



## Developing a structural model of women's sense of happiness based on the quality of marital relationship and interpersonal trust with the mediating role of dark personality traits

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### ABSTRACT

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**Background and Aim:** A happy marriage consists of factors such as commitment, respect, intimacy, trust, etc., in their absence, married life faces serious problems. The purpose of this research was to develop a structural model of women's happiness based on the quality of marital relationship and interpersonal trust with the mediating role of dark personality traits. **Methods:** The research method was descriptive correlation with structural equation approach. The statistical population of the research was all married women in Tehran in 2021. The sample size was 448 people who were selected by the purposeful available sampling method, which was filled with Taghizadeh and Shadmehri happiness questionnaires (2015), Enrich Olson's marital satisfaction (2006), Rempel et al.'s interpersonal trust (2001) and Johnson's dark personality traits. and Webster (2010) were evaluated. The method of analysis and analysis of the findings was done using structural equation modeling. **Results:** The analysis and analysis of the findings showed that the structural model of the research is suitable with the collected data and dark personality traits positively affect and significantly mediates the relationship between the quality of marital relationship and interpersonal trust with women's sense of happiness. **Conclusion:** According to the results of the research, it is possible to provide the necessary solutions regarding the relationships of couples according to the discussed variables.



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## Introduction

Happiness is a concept that all humans are searching for (Diener, 2013). From a psychological point of view, happiness means happiness, and many believe that happiness can be increased by increasing pleasure and reducing pain and discomfort (Tamir et al., 2017). A happy marriage consists of factors such as commitment, respect, intimacy, trust, etc., in the absence of which marital life faces serious problems (Fatima and Ajmal, 2012). These factors form the basis of the quality of marital relationships. The quality of marital relationships is a multidimensional concept that includes various aspects of couples' relationships such as compatibility, satisfaction, happiness and feelings of happiness, cohesion and commitment. It is not necessarily an opposite concept of marital discord and conflict, but consists of positive dimensions (including happiness and positive marital interactions) and negative dimensions (including conflicts and negative attitudes) that exist in relationships between couples (Fincham & Beach, 2007). Fincham and Bradbury (1987) believe that the quality of marital relations depends on the way couples interact and their coping methods in stressful situations in life. Inefficient communication patterns between them cause important issues of joint life to remain unresolved and become a source of repeated conflicts between couples and cause the gradual destruction of couples' compatibility (Esadi Shihgaran et al., 2016). In this context, studies have been conducted to determine the predictors of marital quality, the results of which show that couples with quality relationships have higher marital satisfaction and compatibility and use appropriate functional methods such as communication skills, role playing, and conflict resolution. (Pirmardovand Chegini and Kerami, 2021; Samani and Behbahani, 2018; Mousavi, 2019; Amani and Latafati Breis, 2019).

On the other hand, of course, trust is one of the most important qualities in any close and intimate relationship, and it is often considered as the central core of an ideal relationship, along with commitment and love (Brown, 2001). Trust is necessary for the strength of all interpersonal relationships, and marital relationships, like all human relationships, will not last without interpersonal trust, and it is one of the factors that potentially affects the proper functioning of a

marital relationship. (Morris, 1981; quoted by Sohedeh et al., 2018). In this regard, Javanik (2016) stated that life without trust is associated with anxiety, conflict and intolerance, and interpersonal trust makes human relationships with others creative and efficient. Trust in marital relationship includes three dimensions of loyalty, predictability and reliability (Cruz, 2007). According to Fan (2018), trust is a psychological state with potential vulnerability and is based on positive expectations of others' goals or behaviors. Among other factors that can affect marital relations are the personality traits of spouses.

Recently, researches have been investigated regarding the dark personality trait variable, which has an impact on social relationships (Abdollahi et al., 1400; Keyser, Leberton, and Hagan, 2015). The dark triad of personality traits (Machiavellianism, psychopathy, and narcissism) are related but distinct traits (Johnson, Leovano, & Adams, 2012). These traits consist of three related but different components: Machiavellianism, narcissism, and psychopathy. These components are all related to exploitation, emotional coldness, hypocrisy, aggression and feeling important (Ardik and Ozsoy, 2016). Machiavelli's personality structure refers to multiple and pessimistic interpersonal relationships, self-centered, disregarding moral principles and values, tendency to unethical behavior and violation of people's usual behavior, deception and lack of feeling (Jones and Pauvelhaus, 2009). Narcissism is also observed with characteristics such as arrogance, selfishness, exaggeration, aggression, perfectionism, lack of empathy, feeling superior in the fields of intelligence, wealth, beauty and fame (Campbell et al., 2011).

According to the stated content, it seems that many factors are involved in the feeling of happiness in women, and some variables will be investigated in the present research. Most of the past researches have examined the factors of marital satisfaction and stability in marriage; Therefore, considering that little research has been done in this regard and also the link between society's performance and family's performance, addressing these issues takes an important step regarding issues related to marital relations. The current research aims to present the relationships of the variables in the form of a structural model, which is one of the primary studies in this regard; Therefore, the question arises whether the

structural model of women's sense of happiness based on the quality of marital relationship and interpersonal trust with the mediating role of dark personality traits will fit with the collected data? The second question of the research is also expressed as whether the variable of dark personality traits, as a mediator role, can predict the relationships between women's sense of happiness, marital relationship quality, and interpersonal trust.

### Method

The method of the current research was descriptive correlation and structural equation model. The statistical population of the research was all married women in Tehran in 1401. Determining the minimum sample size necessary to collect data related to structural equation modeling is very important (McKitty, 2004). Although there is no general agreement about the sample size required for factor analysis and structural models (Schreiber, 2006), according to many researchers, the minimum required sample size is 200. (Holter, 1983; Garver and Mentzer, 1999; Sivo et al., 2006; Hu, 2008) Klein also believes that in exploratory factor analysis, 10 or 20 samples are necessary for each variable, but a minimum sample size of 200 is defensible (Kline, 2010). In the present study, the sample size of 448 people was evaluated (it is necessary to explain that the sample size of the study was 400 people, and due to the fact that the research was conducted online, the number of subjects answered the questionnaires due to the lack of control, 448 people). The sample method was selected in a purposeful manner according to the dispersion of the samples. The criteria for entering the research were: being married, willing to participate in the research, female gender, living together with a spouse. The exit criteria were: lack of consent to conduct the research, was about to divorce.

In the current research, the studied variables were first analyzed using descriptive statistics (mean, standard deviation, correlation matrix). In the following, the preparation and processing of the collected data was discussed, especially that the main assumptions of structural equation modeling (SEM) including missing values, normality, linearity, collinearity and homogeneity of dispersion were examined (Kline, 2005). Finally, to check the hypotheses of the research, a multivariate analysis was performed using structural equation modeling.

### Materials

**1. Women's sense of happiness:** This questionnaire was created by Taghizadeh and Shadmehri (2015) investigated the psychometric indicators of this questionnaire. In this tool, a 4-point Likert scale is used, where the values are very low=1, low=2, high=3, very high=4. The highest score is 164 and the lowest score is 41. In this way, those who get the

highest score have the highest feeling of happiness and those who get the lowest score have the lowest feeling of happiness. The face validity of the questionnaire has been confirmed by psychological experts. After ensuring the validity of the items, the women's happiness questionnaire, which includes 41 items, was answered by 60 married people and teachers in Hafez schools, which have primary and middle grades, and Nobahar schools and teachers in two Karaj Fardis districts in Alborz province. The total reliability score obtained from this research was obtained using Cronbach's alpha internal consistency method of 0.97, which indicates that the women's happiness questionnaire has good reliability and validity and you can be sure of the internal correlation of the items. If Cronbach's alpha coefficient is more than 0.7, the questionnaire has good reliability. If the alpha coefficient is equal to 0.7 or less, its reliability and validity are evaluated as moderate and unfavorable, and additional terms should be removed to increase the value of the alpha coefficient. In the women's happiness questionnaire, the alpha coefficient is 0.97, which indicates the high reliability and validity of this tool for measuring women's happiness. Questionnaire subscales include 1- trust, empathy, attention, cooperation 2- love, marital intimacy, honesty 3- support, sympathy, emotion control. The classification of the results is as follows: the lowest level of feeling happy is 48-81, the level of acceptable feeling of happiness is 82-123, the highest level of feeling happy is 124-164. The cut-off point in the women's happiness scale is 102.

### 2. Marital Relationship Quality Questionnaire:

This variable was measured with a 35-question questionnaire. The original version has 115 questions, which was made into a 47-question and 35-question form due to its length. "Enrich Questionnaire" has 125, 115, 47 and 35 word forms (Khojste Mehr et al., 2013). In this research, a 35-question form has been used. The 35-question form was created by Olson in 2006 by revising the original form to assess potential problematic areas or identify areas of strength and fruitfulness in the marital relationship. This questionnaire is used to evaluate the potential problematic areas or to identify the areas of strength and fruitfulness of the marital relationship. Also, this questionnaire is used to identify couples who need counseling and strengthening their relationship. In addition, this questionnaire has been used as a valid tool in several researches to check marital satisfaction (Asoudeh, 2010). The Enrich Couple Questionnaire was administered by David Elson and Amy Elson in 2000 to 25,501 married couples. The alpha coefficient of the questionnaire for the subscales of marital satisfaction, communication, conflict resolution, and ideal distortion is 0.86, 0.84, 0.83, and 0.83, respectively, and the retest validity of the questionnaire for each subtest is 0.86, respectively. 0.81, 0.90; has been 0.92; And the alpha coefficient of

the questionnaire in Asoodeh research (1389) with the number of 365 couples "730 people" was obtained as 0.68, 77.0 and 0.78 0.62, respectively. The questionnaire is in the form of five options (which is basically a Likert-type attitude gauge). This questionnaire has five options for each item, "I completely agree", "I agree", "Neither agree nor disagree", "I disagree" and "I completely disagree" for which a score of 1 to 5 is assigned.

**3. Interpersonal trust questionnaire:** This scale was created by Rempel et al. (2001). The Trust Scale (TS) is an 18-item self-report instrument that measures people's trust in their spouse. The subject expresses his agreement or disagreement with the statements related to trust on a 7-point Likert scale from completely disagree to completely agree. Some of the items in this questionnaire were made from the Interpersonal Relationship Scale (IRS) prepared by Schlein, Gurney and Stover (Rempel & Holmes, 1986). The lowest score is 18 (indicating a person's low trust towards his wife) and the highest score is 126 (indicating a person's high trust). Based on predictive and discriminant validity, loyalty has a strong correlation with love scale (3 = 0.46), (Robin, 1975). This questionnaire was translated into Farsi by Zarei et al. (2013). The validity coefficient of 0.84 was obtained using the criterion validity method, and the reliability of this scale was reported as 0.81 using Cronbach's alpha method. Concurrent validity for the trust scale was investigated by Stinkaya et al. (2008). Also, they estimated the reliability of the tool as 0.85. Two examples of the items of this scale are: "I can count on my wife's adherence to the promises she gives me" and "I have complete trust in my wife". In the research of Farzadi, Faramarzi, Shahni Yilaq and Ghasemi (2015), the reliability coefficient was obtained using Cronbach's alpha method of 0.86. The alpha coefficient of the whole test is equal to 0.81, the Cronbach's alpha coefficient of the predictability subscale is equal to 0.70, reliability is 0.72, and fidelity is reported to be 0.80. The correlation between the subscales is as follows: loyalty and reliability (0.46), loyalty and predictability (0.27) and reliability and predictability (0.28).

**4. Dark personality traits:** The dark personality triangle questionnaire was prepared by Johnson and Webster (2010) in 12 items in the form of a self-report questionnaire that measures the three traits of Machiavellian dark personality, psychopathy and narcissism. This questionnaire is answered based on

the Likert scale from completely disagree (1) to completely agree (7). Johnson and Webster (2010) reported the test-retest reliability coefficient of this questionnaire as 0.89 for the whole scale, 0.86 for the Machiavellianism subscale, 0.76 for psychopathy, and 0.87 for narcissism. In Iran, this questionnaire was examined by its translation and psychometric properties, the correlation of the items with the total score of the scale (0.75 to 0.83) was reported. Also, its internal consistency using Cronbach's alpha was reported to be 0.81 and its reliability was 0.78.

### Implementation

The way of conducting the research was that the questionnaires for the research were compiled online at first. Then, the link of the questionnaires was sent in virtual groups. The method of conducting the research and the objectives of the research were presented to them in the explanations of the questionnaire. From an ethical point of view, it was explained that if they agree to do the questionnaire, they should complete it, and there is no need to mention the names and surnames of the people, and the results of the research will be used in general in the thesis, and the information is completely confidential. After conducting the research, the raw scores were analyzed using statistical methods.

### Results

In the present study, there were 448 participants with the mean and standard deviation of age, 36.98 and 8.70, respectively. Among the participants, 214 (47.8%) were employed, 17 (3.8%) were studying, and 217 (48.4%) were housewives. Also, 123 (27.5%) of the participants had no children, 172 (38.3%) had one child, 120 (26.8%) had two children, and 33 (7.4%) had more than two children. The level of education of 23 (5.1%) of the participants under diploma; 66 (14.7%) had a diploma; 54 people (12.1%) had a Associate degree; 189 people (42.2%) had a bachelors; 116 people (25.9%) had a master's degree or higher. It should be mentioned that the average and standard deviation of the duration of marriage among the participants were 13.18 and 10.12 years, respectively. Table 1 shows the mean, standard deviation and correlation coefficients between the research variables.

Table 1. Mean, standard deviation and correlation matrix between research variables

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Marital satisfaction	-												
2. Communications	0/60**	-											
3. Conflict resolution	0/61**	0/67**	-										
4. Ideal distortion	0/49**	0/56**	0/48**	-									
5. Reliability	0/18**	0/20**	0/17**	0/05	-								
6. A. Predictability	0/19**	0/18**	0/25**	0/03	0/52**	-							
7. Loyalty	0/27**	0/21**	0/18**	0/08	0/51**	0/67**	-						

8. Machiavellian	-0/21**	-0/14**	-0/24**	0/07	-0/12*	-0/23**	-0/29**	-					
9. Psychopathy	-0/42**	-0/33**	-0/36**	-0/19**	-0/29**	-0/36**	-0/40**	0/55**	-				
10. Self-infatuation	-0/40**	-0/25**	-0/31**	-0/05	-0/24**	-0/38**	-0/32**	0/40**	0/60**	-			
11. Trust/empathy/attention/cooperation	0/38**	0/27**	0/20**	0/19**	0/26**	0/34**	0/41**	-0/41**	-0/46**	-0/43**	-		
12. Love/intimacy/honesty	0/42**	0/33**	0/39**	0/21**	0/30**	0/37**	0/44**	-0/46**	-0/53**	-0/47**	0/62**	-	
13. Support/sympathy/control of emotions	0/39**	0/30**	0/32**	0/17**	0/25**	0/34**	0/37**	-0/50**	-0/49**	-0/51**	0/57**	0/48**	-
Mean	30/77	28/40	28/02	11/22	24/41	17/90	38/44	8/39	8/95	13/51	28/03	47/98	24/40
SD	8/61	9/02	7/55	3/27	6/11	4/78	9/62	2/71	2/44	2/87	7/50	10/92	6/19

Table 1 shows the correlation coefficients between the variables, based on which the direction of the correlation between the variables was in line with the expectations and in line with the theories of the research field. In this research, the assumption of normality of univariate data

distribution was investigated by evaluating the skewness and kurtosis of each variable and the assumption of collinearity with the help of variance inflation factor (VIF) and tolerance coefficient, the results of which can be seen in Table 2.

Table 2. Examining the assumptions of normality and collinearity

Variable	Normality		Collinearity	
	Skewness	Kurtosis	Tolerance factor	VIF
Marital relationship quality - marital satisfaction	-0/09	-0/50	0/45	2/23
Quality of marital relationship - communication	0/31	-0/63	0/42	2/37
Marital relationship quality - conflict resolution	0/18	-0/11	0/45	2/22
Marital relationship quality - ideal distortion	0/25	-0/98	0/58	1/72
Interpersonal trust - trustworthiness	-0/60	-0/51	0/65	1/53
Interpersonal trust- predictability	-0/01	-1/04	0/46	2/16
Interpersonal trust-loyalty	-0/62	-0/49	0/47	2/12
Dark personality traits - Machiavellian	0/64	-0/51	0/62	1/61
Dark personality traits - psychopathy	1/01	0/59	0/41	2/47
Dark personality traits - narcissism	0/51	-0/25	0/49	2/04
Feeling of happiness - trust/empathy/attention/cooperation	-1/14	0/73	-	-
Feelings of happiness - love/intimacy/honesty	-1/35	-0/28	-	-
Feeling happy - support/sympathy/emotional control	-0/46	0/93	-	-

Table 2 shows that the elongation and skewness values of all components are in the range of  $\pm 2$ . This finding indicates that the assumption of normality of univariate data distribution is valid. Table 2 also shows that the assumption of collinearity among the data of the current research is maintained. Because the tolerance coefficient values of predictor variables are larger than 0.1 and the variance inflation factor values of each of them are smaller than 10. According to Meyers et al.'s (2006) opinion, the tolerance coefficient is less than 0.1 and the value of the variance inflation factor is higher than 10, indicating that the assumption of collinearity is not established.

In this research, in order to determine whether or not the assumption of normality of multivariate data distribution is established, information analysis related to "Halnobais interval" was used. The values of skewness and elongation of the information related to the Mehlenobais distance

were obtained as 0.50 and -0.22, respectively, which shows that the value of the skewness and elongation of the said information is in the range of  $\pm 2$ . This finding indicates the establishment of the assumption of normality of multivariate data distribution among the data. Finally, in order to evaluate the homogeneity of the variances, the scatter diagram of the standardized variances of the errors was examined and the results showed that the mentioned assumption is valid among the data.

After evaluating the hypotheses, the data were analyzed using structural equation modeling and AMOS 24.0 software and maximum likelihood (ML) estimation. According to Figure 1, all four variables of quality of marital relationship, interpersonal trust, dark personality traits and feeling of happiness of women were fixed and it was assumed that they are measured by their indicators. Also, in the research model, it was assumed that the quality of marital relationship

and interpersonal trust predicts women's feeling of happiness through the mediation of dark personality traits. Table 3 shows how to fit the

structural model of the research with the collected data.

Fit index	Value	Cut-off point
Chi-square	202/23	-
df	59	-
$\chi^2/df$	3/43	< 3
GFI	0/937	> 0.9
AGFI	0/902	> 0.85
CFI	0/962	> 0.9
RMSEA	0/074	< 0.08

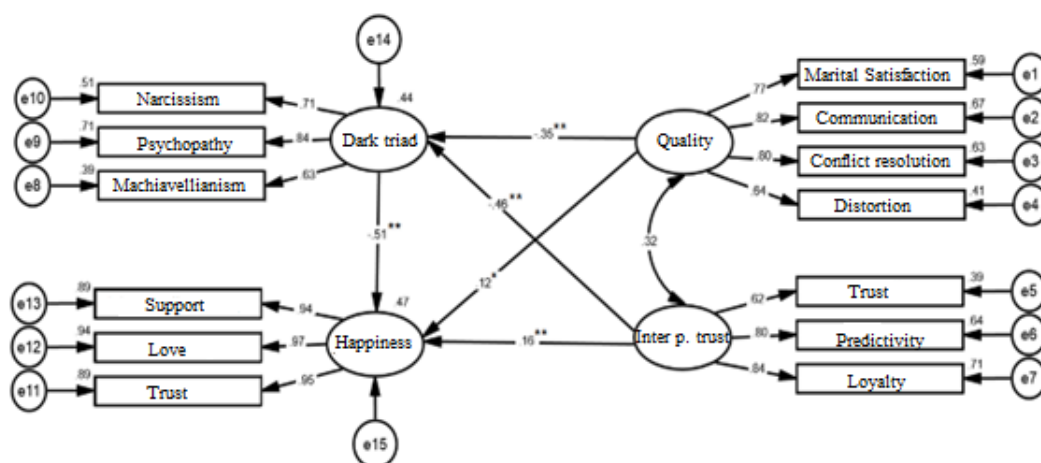
Table 3 shows that all the fit indices obtained from the analysis support the acceptable fit of the structural model with the collected data. ( $df/\chi^2=3.43$ , CFI=0.962, GFI=0.937,

AGFI=0.902 and RMSEA=0.074). Table 4 shows the path coefficients between the variables in the structural model.

Path	b	SE	$\beta$	p
Path coefficient between interpersonal trust - dark personality traits	-0/244	0/041	-0/464	0/001
Path coefficient between quality of marital relationship - dark personality traits	-0/121	0/020	-0/346	0/001
Path coefficient between dark personality traits - sense of happiness	-1/349	0/190	-0/509	0/001
Direct path coefficient between interpersonal trust - sense of happiness	0/225	0/084	0/162	0/004
The coefficient of the direct path between the quality of the marital relationship and the feeling of happiness	0/110	0/042	0/118	0/011
Indirect path coefficient between interpersonal trust - sense of happiness	0/329	0/065	0/236	0/001
Coefficient of indirect path between the quality of marital relationship-feeling of happiness	0/163	0/036	0/176	0/001
Total path coefficient between interpersonal trust - sense of happiness	0/554	0/091	0/398	0/001
Total path coefficient between quality of marital relationship-feeling of happiness	0/273	0/046	0/295	0/001

Table 4 shows that the path coefficient between dark personality traits and women's sense of happiness ( $P < 0.01$ ,  $\beta = -0.509$ ) is negative and significant at the 0.01 level. The total path coefficient between marital relationship quality ( $\beta=0.295$ ,  $P<0.01$ ) and interpersonal trust ( $\beta=0.398$ ,  $P<0.01$ ) with women's feeling of happiness was positive and significant at 0.01 level. Table 4 shows that the coefficient of the

indirect path between the quality of marital relationship ( $\beta=0.176$ ) and interpersonal trust ( $\beta=0.236$ ) with women's sense of happiness is positive and significant at the 0.01 level. ( $P>0.01$ ). Therefore, it can be said that dark personality traits positively and meaningfully mediate the relationship between the quality of marital relationship and interpersonal trust with women's sense of happiness.



**Figure 1. Standard parameters in the structural model of the research**

Figure 1 shows that the sum of squared multiple correlations ( $R^2$ ) for women's feeling of happiness is equal to 0.47. It indicates that the quality of marital relationship, interpersonal trust and dark personality traits explain a total of 47% of the variance of women's sense of happiness.

### Conclusion

Based on the analysis of the research findings, the first hypothesis of the research was confirmed and it was concluded that the structural model has an acceptable fit with the collected data. In the structural model, it was assumed that the quality of marital relationship and interpersonal trust predict women's feelings of happiness through the mediation of dark personality traits. The model was analyzed using the structural equation modeling method and considering that the number of indicators, the number of locations, and the number of paths were the same in the structural model and the measurement model, so similar fit indices were obtained for the structural model. It was also found that dark personality traits positively and significantly mediate the relationship between the quality of marital relationship and women's sense of happiness. The research results are in line with the results of Khaksari (2022), Horan et al. (2015), Ali and Chamaro-Permuzik (2010), Hae et al. (2018), Joshen Lu (2021).

The family is the place to satisfy physical, intellectual and emotional needs, and it is an undeniable necessity to be aware of them and to be equipped with the techniques of recognizing biological and psychological tendencies; A person's satisfaction with married life means satisfaction with life (Ruhlman, Galles and Dortchi, 2018). In the meantime, one of the most important components of the quality of marital

relations is the feeling of happiness of the couple, which indicates the level of happiness in various dimensions of marital relations. In a way, it can be said that the feeling of happiness is an important indicator of the success and continuity of a marriage. Understanding the concept and appropriate application of the feeling of joy and happiness in married life is one of the important aspects of positive psychology and it is a broad concept that includes the experience of positive emotions, low levels of negative emotions and high satisfaction with life (Argyle, 2003).

Studies have also shown that the dark triad, specifically Machiavellianism and psychopathy, can predict conflicts in communication that often lead to relationship termination (Horan et al., 2015). Also, studies have shown that Machiavellianism and psychopathy are negatively related to the quality of intimate relationships (Ali & Chamaro-Permuzik, 2010). On the other hand, the relationship between narcissism and intimate relationships remains unclear (Fornham, Richards, & Paulhus, 2013). Meanwhile, studies have shown that Machiavellianism and psychopathy significantly predict relationship satisfaction in Chinese and Western samples (Grijalova et al., 2015), but narcissism is inconsistent with the prediction. In this context, we can refer to the stress-vulnerability adaptation model proposed by Carney and Bradbury (1995), which considers the influence of personality on satisfaction and relationship stability in the form of stable vulnerabilities. They suggested the indirect effect of personality traits on partner relationships through stressful events and the capacity to adapt to such events. For example, spouses' self-evaluations of their childhood in their family of

origin are related to the number of specific complaints about their marriage as well as general attitudes toward the marriage system (Franklin, Janoff-Bulman, & Roberts, 1990).

On the other hand, based on the research findings, it was concluded that dark personality traits mediate the relationship between interpersonal trust and women's sense of happiness in a positive and meaningful way. The results of the present study are in agreement with the results of Joshen Lo (2021), Fayazi Ehsan Abad and Jajermi (2016), Khandan Del and Kavian Far (2015), Rempel et al. (2009) is aligned. In the explanation of this finding, it seems that interpersonal trust is related to the positive effects of loyalty, predictability, and the ability of couples to trust each other more in life. People who score high in interpersonal trust usually have more mental health and are satisfied with their life together, trusting and being trusted is one of the characteristics of these people. These results can be explained that in the marital relationship, interpersonal trust is a necessary factor and precursor in the feeling of happiness and satisfaction or lack of satisfaction. The structure of a balanced family is based on intimate marital relations, and one of the important factors in the strength of the family is interpersonal trust. Now, to explain the mediating role of dark personality traits in the relationship between interpersonal trust and feeling of happiness, some explanations are given: in the meantime, studies show that personality traits play a key role in the stability of married life (Hae et al., 2018). So that the three dark aspects of personality can lead to marital dissatisfaction (Horan et al., 2015). For example, among the antisocial and Machiavellian components, it positively predicts women's marital dissatisfaction. Dark personality traits have common characteristics such as incompatibility, callousness, deception, self-centeredness, lack of honesty and humility, and tendency to interpersonal exploitation. These traits decrease empathy and increase marital conflicts.

In the process of conducting research, there were limitations such as available sampling, conducting research during the Corona crisis, self-reporting of questionnaires, not considering cultural, social and economic variables. According to the results of the research, different tools such as observation, interview and rating of the subjects' behavior should be used in the future

research. This research can open a new field for researchers in the field of marital relations in the country, which can help to improve marital life with more research and development of treatment protocols. Also, the results of the research can be used for premarital counseling and couple therapy in order to improve the quality of couples' relationships. Considering the importance of married life and the determining role of the variable of dark personality traits and interpersonal trust in predicting the feeling of happiness, by holding training workshops for women to control negative personality traits and to raise awareness and develop cognitive elements, the intensity of this variable should be reduced as much as possible.

### Conflict of Interest

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

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