




Comparison of the Effectiveness of Group Schema Therapy and Mindfulness-Based Stress Reduction on Psychological Symptoms and Resilience in Individuals Seeking Divorce

Bahareh. Hasanpour Asil¹, Mohammadreza. Zarbakhsh Bahri^{2*}, Tahereh. HamzehPoor Haghghi³

¹ PhD student in General Psychology, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

² Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

³ Assistant Professor, Department of Psychology, Lahijan Branch, Islamic Azad University, Lahijan, Iran

* Corresponding author email address: M.Zarbakhsh@Toniau.ac.ir

Article Info

Article type:

Original Research

Section:

Family and Couple Therapy

How to cite this article:

Hasanpour Asil, B., Zarbakhsh Bahri, M., & HamzehPoor Haghghi, T. (2025). Comparison of the Effectiveness of Group Schema Therapy and Mindfulness-Based Stress Reduction on Psychological Symptoms and Resilience in Individuals Seeking Divorce. *KMAN Counseling and Psychology Nexus*, 3, 1-12.

<http://doi.org/10.61838/kman.fct.psynexus.3.4>



© 2025 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

The present study aimed to compare the effectiveness of group schema therapy and mindfulness-based stress reduction (MBSR) on psychological symptoms and resilience in individuals seeking divorce. The research method was a quasi-experimental design with a pre-test, post-test, and a control group, along with a three-month follow-up period. The statistical population included individuals seeking divorce who referred to Family Court Complex No. 2 in Velenjak, Tehran, between December 2023 and March 2024, totaling 501 individuals. A sample of 60 eligible participants was selected based on inclusion and exclusion criteria using convenience sampling and was randomly assigned to two experimental groups and one control group (each group consisting of 20 individuals). The data collection instruments included the Depression, Anxiety, and Stress Scale (DASS) (Lovibond & Lovibond, 1995) and the Connor-Davidson Resilience Scale (CD-RISC) (Connor & Davidson, 2003). All three groups underwent a pre-test using the research instruments. Then, group schema therapy and MBSR interventions were separately administered to their respective experimental groups over eight 90-minute sessions, while the control group was placed on a waitlist. Upon completion of the interventions, a post-test was conducted for both experimental and control groups, followed by a follow-up test three months later. The data were analyzed using repeated-measures analysis of covariance (ANCOVA). The findings indicated that both group schema therapy and MBSR significantly impacted psychological symptoms and resilience in individuals seeking divorce ($p < .05$). The results of the Scheffé test demonstrated a statistically significant difference in the effectiveness of the two interventions on psychological symptoms ($p < .05$; $MD = 2.50$), with MBSR being more effective than group schema therapy in reducing psychological symptoms. However, there was no statistically significant difference between the two interventions regarding resilience enhancement ($p > .05$; $MD = 2.97$), suggesting that both therapies equally

contributed to increasing resilience. The effects remained stable at the three-month follow-up. This study suggests that group schema therapy and MBSR can significantly help reduce psychological disorders such as stress, anxiety, and depression while enhancing resilience in individuals undergoing divorce.

Keywords: *Schema therapy, Mindfulness-based stress reduction, Psychological symptoms, Resilience, Divorce*

1. Introduction

Marriage and marital bonds are considered a divine blessing and a sacred union through which the family is formed. The family is an institution where the intensity, depth, and breadth of relationships and interactions are more pronounced than in any other setting. The role of the family, as the smallest social unit, can be crucial and influential in both its positive aspect—creating a haven of peace—and its negative aspect—leading to social harm. One of the negative consequences arising within this social institution is divorce (Rezazadeh, 2022).

Psychologists regard divorce as one of the most valid indicators of marital dissatisfaction, characterized by emotional disengagement between spouses or at least one of them (Korporaal et al., 2013). Divorce is one of the most prevalent and significant threats to the family structure, resulting from disturbances and disorders in marital relationships (Zheng et al., 2019). Among the various dimensions of divorce, its psychological aspects hold particular importance. Individuals undergoing divorce experience multiple intrapersonal and interpersonal conflicts, leading to identity confusion, loss of hope, lifestyle changes, and serious challenges within their social and professional networks. The stress and disruption of family functioning associated with the divorce process can result in emotional and behavioral problems, ultimately jeopardizing individual health (Vasi, 2022).

Divorce has been linked to increased stress and depression, decreased mental health, lower quality of life, heightened psychological distress, and weakened immune system functioning (Golestani & Molaie Zarandi, 2023; Pellón et al., 2024; Schaan et al., 2019). Among the psychological health issues explored in this study, psychological symptoms and psychological resilience in individuals seeking divorce are central.

Psychological symptoms encompass a range of psychological, physiological, and behavioral indicators, including anxiety, depression, and stress (Szabo & Lovibond, 2022), which are highly prevalent among individuals experiencing marital dissatisfaction and seeking divorce (Jarwan & Al-frehat, 2020). In this study, stress,

anxiety, and depression resulting from marital conflicts were considered as psychological symptoms.

Marital stress is a component of daily stress experienced by couples and plays a crucial role in the quality and stability of intimate relationships. Mead (2002) defines marital stress as a situation in which couples experience communication and problem-solving difficulties while striving for solutions, cohabiting, and struggling to accept each other's differences (Nikrokh & Zahra Kar, 2015). If not well-managed by couples, this stress can have direct and indirect detrimental effects on the marital system and significantly impact the quality of the marital relationship. Couples experiencing marital issues naturally endure higher levels of marital stress, which is highly damaging to their relationship (Shakeri et al., 2014).

Stressful events are considered a fundamental construct in the vulnerability-stress-adaptation model (Karney & Bradbury, 1995a, 1995b) and have also been highlighted in similar models, such as the family stress model (Conger et al., 1999). Both cross-sectional and longitudinal research in the literature demonstrate the impact of stressful events on marital outcomes (Matalon et al., 2022). Such events can contribute to marital burnout over time (Narimani et al., 2015).

Another psychological challenge faced by individuals undergoing divorce is anxiety (Golestani & Molaie Zarandi, 2023). Anxiety disorders are among the most common mental health problems (Torabizonou et al., 2020). These disorders are characterized by fear and apprehension about an anticipated negative event, accompanied by various physiological symptoms mediated by the autonomic nervous system (Seekis & Kennedy, 2023). While a certain level of anxiety is a natural adaptive response, excessive anxiety is associated with various physical illnesses, psychological distress, behavioral disturbances, and inappropriate reactions. These reactions may manifest as reduced attention and concentration, increased forgetfulness and distraction, higher error rates, decreased creativity, unpredictable response speed, impaired organizational abilities, and deficits in both short-term and long-term memory (Epperson et al., 2023).

Anxiety is a significant factor in marital relationships. Research findings indicate that individuals with heightened anxiety symptoms report greater marital and sexual dissatisfaction and are more likely to experience divorce in their first marriage (Hashemi, 2020; Mosca et al., 2016).

Cooper (2001) emphasized that depression should be a key focus when treating couples experiencing or at risk of divorce, as the most profound impact of divorce on individuals is its psychological consequences, including depression and loneliness (Bayat et al., 2021; Hald et al., 2022). The non-initiating partner, in particular, often suffers from guilt, rejection, a sense of helplessness, and loss of control over life (Ferraro et al., 2016). Research has consistently demonstrated the link between divorce and depression (Sbarra et al., 2014). Scholars argue that there is a reciprocal relationship between depression and disrupted interpersonal relationships in both clinical and non-clinical populations (Rehman et al., 2015), with marital distress leading to depression (Pellón et al., 2024). Moreover, depression in one spouse can significantly affect marital adjustment (Pietromonaco et al., 2022; Yaghoubi-Nejad, 2023).

Beach (1990), in his marital distress-depression model, demonstrated that marital dissatisfaction leads to depression by reducing positive reinforcements within the couple's relationship and increasing stress (Khodadoust et al., 2020). Additionally, marital distress has been found to predict the onset of emotional disorders (Foran et al., 2015; Gray & Coons, 2017).

Another critical factor contributing to marital discord and increasing the risk of divorce is the lack of resilience. Resilience predicts marital satisfaction and helps individuals remain less affected by adverse events. Spouses lacking resilience struggle to manage stressful marital conflicts, exacerbating disagreements and dissatisfaction (Darnhofer et al., 2016). Resilience can also serve as a coping mechanism for individuals experiencing the crisis of divorce (Faizikhah et al., 2021). Moreover, reduced resilience has been linked to lower marital satisfaction and higher divorce rates (Eskandarpour, 2016).

Given these challenges, selecting an effective therapeutic approach to improve communication and mitigate marital conflict among couples at risk of divorce could help reduce interpersonal tension, alleviate psychological symptoms, and enhance resilience. One such intervention is schema therapy, which acknowledges that each spouse has unique schemas and that marital relationships generate their own

schemas, influencing relationship quality (Jarvis et al., 2019).

Schema therapy provides a structured program for evaluating and modifying maladaptive schemas. The process involves identifying schemas, coping styles, and their developmental origins in childhood, followed by psychoeducation about schema theory. The intervention incorporates cognitive techniques (reality testing and reappraisal), experiential techniques (imagery and dialogues with parental figures), interpersonal techniques (therapy relationship fostering reparenting with boundaries), and behavioral pattern-breaking (modifying behavioral patterns) (Ashouri et al., 2020).

Schema therapy, based on classical cognitive-behavioral therapy, integrates cognitive, behavioral, interpersonal, attachment, and experiential techniques to assess and modify schemas, using evocative methods and schema-based coping styles (Leahy et al., 2024; Leahy et al., 2019).

Group schema therapy offers several advantages: it reduces waitlist times for therapy, allows therapists to use their time more efficiently, and provides patients with benefits such as shared experiences, peer modeling, and social support (Skewes et al., 2014). Research has shown that maladaptive schemas predict marital satisfaction (Eftekhari et al., 2018), and schema-based couples therapy is effective in modifying maladaptive schemas, increasing awareness, and improving marital adjustment (Panahifar et al., 2018).

Another potential intervention for reducing psychological distress in individuals seeking divorce is mindfulness-based stress reduction (MBSR). Mindfulness is defined as a state of conscious awareness of the present moment (Moreno-Gomez & Cejudo, 2019). The mindfulness-based stress reduction program, developed by Kabat-Zinn (1980), helps individuals engage in body-mind meditation practices to reduce stress and enhance well-being (Kabat-Zinn, 2023).

Despite prior studies on the psychological aspects of divorce, no research has comprehensively compared the effectiveness of group schema therapy and MBSR on psychological symptoms and resilience in individuals seeking divorce. This study aims to fill this research gap by determining whether there is a significant difference between these two therapeutic approaches in improving psychological well-being and resilience in women seeking divorce.

2. Methods and Materials

2.1. Study Design and Participants

The research method in the present study was quasi-experimental, utilizing a pre-test, post-test design with a control group, accompanied by a three-month follow-up phase. The statistical population consisted of all individuals seeking divorce who referred to Family Court Complex No. 2 in Tehran (Velenjak) between December 2023 and March 2024. The approximate number of these individuals was 501 (N = 501).

Inclusion criteria included a minimum marriage duration of five years, an age range of 20 to 45 years, at least a high school diploma, a score above the cut-off point (42) on the Psychological Symptoms Questionnaire, and a score below the cut-off point (75) on the Resilience Questionnaire.

Exclusion criteria included severe physical illnesses, psychological disorders such as substance use disorders (based on self-report), absence from more than two intervention sessions, and a history of receiving counseling or psychological services within the three months prior to the study.

The research sample consisted of 60 individuals seeking divorce, who were selected through convenience sampling and then randomly assigned to three groups: two experimental groups and one control group (20 individuals per group). The participants' questionnaire scores were recorded as pre-test measures. The independent variable in this study included two levels of therapeutic interventions (group schema therapy and mindfulness-based stress reduction (MBSR), each administered in eight weekly 90-minute sessions) and one level of non-intervention (control group). The dependent variables were psychological symptoms and resilience.

Immediately following the intervention phase, a post-test was administered to all three groups using the same research questionnaires. Since a follow-up phase is useful for assessing the long-term effectiveness of therapy, a three-month follow-up was conducted using the same research instruments to evaluate the sustainability of treatment effects.

To adhere to ethical considerations, control group participants were offered the opportunity to participate in intensive schema therapy or mindfulness-based stress reduction sessions upon completion of the study.

2.2. Measures

2.2.1. Psychological Symptoms

To assess psychological symptoms, the study employed the Depression, Anxiety, and Stress Scale (DASS-21), originally developed by Lovibond and Lovibond (1995). This scale measures negative emotional states or, more specifically, psychological distress. It consists of 21 items rated on a three-point Likert scale, ranging from 1 (Not at all true for me) to 3 (Completely true for me). The depression subscale assesses unhappiness, loss of self-confidence, hopelessness, feelings of worthlessness, lack of interest in activities, reduced enjoyment of life, and loss of energy. The anxiety subscale evaluates physiological hyperarousal, fears, and situational anxiety. The stress subscale measures difficulty relaxing, nervous tension, irritability, and restlessness. A total score is calculated, with higher scores indicating greater psychological distress. Lovibond and Lovibond (1995) reported a high correlation between this questionnaire and similar psychological assessment tools. The validity and reliability of this instrument have been confirmed in various Iranian studies. A study conducted on a general population sample in Mashhad (400 participants) reported Cronbach's alpha coefficients of 0.70 for depression, 0.66 for anxiety, and 0.76 for stress (Ayubi et al., 2020; Najafi-Kalini et al., 2013).

2.2.2. Resilience

The Connor-Davidson Resilience Scale (CD-RISC) was developed by Connor and Davidson (2003) through a review of resilience research from 1979 to 1991, aiming to measure resilience across different individuals. This scale consists of 25 items, rated on a five-point Likert scale, ranging from 1 (Completely incorrect) to 5 (Completely correct). A total score is calculated, with higher scores indicating greater resilience. Factor analysis has identified five subscales: personal competence, trust in instincts and tolerance of negative emotions, positive acceptance of change and secure relationships, self-control, and spiritual influences. Connor and Davidson (2003) assert that this questionnaire effectively differentiates resilient individuals from non-resilient individuals in both clinical and non-clinical groups, making it suitable for research and clinical applications. A study by Abdi et al. (2019) examined the construct validity of this scale using confirmatory and exploratory factor analysis, with all fit indices falling within acceptable ranges (Abdi et al., 2019).

2.3. Interventions

2.3.1. Schema Therapy

Schema therapy is an integrative therapeutic approach that addresses deep-seated maladaptive schemas that develop early in life and influence an individual's thoughts, emotions, and behaviors. The intervention aims to help individuals seeking divorce identify, understand, and modify maladaptive schemas that contribute to their marital distress. Through psychoeducation, experiential exercises, and cognitive restructuring, participants learn to recognize how their schemas impact their relationships and develop healthier coping strategies. This intervention consists of eight weekly 90-minute sessions in a group format, providing both peer support and structured therapeutic guidance.

In the first session, participants are introduced to the therapy process, the therapist, and each other. The session focuses on establishing rapport, outlining treatment rules and expectations, and providing a general overview of schema therapy. The concept of schemas and their role in shaping interpersonal relationships is introduced.

The second session explores core emotional needs and the developmental origins of schemas. Participants learn about six primary emotional needs and how unmet needs contribute to the formation of maladaptive schemas. The discussion includes case formulation through a schema-focused lens.

The third session introduces the five schema domains and eighteen maladaptive schemas. Participants learn about the impact of these schemas on relational conflicts and marital distress, gaining insight into how their experiences influence their current behaviors and thought patterns.

The fourth session delves deeper into the characteristics of different schemas. Participants explore how these schemas manifest in their relationships, particularly in cases of marital dissatisfaction and emotional detachment. The discussion includes identifying common schema-driven patterns in romantic relationships.

The fifth session differentiates between conditional and unconditional schemas. Participants identify their own schemas and discuss how these schemas were formed and their subsequent impact on their emotions, behaviors, and relationships. This session helps individuals reflect on the origins of their relational difficulties.

The sixth session focuses on how schemas persist over time. Participants examine mechanisms that maintain their schemas, including cognitive distortions and behavioral

patterns that reinforce their maladaptive beliefs. The discussion includes the emotional and behavioral consequences of maintaining these schemas.

The seventh session introduces maladaptive coping styles in marital conflict. Participants explore schema-driven coping responses, such as avoidance, overcompensation, and surrender, and their roles in relational distress. The session highlights the significance of schemas in shaping intimate relationships and provides strategies for recognizing and modifying ineffective coping mechanisms.

The eighth session teaches participants techniques to reduce the impact of maladaptive schemas. Strategies include writing letters to their schemas, creating educational schema flashcards, engaging in imagery rescripting, and role-playing real-life situations. Participants practice these techniques to challenge and modify deeply ingrained maladaptive beliefs, promoting healthier relational interactions.

2.3.2. Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) is a structured program developed to help individuals cultivate present-moment awareness, manage stress, and regulate emotions effectively. This intervention aims to reduce psychological distress among individuals seeking divorce by enhancing their ability to observe thoughts and emotions non-judgmentally, develop emotional resilience, and cope with stress more adaptively. The program consists of eight weekly 90-minute group sessions incorporating guided mindfulness exercises, discussions, and experiential learning.

In the first session, participants are introduced to the MBSR program, its objectives, and expectations. The therapist provides an overview of mindfulness and its core principles, emphasizing the importance of present-moment awareness. The seven key components of mindfulness are discussed. Participants introduce themselves, share their goals for the program, and engage in their first mindfulness exercise—mindful eating (raisin exercise). A body scan meditation is practiced, followed by group discussion and feedback.

The second session focuses on body scan meditation as a primary mindfulness practice. Participants review their experiences with home practice, discuss pleasant events, and are introduced to seated meditation with breath awareness as the primary focus of attention. The importance of mindfulness in daily activities is emphasized.

The third session expands on seated meditation, incorporating awareness of the breath and body. Participants reflect on their home practice, including daily mindfulness exercises and attention to routine activities. The session introduces mindful walking as a way to integrate mindfulness into movement. Participants also begin monitoring unpleasant events, observing their emotional and cognitive reactions without judgment.

The fourth session introduces mindfulness of thoughts, emotions, and bodily sensations during seated meditation. Participants reflect on the connection between stress and bodily reactions. The session includes psychoeducation on stress and its psychological and physiological impacts. A discussion on how mindfulness can mitigate stress is facilitated, and participants review their experiences with unpleasant event tracking.

The fifth session incorporates guided mindfulness meditation with poetry, including Rumi's "The Guest House," to explore acceptance and emotional regulation. Participants share insights from their experiences with mindfulness practice and discuss how they responded to stress during the past week. The relationship between mindfulness, life changes, and health is explored. Mindful walking is practiced again, and the session concludes with a brief meditation.

The sixth session introduces visualization techniques, including mountain and lake meditation, to cultivate emotional stability. Participants engage in discussions about emotions, thoughts, and alternative perspectives, fostering

cognitive flexibility. A brief seated meditation concludes the session.

The seventh session explores attachment to thoughts and places, encouraging participants to use the breath as an anchor for present-moment awareness. Participants reflect on their mindfulness practice, review home assignments, and engage in mindful walking. The importance of evaluating personal progress and sustaining mindfulness practice beyond the program is emphasized.

The eighth session serves as a culmination of the program. Participants engage in a full-body scan meditation and a seated mindfulness practice, reflecting on their progress throughout the intervention. The session concludes with a review of key concepts and a discussion on maintaining mindfulness practice in daily life.

2.4. Data Analysis

Data analysis was conducted using mixed-design analysis of variance (repeated-measures ANOVA) via SPSS version 25.

3. Findings and Results

Descriptive indices of psychological symptoms and resilience in the sample of 60 individuals seeking divorce, across the two experimental groups and the control group, in pre-test, post-test, and follow-up phases, are presented in [Table 1](#).

Table 1

Descriptive Statistics for Psychological Symptoms and Resilience

| Variable | Group | Pre-test Mean (SD) | Post-test Mean (SD) | Follow-up Mean (SD) |
|------------------------|---|--------------------|---------------------|---------------------|
| Psychological Symptoms | Control | 46.00 (3.15) | 45.65 (3.41) | 46.25 (3.42) |
| | Group Schema Therapy | 46.20 (2.61) | 40.20 (2.95) | 39.55 (3.41) |
| | Mindfulness-Based Stress Reduction (MBSR) | 45.60 (3.05) | 36.20 (3.50) | 36.65 (3.83) |
| Resilience | Control | 57.05 (12.18) | 56.70 (11.98) | 56.85 (11.87) |
| | Group Schema Therapy | 57.60 (11.30) | 70.80 (12.90) | 69.30 (13.05) |
| | Mindfulness-Based Stress Reduction (MBSR) | 57.70 (10.19) | 65.70 (10.35) | 65.40 (10.37) |

As shown in [Table 1](#), the mean psychological symptoms scores for the control group in the pre-test, post-test, and follow-up were 46.00, 45.65, and 46.25, respectively. The corresponding scores for the group schema therapy experimental group were 46.20, 40.20, and 39.55, while for the mindfulness-based stress reduction (MBSR) experimental group, they were 45.60, 36.20, and 36.65, respectively. Similarly, the mean resilience scores for the control group in the pre-test, post-test, and follow-up were

57.05, 56.70, and 56.85, respectively. The corresponding scores for the group schema therapy experimental group were 57.60, 70.80, and 69.30, while for the MBSR experimental group, they were 57.70, 65.70, and 65.40, respectively.

The results of the Shapiro-Wilk test for normality analysis of the dependent variables, separated by group and phase, indicated that the distribution of data for psychological symptoms and resilience was normal in the

control, schema therapy, and MBSR groups across all time points (pre-test, post-test, and follow-up) ($p > .05$).

Prior to conducting repeated-measures ANOVA, assumptions such as equality of error variances at each stage, homogeneity of variance-covariance matrices, linear trend

analysis of the dependent variable, Mauchly's test of sphericity, and the interaction between time and group were examined. The results confirmed that repeated-measures ANOVA was appropriate for analyzing the data.

Table 2

Repeated-Measures ANOVA Results

| Effect | Dependent Variable | Source | Sum of Squares | df | Mean Square | F | p-value | Eta Squared |
|-----------------------|------------------------|--------------|----------------|------|-------------|--------|---------|-------------|
| Within-Group Effects | Psychological Symptoms | Time | 1075.21 | 1.67 | 643.79 | 282.47 | < .001 | .832 |
| | | Time * Group | 590.49 | 3.34 | 176.78 | 77.56 | < .001 | .731 |
| Between-Group Effects | Resilience | Time | 1791.30 | 2.00 | 895.65 | 338.43 | < .001 | .856 |
| | Psychological Symptoms | Group | 1283.01 | 2.00 | 641.51 | 22.64 | < .001 | .443 |
| | Resilience | Group | 2544.13 | 2.00 | 1272.07 | 3.20 | .048 | .101 |

As shown in Table 2, the significant F-value for the time factor in psychological symptoms indicates that participants in the experimental groups experienced a statistically significant reduction in scores from pre-test to post-test and follow-up ($p < .01$, $F = 282.47$), demonstrating the effectiveness of the therapeutic interventions. The eta-squared value suggests that 83.2% of the reduction in psychological symptoms from pre-test to post-test and follow-up was attributable to the interventions.

The significant interaction effect between time and group suggests that in the post-test and follow-up phases, psychological symptoms scores in the experimental groups were significantly lower than those in the control group ($p < .01$, $F = 77.56$). The significant main effect of the group factor indicates a statistically significant difference in psychological symptoms among the three groups in the post-test and follow-up phases ($p < .05$, $F = 3.20$), with the eta-squared value showing that 44.3% of this variance was due to the group factor.

Similarly, the significant F-value for the time factor in resilience indicates that participants in the experimental groups experienced a statistically significant increase in

resilience scores from pre-test to post-test and follow-up ($p < .01$, $F = 338.43$). The eta-squared value suggests that 85.6% of the increase in resilience from pre-test to post-test and follow-up was attributable to the interventions.

The significant interaction effect between time and group suggests that in the post-test and follow-up phases, resilience scores in the experimental groups were significantly higher than those in the control group ($p < .01$, $F = 105.96$). The significant main effect of the group factor indicates a statistically significant difference in resilience among the three groups in the post-test and follow-up phases ($p < .05$, $F = 3.20$), with the eta-squared value showing that 10.1% of this variance was due to the group factor.

These results clearly demonstrate that sensory processing training significantly improves marital adjustment compared to the control group, supporting the effectiveness of the intervention.

To determine whether there is a significant difference between the two experimental groups in terms of effectiveness on psychological symptoms and resilience, the results of the Scheffé post-hoc test are presented in Table 3.

Table 3

Pairwise Comparisons of Mean Scores for Psychological Symptoms and Resilience Based on Treatment Type

| Variable | Comparisons | Mean Difference (MD) | Standard Error | p-value |
|------------------------|--------------------------|----------------------|----------------|---------|
| Psychological Symptoms | Schema Therapy - MBSR | 2.50 | 0.972 | .038 |
| | Schema Therapy - Control | 3.98 | 0.972 | .001 |
| | MBSR - Control | 6.48 | 0.972 | .001 |
| Resilience | Schema Therapy - MBSR | 2.97 | 3.64 | .100 |
| | Schema Therapy - Control | 9.03 | 3.64 | .041 |
| | MBSR - Control | 6.07 | 3.64 | .048 |

As shown in Table 3, the results of the Scheffé test indicate a statistically significant difference between the effectiveness of group schema therapy and mindfulness-based stress reduction (MBSR) on psychological symptoms ($p < .05$, MD = 2.50). A comparison of the means in Table 3 shows that MBSR was more effective than group schema therapy in reducing psychological symptoms. Additionally, there was a statistically significant difference between the schema therapy group and the control group ($p < .05$) as well as between the MBSR group and the control group ($p < .05$), indicating that both interventions significantly reduced psychological symptoms.

Furthermore, the results of the Scheffé test show that there was no statistically significant difference between the

effectiveness of group schema therapy and MBSR on resilience ($p > .05$, MD = 2.97). This suggests that both interventions were equally effective in increasing resilience. However, there was a significant difference between the schema therapy group and the control group ($p < .05$) as well as between the MBSR group and the control group ($p < .05$), indicating that both interventions significantly improved resilience.

To examine the differences between the different time points within the experimental groups, a Bonferroni post-hoc test was conducted. The results of pairwise comparisons are presented in Table 4.

Table 4

Bonferroni Post-Hoc Test Results for Pairwise Comparisons Based on Time Points

| Variable | Time Points | Mean Difference | Standard Error | p-value | 95% Confidence Interval |
|------------------------|-----------------------|-----------------|----------------|---------|-------------------------|
| Psychological Symptoms | Pre-test - Post-test | 5.25 | 0.225 | .001 | 4.69 - 5.80 |
| | Pre-test - Follow-up | 5.12 | 0.303 | .001 | 4.37 - 5.88 |
| | Post-test - Follow-up | 0.133 | 0.219 | .100 | -0.674 - 0.407 |
| Resilience | Pre-test - Post-test | -6.95 | 0.302 | .001 | -7.69 - -6.20 |
| | Pre-test - Follow-up | -6.40 | 0.314 | .001 | -7.17 - -6.16 |
| | Post-test - Follow-up | 0.550 | 0.273 | .147 | -0.125 - 1.22 |

According to Table 4, the Bonferroni test results for psychological symptoms indicate a significant difference between the pre-test and post-test ($p < .01$, MD = 5.25) as well as between the pre-test and follow-up ($p < .01$, MD = 5.12). However, there was no significant difference between the post-test and follow-up ($p > .05$), indicating that the observed changes from post-test to follow-up remained stable.

Similarly, for resilience, a significant difference was observed between the pre-test and post-test ($p < .01$, MD = -6.95) as well as between the pre-test and follow-up ($p < .01$, MD = -6.40). However, no significant difference was found between the post-test and follow-up ($p > .05$), suggesting that the improvements in resilience persisted over time.

4. Discussion and Conclusion

The present study aimed to compare the effectiveness of group schema therapy and mindfulness-based stress reduction (MBSR) on psychological symptoms and resilience in a sample of 60 individuals seeking divorce. The findings demonstrated that both group schema therapy and MBSR significantly impacted the psychological symptoms and resilience of individuals seeking divorce.

Regarding the effectiveness of group schema therapy on psychological symptoms, these findings align with the study by Bagheri Sheikhangafsheh et al. (2021), which showed that schema therapy, alongside other cognitive-behavioral interventions, significantly reduces psychological disorders such as anxiety and depression (Bagheri Shikhangafsheh et al., 2021). Similarly, Leahy et al. (2019) investigated the impact of emotion-focused schema therapy on depression and anxiety in couples and found that this intervention effectively reduced depression and anxiety sensitivity in couples (Leahy et al., 2019).

Individuals undergoing divorce face numerous intrapersonal and interpersonal conflicts. Furthermore, the stress and disruption in family functioning associated with divorce can lead to emotional and behavioral problems, ultimately endangering individual well-being. Divorce is also linked to increased stress, depression, and heightened psychological distress (Schaan et al., 2019). Schema therapy is among the supportive and therapeutic programs that can improve the psychological well-being of individuals facing divorce. Each spouse, in addition to their individual schemas, also develops schemas specific to their marital relationship, which can influence relationship quality.

Schema therapy helps modify maladaptive early schemas and employs cognitive, experiential, interpersonal, and behavioral techniques to improve marital relationships, reduce psychological symptoms, and enhance psychological well-being in couples. Similarly, Eftekhari et al. (2018) demonstrated that maladaptive schemas predict marital dissatisfaction (Eftekhari et al., 2018). Moreover, schema-based couples therapy has been effective in modifying maladaptive schemas, increasing awareness, and improving marital adjustment (Panahifar et al., 2018).

Regarding the effectiveness of group schema therapy on resilience, the findings of the present study are consistent with those of Panahee and Barmaash (2023), who reported that schema therapy increases resilience levels in women on the verge of divorce and reduces their tendency toward separation (Panahee & Barmash, 2023). Furthermore, Hasani et al. (2022) found that schema therapy significantly improves sexual satisfaction, emotional regulation, and resilience in nurses experiencing marital burnout (Hasani et al., 2022).

Resilience helps individuals remain less affected by adverse life events. Darnhofer et al. (2016) found that spouses lacking resilience struggle to cope with marital conflicts and stress, leading to increased marital dissatisfaction and discord (Darnhofer et al., 2016). Resilience also serves as a coping mechanism for individuals experiencing divorce-related crises (Faizikhah et al., 2021) and may reduce the likelihood of divorce (Eskandarpour, 2016).

Group schema therapy is a treatment approach that reduces the need for long waitlists for therapy while allowing therapists to utilize their time more efficiently. This is particularly important for individuals who seek therapy due to marital conflicts and interpersonal disputes. The group setting enables participants to share common challenges, receive emotional support, and discover effective problem-solving strategies, which may help prevent impulsive decisions such as divorce.

Regarding the effectiveness of mindfulness-based stress reduction (MBSR) on psychological symptoms, the findings of the present study are supported by Heydari et al. (2023), who found that cognitive-based mindfulness significantly reduced anxiety and improved the quality of life in couples with delinquent spouses (Heydari et al., 2023). Furthermore, Forouzh-Yekta et al. (2018) demonstrated that MBSR can effectively reduce psychological symptoms and enhance emotional regulation skills in couples, findings that are

consistent with the present study (Forouzh-Yekta et al., 2018).

Psychological symptoms are highly prevalent among individuals experiencing marital dissatisfaction and seeking divorce (Jarwan & Al-frehat, 2020). Stressful life events, particularly marital stress, have been examined in the vulnerability-stress-adaptation model (Faizikhah et al., 2021) and the family stress model (Conger et al., 1999). Empirical research based on these models suggests that stressful life events contribute to marital dissatisfaction and increased emotional disengagement between spouses (Matalon et al., 2022; Narimani et al., 2015).

A key component of MBSR is present-moment awareness, which allows individuals to recognize and process their emotions in real-time. This mechanism fosters emotional self-regulation and promotes positive emotional states, ultimately improving marital relationships (Barani & Sheikholislami, 2020). The practice of mindful body-meditation techniques in MBSR helps reduce stress and improve overall well-being, which in turn decreases marital stress and anxiety.

Reducing stress and anxiety enhances psychological flexibility, creating a more positive perspective for resolving marital conflicts. As marital conflicts are mitigated, relationship quality improves, which reduces feelings of loneliness and depression. In line with these findings, Gillespie et al. (2015) found that MBSR significantly improves marital relationships (Gillespie et al., 2015).

Regarding the effectiveness of MBSR on resilience, the findings of the present study align with prior research (Azadeganmehr et al., 2021; Baqer Nejad & Mousavi, 2015). Azadeganmehr et al. (2021) found that MBSR significantly reduced anxiety in divorced women while improving cognitive flexibility and resilience (Azadeganmehr et al., 2021). Similarly, Baqer Nejad & Mousavi (2015) demonstrated that MBSR enhanced resilience and marital adjustment in women with spouses suffering from substance use disorders (Baqer Nejad & Mousavi, 2015).

Psychological well-being is crucial for individuals on the verge of divorce, as hope, vitality, and emotional well-being significantly impact daily functioning and the well-being of future generations. Resilience helps individuals return to or reach a higher state of equilibrium in stressful situations, facilitating successful adaptation in life.

The core mechanism of mindfulness, emphasized in MBSR, is focusing on the present moment. This enables individuals to become more aware of their surroundings and actions while reducing automatic emotional reactions to

external stimuli. As a result, individuals gain insight into distressing thoughts and emotions, allowing them to manage negative emotions more effectively. Mindfulness serves as a fundamental tool for achieving emotional balance, reducing psychological distress, and increasing resilience.

The results of the Scheffé test in this study revealed a statistically significant difference between the effectiveness of group schema therapy and MBSR on psychological symptoms, with MBSR being more effective. However, there was no statistically significant difference between the two interventions in improving resilience, suggesting that both treatments are equally effective in enhancing resilience.

One possible explanation for this finding is that MBSR incorporates meditation and relaxation techniques aimed at reducing stress. By decreasing negative self-talk and promoting relaxation, MBSR appears to be more effective in reducing stress, anxiety, and depression compared to schema therapy. Although group schema therapy is a powerful intervention based on group dynamics, the present findings suggest that goal-oriented interventions such as MBSR, which focus on enhancing positive emotions and present-moment awareness, may yield superior outcomes in stress reduction.

Given these findings, it is recommended that future research further compare these two interventions in the context of marital conflict and divorce-related distress to validate and expand upon these results.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We would like to express our gratitude to all individuals helped us to do the project.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. This article is derived from the doctoral dissertation of the first author at the Tonekabon Branch of Islamic Azad University, Tonekabon, Iran. The study was approved by the Ethics Committee of Islamic Azad University, Tonekabon Branch under the ethical approval code IR.IAU.TON.REC.1402.061.

References

- Abdi, F., Bani Jamal, S. A., Ahadi, H., & Koushki, S. (2019). Psychometric characteristics of the Connor-Davidson Resilience Scale in women with breast cancer. *Psychological Health Research, 13*(2), 81-99. <https://rph.khu.ac.ir/article-1-2970-en.html>
- Ashouri, R., Aghai, H., & Noohi, S. (2020). The effectiveness of group-based schema training on anxiety sensitivity in married women. *Journal of Disability Studies, 10*(105), 1-7. <https://sid.ir/paper/986861/fa>
- Ayubi, J., Bigdeli, I., & Mashhadi, A. (2020). Effectiveness of integrated cognitive-behavioral therapy with mindfulness on quality of life, psychological distress, and treatment adherence in type 2 diabetic patients. *Health Psychology, 9*(34), 75-94. https://hpj.journals.pnu.ac.ir/article_6969.html?lang=en
- Azadeganmehr, M., Asghari Ebrahimabad, M. J., & Moienizadeh, M. (2021). The effectiveness of mindfulness-based stress reduction on anxiety, cognitive flexibility, and resilience in divorced women. *Women and Society, 12*(1), 57-69. https://jzvj.marvdasht.iau.ir/article_4564.html?lang=en
- Bagheri Shikhangafsheh, F., Alizadeh, D., Pirabasi, G., & Naeimi, M. (2021). Effectiveness of schema therapy on depression and anxiety: A systematic study. First National Psychotherapy Conference of Iran, Ardabil.
- Baqer Nejad, U., & Mousavi, N. (2015). The impact of mindfulness-based stress reduction training on resilience and marital adjustment in women with addicted spouses. World Conference on New Horizons in Humanities, Foresight, and Empowerment.
- Barani, H., & Sheikholislami, R. (2020). Causal explanation of social-emotional loneliness in undergraduate students of Shiraz University based on mindfulness and moral disengagement. *Journal of Educational Psychology Studies, 17*(38), 1-24. https://jeps.usb.ac.ir/article_5592.html?lang=en
- Bayat, N., Fokkema, T., Mujakovic, S., & Ruiter, R. A. (2021). Contextual correlates of loneliness in adolescents. *Children and Youth Services Review, 127*, 106083. <https://doi.org/10.1016/j.childyouth.2021.106083>
- Conger, R. D., Rueter, M. A., & Elder Jr, G. H. (1999). Couple resilience to economic pressure. *Journal of personality and social psychology, 76*(1), 54. <https://doi.org/10.1037/0022-3514.76.1.54>

- Darnhofer, I., Lamine, C., Strauss, A., & Navarrete, M. (2016). The resilience of family farms: Towards a relational approach. *Journal of Rural Studies*, 44, 111-122. <https://doi.org/10.1016/j.jrurstud.2016.01.013>
- Eftekhari, A., Hejazi, M., & Yazdani, K. (2018). Predicting marital satisfaction through early maladaptive schemas and communication styles of couples. *International Journal of Psychology (IPA)*, 12(2), 118-146. <https://doi.org/10.24200/ijpb.2018.60303>
- Epperson, C. N., Rubinow, D. R., Meltzer-Brody, S., Deligiannidis, K. M., Riesenber, R., Krystal, A. D., & Lasser, R. (2023). Effect of brexanolone on depressive symptoms, anxiety, and insomnia in women with postpartum depression: Pooled analyses from 3 double-blind, randomized, placebo-controlled clinical trials in the HUMMINGBIRD clinical program. *Journal of affective disorders*, 320, 353-359. <https://doi.org/10.1016/j.jad.2022.09.143>
- Eskandarpour, H. (2016). The relationship between resilience and marital satisfaction with the divorce rate in couples in Ilam city. Fifth International Conference on Psychology and Social Sciences, Tehran.
- Faizikhah, F., Hasanzadeh, R., & Abbasi, G. (2021). Comparing the effectiveness of acceptance and commitment therapy with resilience training on individual coherence and emotional divorce in women seeking divorce. *Social Health*, 8(2), 152-166. <https://journals.sbm.ac.ir/ch/index.php/ch/article/view/identifiers>
- Ferraro, A. J., Malespin, T., Oehme, K., Bruker, M., & Opel, A. (2016). Advancing co-parenting education: Toward a foundation for supporting positive post-divorce adjustment. *Child and Adolescent Social Work Journal*, 33, 407-415. <https://doi.org/10.1007/s10560-016-0440-x>
- Foran, H. M., Whisman, M. A., & Beach, S. R. (2015). Intimate partner relationship distress in the DSM-5. *Family Process*, 54(1), 48-63. <https://doi.org/10.1111/famp.12122>
- Forouzh-Yekta, F., Yagoubi, H., Motabi, F., Roshan, R., Gholami Fesharaki, M., & Omid, A. (2018). The effect of mindfulness-based stress reduction on psychological distress, emotional regulation, and improving marital satisfaction in compatible women. *Clinical Psychology Studies*, 8(31), 67-90. https://jcps.atu.ac.ir/article_8794_en.html
- Gillespie, B., Davey, M. P., & Flemke, K. (2015). Intimate partners' perspectives on the relational effects of mindfulness-based stress reduction training: A qualitative research study. *Contemporary Family Therapy*, 37, 396-407. <https://doi.org/10.1007/s10591-015-9350-x>
- Golestani, M., & Molaie Zare, H. (2023). The effectiveness of acceptance and commitment therapy on anxiety and fear of negative evaluation in women at risk of divorce. *Behavioral Science Research and Studies*, 55, 38-50. <https://www.magiran.com/paper/2626263/investigating-the-effectiveness-of-acceptance-and-commitment-therapy-on-anxiety-and-fear-of-negative-evaluation-of-women-facing-divorce?lang=en>
- Gray, J. S., & Coons, J. V. (2017). Trait and goal similarity and discrepancy in romantic couples. *Personality and individual differences*, 107, 1-5. <https://doi.org/10.1016/j.paid.2016.11.024>
- Hald, G. M., Ciprić, A., Sander, S., & Strizzi, J. M. (2022). Anxiety, depression and associated factors among recently divorced individuals. *Journal of Mental Health*, 31(4), 462-470. <https://doi.org/10.1080/09638237.2020.1755022>
- Hasani, F., Rezazadeh, M. R., Ghambari Panah, A., & Khoshkaver, A. (2022). The effect of schema therapy on sexual satisfaction, emotional regulation, and resilience in nurses with marital burnout. *Journal of Community Health*, 16(2), 71-81. https://chj.rums.ac.ir/article_154006.html?lang=en
- Hashemi, Z. (2020). The relationship between alexithymia and relationship quality in women with generalized anxiety disorder seeking divorce. *Women and Society Quarterly*, 11(44), 271-288. https://jzvj.marvdasht.iau.ir/article_4493.html
- Heydari, M., Mirshabani, Z. S., Sadegh Masjedi, A., & Mortezaei, H. (2023). Effectiveness of mindfulness-based cognitive group therapy on reducing anxiety and improving quality of life in couples with criminal husbands. *Applied Family Therapy Journal*, 4(2), 291-303. <https://doi.org/10.61838/kman.aftj.4.2.18>
- Jarvis, M. A., Padmanabhanunni, A., & Chipps, J. (2019). An evaluation of a low-intensity cognitive behavioral therapy mHealth-supported intervention to reduce loneliness in older people. *International journal of environmental research and public health*, 16(7), 1305. <https://doi.org/10.3390/ijerph16071305>
- Jarwan, A. S., & Al-frehat, B. M. (2020). Emotional Divorce and Its Relationship with Psychological Hardiness. *International Journal of Education and Practice*, 8(1), 72-85. <https://doi.org/10.18488/journal.61.2020.81.72.85>
- Kabat-Zinn, J. (2023). *Wherever you go, there you are: Mindfulness meditation in everyday life*. Hachette UK. https://books.google.de/books/about/Wherever_You_Go_There_You_Are.html?id=g-OSXrZeYYC&redir_esc=y
- Karney, B. R., & Bradbury, T. N. (1995a). Assessing longitudinal change in marriage: An introduction to the analysis of growth curves. *Journal of Marriage and the Family*, 1091-1108. <https://doi.org/10.2307/353425>
- Karney, B. R., & Bradbury, T. N. (1995b). The longitudinal course of marital quality and stability: A review of theory, methods, and research. *Psychological bulletin*, 118(1), 3. <https://doi.org/10.1037//0033-2909.118.1.3>
- Khodadoust, S., Ebrahimi Moghadam, H., & Abolmaali, K. (2020). Effectiveness of a gestalt therapy model on emotional divorce, communication beliefs, and stress-anxiety-depression in couples at risk of emotional divorce. *Knowledge and research in applied psychology*, 21(82), 16-32. <https://www.sid.ir/paper/374739/en>
- Korporaal, M., Broese van Groenou, M. I., & Tilburg, T. G. V. (2013). Health problems and marital satisfaction among older couples. *Journal of Aging and Health*, 25(8), 1279-1298. <https://doi.org/10.1177/0898264313501387>
- Leahy, R., Holland, S. J., & McGinn, L. K. (2024). *Treatment plans and interventions for depression and anxiety disorders*. Arjmand. https://books.google.de/books/about/Treatment_Plans_and_Interventions_for_De.html?id=YiGLbn6j10C&redir_esc=y
- Leahy, R. L., Wupperman, P., Edwards, E., Shivaji, S., & Molina, N. (2019). Metacognition and emotional schemas: Effects on depression and anxiety. *International Journal of Cognitive Therapy*, 12, 25-37. <https://doi.org/10.1007/s41811-018-0035-8>
- Matalon, C., Turliuc, M. N., & Mairean, C. (2022). Children's opposition, marital and life satisfaction: the mediating role of parenting stress. *Family Relations*, 71(4), 1785-1801. <https://doi.org/10.1111/fare.12670>
- Moreno-Gomez, A. J., & Cejudo, J. (2019). Effectiveness of a Mindfulness-Based Social-Emotional Learning Program on Psychosocial Adjustment and Neuropsychological Maturity in Kindergarten Children. *Mindfulness*, 10(1), 111-121. <https://doi.org/10.1007/s12671-018-0956-6>

- Mosca, O., Lauriola, M., & Carleton, R. N. (2016). Intolerance of uncertainty: A temporary experimental induction procedure. *PLoS One*, *11*(6), e0155130. <https://doi.org/10.1371/journal.pone.0155130>
- Najafi-Kalini, M., Poojom, E., Jamshidi, N., Karimi, S., & Najafi Kaliani, V. (2013). Investigating stress, anxiety, depression, and self-concept of students at Fasa University of Medical Sciences in 2009. *Fasa University of Medical Sciences Journal*, *3*(3), 235-240. <https://www.magiran.com/paper/1215256/survey-of-stress-anxiety-depression-and-self-concept-of-students-of-fasa-university-of-medical-sciences-2010?lang=en>
- Narimani, M., Pourasmali, A., Hajlou, N., & Mikaeili, N. (2015). Persistent vulnerabilities and marital burnout in couples seeking divorce: The mediating role of stressful events. *Family Counseling and Psychotherapy*, *5*(2), 24-50. https://fcp.uok.ac.ir/article_15724.html?lang=en
- Nikrokh, M., & Zahra Kar, K. (2015). Investigating the effect of Stress Inoculation Training (SIT) on marital stress reduction in women. *Family Studies*, *11*(3), 353-365. https://jfr.sbu.ac.ir/article_96734.html
- Panahee, M., & Barmash, H. (2023). The effectiveness of schema therapy on resilience in women on the brink of divorce in Tehran. 9th Congress of the Iranian Psychological Association, focusing on "Psychology and Social Issues", Tehran.
- Panahifar, S., Yousefi, N., & Amani, A. (2018). Effectiveness of schema-based couples therapy on modifying maladaptive schemas and increasing compatibility in couples seeking divorce. Fifth International Conference on Psychology, Educational Sciences, and Lifestyle, Qazvin.
- Pellón, I., Martínez-Pampliega, A., & Cormenzana, S. (2024). Post-divorce adjustment, coparenting and somatisation: Mediating role of anxiety and depression in high-conflict divorces. *Journal of Affective Disorders Reports*, *16*, 100697. <https://doi.org/10.1016/j.jadr.2023.100697>
- Pietromonaco, P. R., Overall, N. C., & Powers, S. I. (2022). Depressive symptoms, external stress, and marital adjustment: The buffering effect of partner's responsive behavior. *Social Psychological and Personality Science*, *13*(1), 220-232. <https://doi.org/10.1177/19485506211001687>
- Rehman, U. S., Evraire, L. E., Karimiha, G., & Goodnight, J. A. (2015). Actor-partner effects and the differential roles of depression and anxiety in intimate relationships: A cross-sectional and longitudinal analysis. *Journal of Clinical Psychology*, *71*(7), 715-724. <https://doi.org/10.1002/jclp.22162>
- Rezazadeh, F. (2022). Effectiveness of schema therapy on depressive rumination in couples seeking divorce. 12th International Conference on Psychology, Counseling, and Educational Sciences, Mashhad.
- Sbarra, D. A., Emery, R. E., Beam, C. R., & Ocker, B. L. (2014). Marital dissolution and major depression in midlife: A propensity score analysis. *Clinical Psychological Science*, *2*(3), 249-257. <https://doi.org/10.1177/2167702613498727>
- Schaan, V. K., Schulz, A., Schächinger, H., & Vögele, C. (2019). Parental divorce is associated with an increased risk to develop mental disorders in women. *Journal of affective disorders*, *257*, 91-99. <https://doi.org/10.1016/j.jad.2019.06.071>
- Seekis, V., & Kennedy, R. (2023). The impact of beauty and self-compassion TikTok videos on young women's appearance shame and anxiety, self-compassion, mood, and comparison processes. *Body Image*, *45*, 117-125. <https://doi.org/10.1016/j.bodyim.2023.02.006>
- Shakeri, M., Davarnia, R., & Zahra Kar, K. (2014). Effectiveness of short-term solution-focused therapy on marital stress reduction in women. *Journal of Ilam University of Medical Sciences*, *22*(4), 18-26. <https://sjimu.medilam.ac.ir/article-1-1509-en.html>
- Skewes, S. A., Samson, R. A., Simpson, S. G., & van Vreeswijk, M. (2014). Short-term group schema therapy for mixed personality disorders: a pilot study. *Frontiers in psychology*, *5*, 1592. <https://doi.org/10.3389/fpsyg.2014.01592>
- Szabo, M., & Lovibond, P. F. (2022). Development and psychometric properties of the DASS-youth (DASS-Y): an extension of the depression anxiety stress scales (DASS) to adolescents and children. *Frontiers in psychology*, *13*, 766890. <https://doi.org/10.3389/fpsyg.2022.766890>
- Torabizonouz, S., Alilu, M. M., & Pak, R. (2020). Investigating the relationship between psychological-physical vulnerability and state-trait anxiety during the COVID-19 pandemic. *Cognitive and Behavioral Science Research*, *10*(1), 33-46. https://cbs.ui.ac.ir/article_25578.html?lang=fa
- Vasi, Z. (2022). Comparing the effectiveness of cognitive-behavioral therapy and schema therapy on improving marital satisfaction in couples seeking divorce. Seventh International Conference on New Research in Psychology, Social Sciences, Educational and Teaching Sciences.
- Yaghoubi-Nejad, M. S. (2023). The relationship between depression and marital conflicts in couples. *New Approaches in Islamic Studies Journal*, *5*(14), 129-153. <https://en.civilica.com/doc/1928982/>
- Zheng, S., Duan, Y., & Ward, M. R. (2019). The effect of broadband internet on divorce in China. *Technological Forecasting and Social Change*, *139*, 99-114. <https://doi.org/10.1016/j.techfore.2018.07.038>