). The relationship between the dark traits of personality and emotional expressiveness with satisfaction of life among the military personnel in Ahvaz, Iran. *Journal of military Psychology*, 11(41), 41-49.
- Steele, L., & Kidd, V. (2009). *Sociology of family skills*. Translation: Seyedan, F. Kamali, Al-Zahra University Press.
- Stewart, R. E., & Chambless, D. L. (2009). Cognitive-behavioral therapy for adult anxiety disorders in clinical practice: A meta-analysis of effectiveness studies. *Journal of consulting and clinical psychology*, 77(4), 595.