

The Mediating Role of Marital Burnout in the Relationship Between Attachment Needs and Couples' Tendency Toward Divorce

Elaheh. Khorshidi¹, Siamak. Samani^{2*}

¹ M.A in Clinical Psychology, Department of Psychology, Shi.C., Islamic Azad University, Shiraz, Iran

² Department of Psychology, Shi.C., Islamic Azad University, Shiraz, Iran

* Corresponding author email address: siamaksamani@iau.ac.ir

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ABSTRACT

The present study aimed to investigate the mediating role of marital burnout in the relationship between attachment needs and couples' tendency toward divorce in the city of Shiraz. This applied study was conducted using a correlational design based on structural equation modeling. The statistical population included all married couples in Shiraz in 2025, from whom 200 participants were selected through convenience sampling. The research instruments included the Divorce Tendency Questionnaire developed by Rosebelt, Johnson, and Morrow, the Marital Burnout Questionnaire by Pines, and the Attachment Needs Questionnaire developed by Samani et al. Data were analyzed using SPSS version 21 and AMOS software. In the descriptive section, mean and standard deviation were used, while Pearson correlation coefficient and structural equation modeling were employed in the inferential section. The results indicated that attachment needs had a significant negative relationship with marital burnout ($r = -0.524$, $p < 0.001$) and tendency toward divorce ($r = -0.474$, $p < 0.001$). In addition, marital burnout showed a significant positive relationship with tendency toward divorce ($r = 0.417$, $p < 0.001$). The findings of the structural equation model demonstrated that the path from attachment needs to marital burnout ($\beta = -0.748$), the path from attachment needs to tendency toward divorce ($\beta = -0.415$), and the path from marital burnout to tendency toward divorce ($\beta = 0.162$) were all significant ($p < 0.001$). Furthermore, the indirect effect of attachment needs on tendency toward divorce through marital burnout was equal to 0.132, confirming the significant mediating role of marital burnout. The findings of the study indicated that unmet attachment needs can increase couples' tendency toward divorce through heightened marital burnout. Therefore, paying attention to couples' emotional and affective needs and designing interventions based on attachment-oriented and emotion-focused approaches may play an effective role in reducing marital burnout and preventing divorce.

Keywords: Marital burnout, attachment needs, tendency toward divorce, couples, structural equation modeling

1. Introduction

The family, as the most fundamental social institution, plays an essential role in ensuring the psychological, emotional, and social health of members of society, and the quality of intra-family relationships, especially marital relationships, is considered one of the most important factors influencing social stability and individual well-being. In many cultures, marriage is not only an emotional and human bond but also a context for psychological growth, emotional security, and social development. However, in recent decades, cultural, economic, and social changes have led to a substantial increase in marital conflicts and the tendency toward divorce in many societies. In Iran, too, the increasing trend in divorce statistics has become one of the main concerns of the mental health system and social policymaking. A report by the National Organization for Civil Registration indicates that in the first seven months of 2024, the ratio of divorce to marriage in some regions of the country reached a concerning level, and this trend reflects the increasing vulnerability of the family foundation to psychological and emotional pressures (National Organization for Civil, 2024). The increase in the divorce rate not only has individual consequences such as depression, anxiety, and feelings of failure, but also has profound effects on the social functions of the family, child-rearing, and the health of future generations. Therefore, identifying psychological factors related to the tendency toward divorce is considered one of the fundamental priorities of research in the fields of family studies and couple therapy.

The tendency toward divorce is a gradual and multidimensional process that usually appears before formal divorce in the form of emotional coldness, reduced intimacy, hopelessness about the future of the relationship, and increased emotional distance between spouses. Studies have shown that many couples experience a period of emotional exhaustion and marital burnout before making the final decision to separate, which gradually weakens the quality of the relationship (Ramezanifar et al., 2021). In this regard, one of the most important variables that can affect the quality and stability of marital relationships is attachment needs. Attachment theory states that human beings have a fundamental need from the beginning of life to form secure and supportive bonds with others, and this need continues in adult relationships, particularly in marital relationships (Johnson, 2003). According to this perspective, individuals in intimate relationships seek a sense of security, support,

emotional availability, and acceptance, and when these needs are not consistently met, the ground is prepared for the emergence of emotional insecurity, relational anxiety, and marital conflicts.

Contemporary research has shown that the quality of attachment in adulthood is directly related to marital satisfaction, relationship stability, and couples' mental health. Individuals with secure attachment generally have better emotional and communicative skills and a greater ability to resolve conflicts and maintain emotional intimacy, whereas insecure attachment styles are associated with feelings of rejection, emotional sensitivity, and difficulty in emotion regulation (Power, 2023). A systematic review of studies related to secure attachment has also shown that attachment security can play an important protective role against marital dissatisfaction and relationship breakdown (Filosa et al., 2024). In addition, studies conducted in the field of emotion-focused couple therapy indicate that strengthening the attachment bond between spouses increases emotional security, reduces conflict, and improves relationship quality (Johnson & Greenman, 2006). These findings highlight the importance of attending to attachment needs in the analysis of marital relationships and the explanation of the tendency toward divorce.

In this regard, the concept of marital attachment needs has received special attention from researchers in recent years. This concept refers to a set of emotional needs, including the need for security, belonging, support, worthiness, and love in the marital relationship (Samani & Sohrabi, 2023). Research has shown that the fulfillment of these needs is associated with increased marital satisfaction, relationship stability, and couples' mental health, whereas failure to satisfy them can lead to loneliness, emotional frustration, and reduced commitment in the relationship (Samani, Alicheshmeh-Alai, et al., 2023). Moreover, the development of the Marital Attachment Needs Scale by Samani et al. has made it possible to measure this construct more accurately within the Iranian cultural context and has shown that this variable has favorable psychometric validity (Samani, Sohrabi, et al., 2023). On the other hand, research findings have indicated that attachment needs can predict marital instability, and individuals whose attachment needs are less satisfied are more exposed to the tendency toward separation (Samani & Reisi, 2025).

Within the continuation of this process, marital burnout is considered one of the most important consequences of failure to satisfy emotional and attachment needs. Marital burnout is a state of emotional, psychological, and physical

exhaustion that develops as a result of chronic relational pressures and the gradual reduction of intimacy in married life. This concept reflects the gradual erosion of feelings of love, affection, and motivation in the marital relationship and is usually accompanied by feelings of meaninglessness, indifference, and hopelessness about the relationship (Pines & Nunes, 2003). Couples who experience marital burnout often perceive their relationship as lacking its initial passion and excitement, and the emotional and communicative distance between them gradually increases. Studies conducted in Iran have also shown that marital burnout has a significant relationship with reduced marital satisfaction, impaired intimacy, and increased relational conflicts (Naderi et al., 2009). In addition, investigations into the validity of marital burnout assessment instruments have shown that this construct has appropriate validity for studying couples' relationships (Dehghani, 2011).

Multiple studies have shown that marital burnout can be one of the strongest predictors of the tendency toward divorce. Gottman and Levenson state that emotional erosion and chronic dissatisfaction in the relationship are among the most important predictors of marital dissolution (Gottman & Levenson, 2000). Moreover, the study by Mahmoudpour et al. showed that marital burnout has a direct role in increasing the tendency toward divorce, and this variable can increase the probability of separation through heightened loneliness and reduced distress tolerance (Mahmoudpour et al., 2020). Other studies have also shown that low sexual intimacy, difficulty in emotion regulation, and social anxiety are factors contributing to increased marital burnout (Minousepehr et al., 2022; Mousavi Mirkalaei, 2023). Furthermore, the results of therapeutic studies have demonstrated that interventions based on emotion-focused couple therapy can significantly reduce marital burnout and improve the quality of couples' relationships (Davarnia et al., 2015; Ghaderpour, 2014).

From a theoretical perspective, it can be argued that marital burnout is a psychological mechanism through which failure to satisfy attachment needs leads to the tendency toward divorce. When individuals do not feel security, support, and acceptance in their marital relationship, they gradually experience emotional exhaustion and a sense of emotional emptiness. This condition leads to reduced commitment, reduced motivation to maintain the relationship, and ultimately an increased tendency toward separation. In fact, marital burnout can serve as the mediating link between frustration of attachment needs and the decision to divorce. This explanation is

consistent with the perspectives of emotion-focused couple therapy, which emphasize that disruption in the attachment bond underlies many marital conflicts and crises (Johnson, 2003; Johnson & Greenman, 2006). In addition, studies on the intergenerational transmission of family conflict show that experiencing insecure and conflictual relationships in the family can reproduce dysfunctional relational patterns in adulthood (Salvatore et al., 2022). Moreover, the study by Liu and Wang showed that emotional warmth and secure attachment play an important role in the formation of positive psychological characteristics and healthy relationships (Liu & Wang, 2020).

Despite the theoretical and practical importance of these variables, a review of the research literature shows that most previous studies have examined bivariate relationships among attachment needs, marital burnout, and the tendency toward divorce, and few studies have explained these relationships simultaneously within a mediating model. In other words, it is still unclear how failure to satisfy attachment needs can contribute to the tendency toward divorce through the experience of marital burnout. This research gap is particularly important in the Iranian cultural context, because marital relationships in Iranian society are influenced by specific cultural values, family expectations, and social norms that can affect the experience of attachment and marital burnout. Therefore, examining the mediating role of marital burnout can contribute to a deeper understanding of the psychological mechanisms influencing marital instability and provide a basis for designing more effective therapeutic interventions.

Accordingly, the present study was conducted with the aim of investigating the mediating role of marital burnout in the relationship between attachment needs and couples' tendency toward divorce.

2. Methods and Materials

2.1. Study Design and Participants

In terms of its objective, this study is an applied study that seeks to address an objective social problem, namely the tendency toward divorce, by examining the relationships among psychological variables. In terms of nature, the present research method is correlational, and it uses the structural equation modeling (SEM) approach to examine causal relationships among the research variables. The statistical population included all married couples residing in Shiraz in 2025. The sample size was determined to be 200 participants based on statistical power analysis using

G*Power software, and they were selected through convenience sampling. Participants were voluntarily selected from among married individuals present in public places such as counseling clinics, educational workshops, universities, hospitals, and other similar settings.

Participation in the study was entirely voluntary, and before completing the questionnaires, the purpose of the research and the manner in which the data would be used were explained to the participants. Their informed consent was obtained, and they were assured that the information provided would remain completely confidential. The identity of the participants was protected at all stages of data collection, analysis, and reporting, and no names or identifying information were disclosed.

2.2. Measures

Divorce Tendency Questionnaire (Rusbult, Johnson, and Morrow, 1986): This 14-item questionnaire was designed to measure couples' inclination to end their marital life. Respondents answer each item on a 7-point Likert scale ranging from "never" (score 1) to "always" (score 7). The total score of this questionnaire is obtained by summing the item scores and can range from 14 to 98. Based on this score, the tendency toward divorce is categorized into three levels: low (14 to 33), moderate (34 to 66), and high (above 66). The content validity of this instrument was confirmed in Ghaderpour's study (2014) using the opinions of psychology experts and professors. Its reliability in the same study was reported as 0.91 using Cronbach's alpha for the "tendency toward divorce" dimension and 0.86 for the dimensions of "expression of feelings," "loyalty," and "tendency toward tolerance." In the present study, the Cronbach's alpha coefficient for this questionnaire was 0.83, indicating the favorable internal consistency of the instrument.

Attachment Needs Questionnaire (Samani et al., 2023): This questionnaire consists of 12 items and was developed to assess attachment needs in marital relationships. The instrument measures six key concepts, including the sense of security, sense of support and attention, sense of importance and belonging, sense of love, sense of efficacy, and being a source of support. Responses are provided on a 5-point scale ranging from "strongly disagree" (score 1) to "strongly agree" (score 5). In the original study by Samani et al. (2023), factor analysis indicated the adequacy of the psychometric properties of this instrument for clinical and research applications, and its convergent and divergent validity were confirmed. Its reliability in the same study was

reported as 0.90 using Cronbach's alpha and 0.92 using test-retest reliability, indicating high internal consistency and appropriate stability of the instrument. In the present study, the Cronbach's alpha coefficient of this questionnaire was also 0.90.

Marital Burnout Questionnaire (Pines, 1996): The 21-item Marital Burnout Questionnaire (Pines, 1996) measures symptoms of marital burnout in three main components: emotional exhaustion, psychological exhaustion, and physical exhaustion. Its scores range from 21 to 147, with higher scores indicating greater burnout. To interpret the scores, the total score is divided by the number of items (21), and the result is interpreted across different levels; scores of 2 or lower indicate a healthy relationship, a score of 3 indicates risk of burnout, a score of 4 indicates marital burnout, and a score above 5 indicates the need for immediate help. The convergent validity of this instrument has been confirmed in several studies; for example, Pines and Nunes (2003) reported significant correlations between the scores of this questionnaire and positive characteristics of the marital relationship, such as conversation quality and sense of security. In addition, Naderi et al. (2009, as cited in Dehghani, 2011) reported a negative and significant correlation between scores on this instrument and marital satisfaction. Its reliability has been reported in various studies with Cronbach's alpha coefficients ranging from 0.91 to 0.93 and test-retest reliability coefficients over different time intervals ranging from 0.66 to 0.89. In Navidi's study (2005), the Cronbach's alpha coefficient was 0.86. In the present study, the Cronbach's alpha coefficient of this questionnaire was 0.85, indicating the appropriate reliability of the instrument.

2.3. Data analysis

After data collection, the data were analyzed at two descriptive and inferential levels using SPSS version 21 and AMOS software. At the descriptive level, indices such as mean and standard deviation were calculated, and at the inferential level, Pearson correlation test and multiple regression using the structural equation modeling method were used to test the hypotheses and examine the mediating role.

3. Findings and Results

To specify the studied variables more precisely, descriptive indices, including mean and standard deviation, were first calculated. Table 1 shows these indices.

Table 1

Descriptive Indices

Variable	Number	Mean	Standard Deviation	Skewness	Kurtosis
Attachment needs	200	46.38	10.10	-0.690	-0.404
Marital burnout	200	72.72	17.34	0.417	-0.493
Physical burnout	200	20.03	7.22	0.274	-0.013
Psychological burnout	200	28.84	5.65	0.450	0.897
Emotional burnout	200	22.84	6.60	0.330	0.767
Tendency toward divorce	200	37.04	12.36	0.250	-0.635
Tendency toward divorce	200	15.44	7.45	0.786	-0.236
Tendency toward tolerance	200	21.75	6.32	-0.213	-0.675

The findings in Table 1 show that the mean score of attachment needs was 46.38, the mean score of marital burnout was 72.72, and the mean score of the tendency toward divorce was 37.04. In the following section, the assumptions of parametric tests are examined, followed by the inferential analysis of the results.

To examine the normal distribution of the data, the Kolmogorov-Smirnov test was used. The results showed that the significance level for the Kolmogorov-Smirnov test statistics for all variables was greater than the significance level of 0.05; therefore, it can be stated that the data followed

a normal distribution. In addition, the examination of the variance inflation factor and tolerance assumptions showed that in the present study, the variance inflation values for both attachment needs and marital burnout were less than 10. The tolerance statistic for both variables also fell within the range of zero to one, indicating that this assumption was met. To examine the assumption of error independence, the Durbin-Watson index was used. In the present study, this index was obtained as 2.04; therefore, this assumption was met.

Table 2

Pearson Correlation Matrix

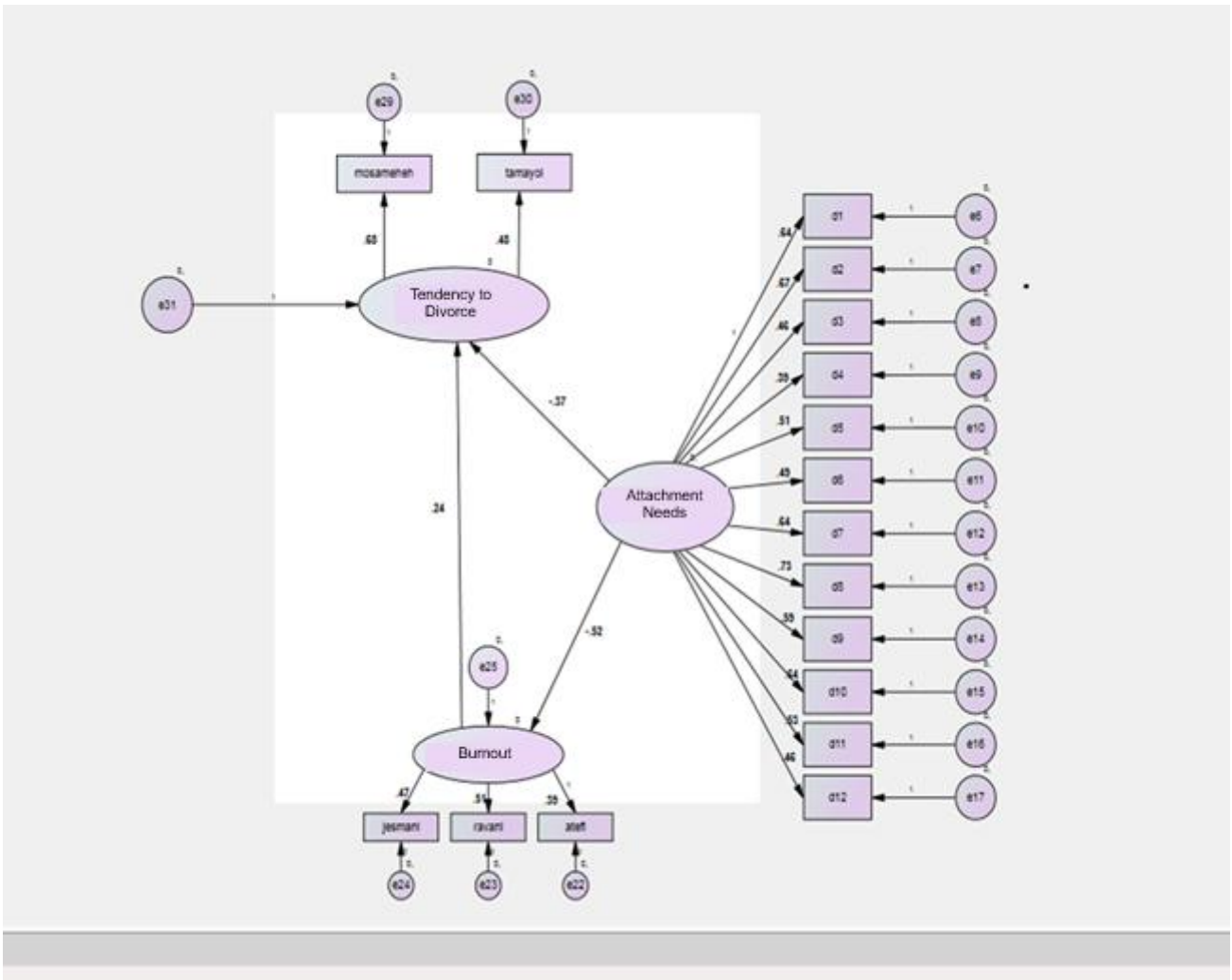
Variable	Attachment Needs	Marital Burnout	Tendency Toward Divorce
Attachment needs	1		
Marital burnout	-0.524	1	
Tendency toward divorce	-0.474	0.417	1

The results of the Pearson correlation test in Table 4 indicate significant relationships among all variables at the $p < 0.01$ level. Attachment needs had a negative and significant relationship with marital burnout ($r = -0.524, p < 0.01$) and tendency toward divorce ($r = -0.474, p < 0.01$). In

addition, a positive and significant relationship was observed between marital burnout and tendency toward divorce ($r = 0.417, p < 0.01$). These results confirm the existence of relationships among the variables for examining the mediating role.

Figure 1

Graph of the Mediating Role of Marital Burnout in the Relationship Between Attachment Needs and Tendency Toward Divorce



To examine the research objective, namely the mediating role of marital burnout, structural equation modeling (SEM) analysis was performed using AMOS software. The graph

shows the mediating role of marital burnout in the relationship between attachment needs and tendency toward divorce.

Table 3

Results of the Structural Equation Modeling Test (Mediating Role of Marital Burnout)

Path	Estimated Value	SE	CR	P
Attachment needs to marital burnout	-0.748	0.106	-8.59	0.001
Attachment needs to tendency toward divorce	-0.415	0.091	-4.82	0.001
Marital burnout to tendency toward divorce	0.162	0.048	3.37	0.001

The results in Table 3 show that all paths in the model are statistically significant ($p < 0.001$). These findings indicate that attachment needs can significantly predict marital

burnout and the tendency toward divorce. In addition, marital burnout also significantly predicts the tendency toward divorce.

Table 4

Fit Indices of the Structural Equation Model (Mediating Role of Marital Burnout)

Index	CMIN/DF	IFI	NFI	CFI	RMSEA	FMIN
Model values	46.48	0.715	0.762	0.827	0.098	0.743

The values of the model fit indices in Table 6 indicate a relatively acceptable fit of the model. Although some indices, such as CFI, NFI, and IFI, are at an acceptable level,

the RMSEA value was reported as 0.098 and the FMIN value as 0.743.

Table 5

Direct and Indirect Effects of Variables on One Another

Effect	Direct Effect	Indirect Effect	Total Effect
Effect of attachment needs on marital burnout	0.529	----	0.529
Effect of attachment needs on tendency toward divorce	0.371	0.132	0.503
Effect of marital burnout on tendency toward divorce	0.247	----	0.247

As shown in Table 5:

Attachment needs had a direct and total effect of 0.529 on marital burnout.

Marital burnout had a direct and total effect of 0.247 on the tendency toward divorce.

Attachment needs had a direct effect of 0.371 and an indirect effect of 0.132 on the tendency toward divorce.

The total effect of attachment needs on the tendency toward divorce was 0.503.

The significant indirect effect of 0.132 confirms the research hypothesis that marital burnout acts as a mediating variable in the relationship between attachment needs and the tendency toward divorce. In other words, attachment needs affect the tendency toward divorce through marital burnout.

provides the basis for emotional exhaustion and burnout among couples, and this process gradually increases the tendency toward separation and divorce.

The first finding of the study, concerning the negative relationship between attachment needs and the tendency toward divorce, is fully consistent with the theoretical foundations of attachment. According to attachment theory, human beings inherently need to experience security, acceptance, emotional availability, and support in intimate relationships, and when these needs are not met, feelings of insecurity, loneliness, and psychological instability develop in the individual (Johnson, 2003). In marital relationships, the spouse serves as the most important source of emotional security, and any disruption in this emotional bond can provide the ground for dissatisfaction and emotional distance. This finding is consistent with the results of Power’s study, which showed that couples with secure attachment experience greater marital satisfaction and relationship stability (Power, 2023). In addition, Filosa et al. emphasized in their systematic review that attachment security is one of the most important protective factors against the breakdown of intimate relationships (Filosa et al., 2024). Therefore, when couples’ attachment needs are satisfied in the relationship, they experience a greater sense of security and belonging, and the likelihood of a tendency toward divorce decreases.

The results of the present study also showed that attachment needs had a negative and significant relationship with marital burnout. This finding indicates that satisfying couples’ emotional and affective needs can prevent relational exhaustion. In fact, when individuals feel loved,

4. Discussion

The present study was conducted with the aim of investigating the mediating role of marital burnout in the relationship between attachment needs and couples’ tendency toward divorce. The findings obtained from correlation analysis and structural equation modeling showed that attachment needs had a negative and significant relationship with marital burnout and the tendency toward divorce, and marital burnout also positively and significantly predicted the tendency toward divorce. In addition, the results of direct and indirect effects showed that marital burnout played a significant mediating role in the relationship between attachment needs and the tendency toward divorce. These findings indicate that inadequate satisfaction of attachment needs in marital relationships

supported, and valued in their marital relationship, they have greater emotional energy to maintain the relationship, and daily conflicts are less likely to lead to feelings of exhaustion and meaninglessness. This result is consistent with the findings of Samani et al., who showed that attachment needs and emotional maturity play an important role in the quality of marital relationships and in reducing couples' burnout (Samani, Alicheshmeh-Alai, et al., 2023). Moreover, Samani and Sohrabi emphasized that a lifestyle based on secure emotional bonds can improve the quality of marital interactions and increase emotional security in couples (Samani & Sohrabi, 2023). From a theoretical perspective, this result can also be explained by the fact that secure attachment helps individuals benefit from their spouse's emotional support during conflict and psychological pressure and prevents the experience of loneliness and helplessness.

Another finding of the present study showed that marital burnout had a positive and significant relationship with the tendency toward divorce. This result indicates that emotional and psychological exhaustion resulting from the marital relationship can be one of the most important factors underlying the decision to separate. Marital burnout usually develops when couples are involved for a long time in unresolved conflicts, reduced intimacy, hopelessness, and lack of emotional support. Under such conditions, the marital relationship, instead of being a source of calm and security, becomes a source of psychological pressure and emotional exhaustion. This finding is consistent with the results of Gottman and Levenson, who identified chronic marital dissatisfaction and emotional erosion as among the most important predictors of divorce (Gottman & Levenson, 2000). In addition, Mahmoudpour et al. showed that marital burnout has a direct effect on the tendency toward divorce and can intensify the desire for separation by increasing loneliness and reducing distress tolerance (Mahmoudpour et al., 2020). These findings confirm that marital burnout is not merely a temporary emotional experience but rather a gradual and destructive process that can lead to the complete breakdown of the relationship.

On the other hand, the findings of the present study showed that marital burnout had a significant mediating role in the relationship between attachment needs and the tendency toward divorce. This result is the most important finding of the study and indicates that attachment needs affect the tendency toward divorce through the creation or reduction of marital burnout. In other words, failure to satisfy attachment needs does not directly lead to the

tendency toward divorce; rather, it first causes feelings of emotional exhaustion, indifference, and burnout in the relationship, and then this burnout leads to an increased desire for separation. This finding can be explained from the theoretical perspective of emotion-focused couple therapy, because this approach argues that disruption in attachment bonds is the main origin of many marital crises (Johnson & Greenman, 2006). When couples feel that their emotional needs are ignored by their spouse, they gradually experience emotional insecurity and frustration, and the relationship enters a cycle of emotional distance and exhaustion. Under these conditions, marital burnout acts as the mediating link between emotional frustration and the decision to separate.

The result obtained is also consistent with studies conducted in the field of marital burnout. For example, the study by Naderi et al. showed that weakness in intimate relationships and emotional problems are associated with increased marital burnout (Naderi et al., 2009). In addition, Mousavi Mirkalaei showed that difficulty in emotion regulation and social anxiety can predict marital burnout (Mousavi Mirkalaei, 2023). These findings indicate that emotional and affective factors play a central role in the formation of marital exhaustion. Furthermore, Minousepehr et al. reported that reduced sexual intimacy and weakness in sexual self-concept are associated with increased marital burnout (Minousepehr et al., 2022). Therefore, marital burnout can be regarded as the cumulative result of emotional, affective, and communicative frustrations in the relationship, which ultimately increases the likelihood of the breakdown of married life.

From an applied perspective, the findings of the present study highlight the importance of attachment-based and emotion-focused interventions in reducing marital conflicts. Studies conducted on emotion-focused couple therapy have shown that strengthening emotional security between spouses can reduce marital burnout and improve relationship quality (Davarnia et al., 2015). Moreover, Ghaderpour showed that communication skills training and interventions based on the Satir approach are effective in reducing the desire for divorce and marital burnout (Ghaderpour, 2014). These findings emphasize that family therapists should pay special attention to couples' attachment needs and, instead of focusing solely on resolving behavioral conflicts, should work toward reconstructing the emotional bond between spouses.

The present study is also important from another perspective, namely its attention to the social and intergenerational dimensions of marital conflicts. Salvatore

et al. showed that the experience of parental conflict and divorce can transmit dysfunctional communication patterns to the next generation and provide the basis for marital problems in adulthood (Salvatore et al., 2022). In addition, Liu and Wang showed that emotional warmth and secure family bonds play an important role in the formation of positive psychological characteristics (Liu & Wang, 2020). Therefore, attention to attachment quality and the reduction of marital burnout are of fundamental importance not only for preserving couples' relationships but also for the mental health of future generations.

5. Conclusion

Overall, the findings of this study showed that attachment needs and marital burnout are two key constructs in explaining the tendency toward divorce, and marital burnout, as a mediating mechanism, plays a determining role in transforming emotional frustrations into the desire for separation. These results emphasize the necessity of attending to emotional and attachment dimensions in family counseling and couple therapy interventions and show that strengthening emotional security and reducing emotional exhaustion can be an effective strategy for preventing the breakdown of marital relationships.

Among the limitations of the present study are the use of convenience sampling and the restriction of the statistical population to couples in Shiraz, which requires caution in generalizing the results to other cultural and social groups. In addition, the correlational nature of the study prevents definitive causal inference among the variables. The use of self-report instruments may also have been affected by response bias and participants' tendency to provide socially desirable responses.

Future researchers are advised to examine the causal relationships among attachment needs, marital burnout, and the tendency toward divorce with greater precision by using longitudinal and experimental designs. In addition, examining the role of moderating variables such as coping styles, communication skills, resilience, and social support can contribute to the enrichment of explanatory models in this field. Qualitative studies can also reveal more deeply couples' lived experiences of marital burnout and frustration in attachment needs.

Based on the findings of the present study, it is recommended that family counseling centers and couple therapists incorporate attachment-based interventions and emotion-focused couple therapy into their therapeutic

programs. In addition, holding educational workshops on communication skills, emotion regulation, and ways of satisfying couples' emotional needs can be effective in reducing marital burnout and preventing the tendency toward divorce. Increasing public awareness of the importance of emotional security and emotional bonding in married life can also play an important role in strengthening the foundation of the family.

Authors' Contributions

Authors equally contributed 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.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. In this study, all ethical standards and principles were observed under the ethics code IR.IAU.SHIRAZ.REC.1404.053.

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