

Effectiveness of a Transdiagnostic Educational Package Based on Cognitive Behavioral Therapy, Schema Therapy, and Meaning Therapy on Psychological Well-being and Marital Burnout in Women Experiencing Emotional Divorce

Nikta. Nazemi Zand¹, Shohreh. Ghorban Shiroudi^{2*}, Javad. Khalatbari³, Mohammadali. Rahmani³

¹ Ph.D. student of General Psychology, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

² Associate Professor, Department of Counseling, Faculty of Humanities, North Tehran Branch, Islamic Azad University, Tehran, Iran

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

* Corresponding author email address: drshohrehshiroudi@gmail.com

Article Info

Article type:

Original Research

How to cite this article:

Nazemi Zand, N., Ghorban Shiroudi, S., Khalatbari, J., & Rahmani, M. (2023). Effectiveness of a Transdiagnostic Educational Package Based on Cognitive Behavioral Therapy, Schema Therapy, and Meaning Therapy on Psychological Well-being and Marital Burnout in Women Experiencing Emotional Divorce. *Psychology of Woman Journal*, 4(4), 67-75.

<http://dx.doi.org/10.61838/kman.pwj.4.4.8>



© 2023 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

ABSTRACT

Objective: The present study aimed to determine the effectiveness of transdiagnostic treatment based on cognitive behavioral therapy, schema therapy, and meaning therapy on psychological well-being and marital burnout in women experiencing emotional divorce.

Methods and Materials: The method of this study was quasi-experimental, with a pre-test and post-test design with a control group. The study population included all female clients who attended counseling centers in Tehran, diagnosed with conditions of emotional divorce in their marital life in the year 2021. The study sample consisted of 30 women experiencing emotional divorce, who were selected through stratified random sampling and placed into the educational group based on transdiagnostic treatment involving cognitive behavioral therapy, schema therapy, and meaning therapy (15 participants) and the control group (15 participants). The measurement tools used in the research included: the Psychological Well-being Scale by Ryff (1989), Marital Burnout Scale by Pines (1996), Marital Conflict Scale by Barati and Sanaei (1999), and Emotional Divorce Scale by Gottman (2008). Data were analyzed using covariance analysis and SPSS software version 20.

Findings: The results indicated that the treatment based on transdiagnostic cognitive therapy, schema therapy, and meaning therapy has an effect on reducing marital burnout ($F=109.71$, $P<0.001$) and increasing psychological well-being ($F=19.44$, $P<0.001$).

Conclusion: Therefore, it was concluded that transdiagnostic treatment based on cognitive behavioral therapy, schema therapy, and meaning therapy is effective in reducing marital burnout and increasing psychological well-being.

Keywords: Cognitive Behavioral Therapy, Schema Therapy, Meaning Therapy, Marital Burnout, Psychological Well-being, Emotional Divorce

1. Introduction

One of the most significant family damages is divorce. Official divorce statistics do not fully reflect the extent of spouses' failure in marital life, as alongside it, a larger statistic is dedicated to emotional divorce, meaning the silent, hollow lives where men and women live together coldly but do not request a divorce (Parsakia & Darbani, 2022). In fact, some marriages that do not end in divorce turn into empty marriages, devoid of love, intimacy, and friendship, where spouses just go along with the flow of family life and pass the time (Talaeezadeh et al., 2023; Vafaeinezhad et al., 2023). At the stage of emotional divorce, couples are officially still husband and wife but feel emotionally isolated as they sense little difference between living with their spouse and living alone. Emotional divorce, due to contradictions in statements, actions, and feelings, is one of the most painful situations a person can find themselves in, especially when the most important aspect of marriage, love and companionship, is absent in the relationship. People who reach this point do not necessarily divorce each other, but if they do not actively seek conflict resolution and, in most cases, professional help, their marital life is considered over (Sbarra & Whisman, 2022).

Research has shown that couples usually separate formally and legally three to five years after emotional divorce occurs (Ammari et al., 2023; Ghorbani Amir et al., 2023). Conflict in marital relationships affects the entire relationship. Research indicates that conflicting couples show the lowest levels of marital satisfaction and the highest likelihood of divorce (Wang & Zhao, 2023; Ying et al., 2023). When the intimate relationship ceases, numerous conflicts, repeated criticisms, silence, emotional disengagement, and unresolved problems arise, gradually leading to marital burnout (Chong et al., 2021; Toubasi et al., 2022; Younan et al., 2022). Marital burnout is an upsetting condition resulting from a mismatch between expectations and reality, and its extent depends on the couple's compatibility and beliefs. Burnout can have various dimensions and be accompanied by physical, emotional, and psychological breakdown (Zhang et al., 2023).

Conflicts in marital relationships affect the entire relationship. Research shows that conflicting couples exhibit the lowest levels of marital satisfaction and the highest likelihood of divorce (Fahimi & Taghvaei, 2022). When the intimate relationship stops, numerous conflicts, frequent criticisms, silence, lack of emotional support, and unresolved issues arise, leading over time to marital burnout

(Gong et al., 2023; Parsakia et al., 2023). Marital burnout is a distressing state resulting from a mismatch between expectations and reality, and its level depends on the couple's adaptability and beliefs. Burnout can have various dimensions and be accompanied by physical, emotional, and psychological deterioration (Vahdani et al., 2020).

Research indicates that the stress from marital disagreements and conflicts does not remain within the framework of the couple's relationship but also affects other intrafamily relationships, especially those of the children. Parental conflict is a problem faced by children worldwide, with almost all children and adolescents experiencing some level of parental conflict, identifying it as a source of stress (Lansford, 2009; Roth et al., 2014) and if the family structure is problematic, it can negatively affect the development of the children's personalities (Zhang et al., 2023). Meaning therapy is a philosophical approach about people and their existence, addressing important themes and topics in life such as the meaning of suffering, existential vacuum, death and life, freedom, and responsibility towards oneself and others, finding meaning, and coping with meaninglessness. This approach compels a person to see beyond everyday problems and events. According to Frankl, one of the roots of individuals' vulnerability is their meaninglessness and purposelessness. The search for meaning and purpose is what leads to the fulfillment and flourishing of human personality and eradicates mental disorders (ÇELİK et al., 2022; Yuan et al., 2021).

Overall, couples who can manage the existing conflicts in their relationship by employing appropriate methods create an environment conducive to problem-solving and consensus between them. The quality of marital relationships is of great importance for both men and women, but it seems that women are more affected by the destructive background of the relationship, such as marital dissatisfaction and various types of marital conflicts, which pave the way for marital burnout and can be observed in the process of emotional divorce and formal divorce (Čikeš et al., 2018; He et al., 2018). Therefore, psychological interventions to stabilize marriage and prevent emotional divorce and its consequences are necessary and essential. Considering the aforementioned issues and the studies conducted, which each separately examined the problems and therapeutic methods related to couples, the main question of the current research is whether a transdiagnostic educational package based on cognitive therapy, schema therapy, and meaning therapy will be effective for women involved in emotional divorce.

2. Methods and Materials

2.1. Study Design and Participants

The present study employed a quasi-experimental design with a pre-test and post-test with a control group. The study population included all female clients attending counseling centers in Tehran, diagnosed with emotional divorce conditions in their marital life in the year 2021. The sample of this study consisted of 30 women with emotional divorce, who were selected through stratified random sampling and placed into the educational group based on transdiagnostic treatment involving cognitive behavioral therapy, schema therapy, and meaning therapy (15 participants) and the control group (15 participants). The necessary sample size was calculated based on similar studies considering an effect size of 0.40, a confidence level of 95%, a test power of 80%, and a dropout rate of 10% for each group, resulting in 15 individuals per group.

Among the women visiting counseling centers in Tehran in 2021, based on the opinions of psychologists and counselors at those centers and individuals' scores on the Gottman Emotional Divorce Questionnaire (one standard deviation above the average), 132 individuals were initially selected as the sample. Subsequently, 73 individuals were screened, and finally, 30 individuals were randomly selected and placed in the experimental group (15 individuals) and the control group (15 individuals). The first group received the educational package based on cognitive-behavioral therapy, schema therapy, and meaning therapy for 12 sessions, while the control group did not receive any treatment. After the therapeutic sessions, in the post-test conditions, participants responded to questionnaires on psychological well-being, marital burnout, and marital conflict, and the results obtained were collected for comparison. In this study, the statistical test of analysis of covariance and SPSS software version 20 were used.

2.2. Measures

2.2.1. Marital Conflict

Marital Conflict Questionnaire (MCQ): This questionnaire was developed by Barati and Sanaei (1999) based on clinical experiences in Iran to measure conflicts between husbands and wives. It contains 42 questions that measure seven dimensions or areas of marital conflict. A Likert scoring method is used, where the maximum total score of the questionnaire is 210 and the minimum is 42.

Cronbach's alpha for the entire questionnaire on a group of 32 individuals was 0.83. The options are indicated on a Likert scale ranging from "Always" to "Never." Cronbach's alpha for the entire scale was 0.71, with subscale alphas ranging from 0.60 (for decreased sexual relationship) to 0.81 (for decreased relationship with spouse's family) (Mahmoudpour et al., 2021).

2.2.2. Psychological Well-Being

Ryff's Psychological Well-being Scale: The short version (18-item) of Ryff's Psychological Well-being Scale, designed by Ryff in 1989 and revised in 2002, consists of 6 factors. Questions 9, 12, and 18 measure Autonomy; questions 1, 4, and 6 measure Environmental Mastery; questions 7, 15, and 17 measure Personal Growth; questions 3, 11, and 13 measure Positive Relations with Others; questions 5, 14, and 16 measure Purpose in Life; and questions 2, 8, and 10 measure Self-Acceptance. The total scores of these 6 factors are calculated as the overall psychological well-being score. This scale is answered on a 6-point Likert scale from "Strongly Agree" to "Strongly Disagree," where higher scores indicate better psychological well-being. In Iranian studies, Cronbach's alpha coefficients for the scales were reported as 0.81, 0.73, 0.68, 0.75, 0.76, and 0.77, respectively. In 2012, Kalantar Kousheh and Navarbafi standardized the Ryff's Psychological Well-being Scale in a population of 860 individuals, reporting an overall alpha of 0.92. It is noteworthy that the Ryff's scale was initially translated into Persian, corrected, and then translated back into English. The translated version was then matched with the original version. According to Kalantar Kousheh and Navarbafi (2012), the questionnaire shows a satisfactory factor structure and construct validity, with all six subscales having significant factor loadings (Salehian & Moradi, 2022).

2.2.3. Marital Burnout

Marital Burnout Scale: The Marital Burnout Scale is a self-assessment tool designed to measure the degree of marital burnout among couples, adapted from another self-assessment tool for measuring burnout. This scale was developed by Pines (1996). The questionnaire has 20 items, including three main components: physical fatigue (e.g., feeling tired, lethargic, and having sleep disorders), emotional exhaustion (e.g., feeling depressed, hopeless, trapped), and psychological exhaustion (e.g., feeling worthless, frustrated, and angry at the spouse), all rated on a

seven-point scale. Level 1 represents the absence of the stated experience, and level 7 represents a high degree of the experience. The reliability coefficient of the Marital Burnout Scale showed internal consistency between variables in the range of 0.84 to 0.90. Validity was confirmed by negative correlations with positive communicative characteristics such as positive views on communication, conversation quality, sense of security, self-actualization, sense of purpose, emotional attraction to the spouse, and their sexual relationship quality. The translated versions of CBM have been successfully used in cross-cultural studies in Norway, Hungary, Mexico, Spain, Portugal, Finland, and Israel. Therefore, CBM has high internal consistency, reliability, and satisfaction for measuring the degree of marital burnout. The test-retest reliability coefficient was 0.89 for a one-month period, 0.76 for a two-month period, and 0.66 for a four-month period. Internal consistency for most subjects was measured with a Cronbach's alpha coefficient between 0.91 to 0.93. In Iran, Navidi (2005) reported a Cronbach's alpha of 0.86 for this questionnaire among a sample of 240 individuals (120 nurses and 120 teachers). In this study, the reliability of the questionnaire was obtained through Cronbach's alpha as 0.87 (Vahdani et al., 2020).

2.2.4. Emotional Divorce

Gottman's Emotional Divorce Questionnaire: This questionnaire is derived from John Gottman's book on marriage success or failure. It was developed in 2008 and includes statements about different aspects of life with which the respondent may agree or disagree. The scale has 24 questions and is answered with a "Yes" or "No." A "Yes" response scores one point, and a "No" response scores zero. The higher the number of "Yes" answers, the higher the likelihood of emotional divorce. In the research by Mami and Asgari, the Persian version of the questionnaire reported a Cronbach's alpha of 0.83 (Narimani et al., 2021).

2.3. Interventions

2.3.1. Integrated Protocol

Given that the meaning of life is considered one of the main components in the discussion of individuals' psychological health, and meaning therapy believes that if life is purposeful and meaningful, even the most draining events, such as severe pressures, cannot lead to despair and isolation, therefore, explaining meaning therapy and its foundations, including the meaning of life, can be beneficial

for women experiencing emotional divorce. Considering that meaning therapy can increase psychological well-being, and the presence of meaning in life can solve life's problems and generate hope and endurance of hardships, therefore, teaching the basics, finding meaning and hope in life, and using meaning therapy techniques can increase psychological well-being and reduce marital conflicts. Based on what has been said, the placement of organizing themes in the educational package is as follows:

Session One: Welcome, acquaintance, and establishing a connection with group members, stating group rules, and discussing group expectations, preliminary explanations about the educational package, preparing the clients, and administering the pre-test.

Session Two: Examining the causes and consequences of marital burnout, exploring the causes and consequences of couple conflicts (including unmet fundamental needs), explanation about fundamental needs, investigating factors related to emotional divorce, assigning related homework.

Session Three: Reviewing previous session's homework, examining the causes of conflicts from a cognitive perspective including unrealistic expectations and demands, explaining different cognitive distortions, familiarizing with common cognitive distortions in couples, learning about selective attention (biased interpretation), and forming a more balanced view of the spouse, teaching communication skills and problem-solving, and stress-relief techniques. Assigning related homework.

Session Four: Reviewing previous session's homework, examining causes of conflicts from a cognitive perspective including irrational beliefs, evaluating cognitions (using the downward arrow technique), conceptualizing the relationship between thoughts, feelings, and behaviors, familiarizing with attributions and standards and their role in evaluating couples' behaviors, and assigning related homework.

Session Five: Reviewing previous session's homework, changing maladaptive behavioral patterns by introducing incompatible models, correcting patterns through communication skills, familiarizing with schemas and how they form, identifying family of origin schemas and their impact on couples' relationships, and assigning related homework.

Session Six: Reviewing previous session's homework, explanation about schemas, the presence of maladaptive schemas in couples' interactions, identifying personal mental experiences and the goals of schema therapy, educating individuals about emotions, accepting and affirming

emotions, self-soothing, teaching mental imagery, and assigning related homework.

Session Seven: Reviewing previous session's homework, recognizing types of primary maladaptive schemas, using schema therapy techniques to change schema mindset, questioning schemas, practicing mental imagery by group members, and assigning related homework.

Session Eight: Reviewing previous session's homework, introduction to the basics of meaning therapy including addressing freedom and responsibility towards oneself and others, explaining these concepts in marital life, addressing the concept of meaning and finding meaning in life, achieving hope through finding meaning in life, and assigning related homework.

Session Nine: Reviewing previous session's homework, explaining enduring hardships through finding meaning in life, a brief overview of Frankl's life, human dimensions from Frankl's perspective, explanation about psychological well-being and its relationship with meaning therapy, the positive impact of meaning therapy on marital satisfaction and life satisfaction, and assigning related homework.

Session Ten: Reviewing previous session's homework, presenting meaning therapy techniques for creating an adaptive attitude towards life, teaching sensitization, summarizing and concluding discussions from past sessions, receiving feedback from participants, and conducting the post-test.

2.4. Data analysis

Data were analyzed using covariance analysis and SPSS software version 20.

3. Findings and Results

Individuals aged 31-40 years, constituting 33.33% of the sample, represented the largest portion. Those between 20-30 years old, with 13.33%, formed the smallest segment of the sample. Participants with post-diploma education made up the largest portion of the sample at 40%. Individuals with a bachelor's degree, at 13.33%, comprised the smallest portion of the sample.

Table 1

Descriptive Characteristics of Research Variables

Components	Group	Pre-test Mean	Pre-test Std. Deviation	Post-test Mean	Post-test Std. Deviation
Psychological Well-being	Experimental	45.53	2.50	51.80	2.91
	Control	51.13	2.20	51.20	2.17
Marital Burnout	Experimental	72.20	1.93	64.73	2.55
	Control	72.13	1.18	71.13	1.19

In this study, prior to conducting the main analyses, we rigorously checked and confirmed the assumptions of normality, linearity, homoscedasticity, and the absence of multicollinearity among the variables. The skewness and kurtosis values for all variables were within the acceptable range of -2 to +2, specifically, psychological well-being exhibited a skewness of -0.45 and kurtosis of 1.97, indicating a satisfactory approximation to a normal distribution. The linearity assumption was validated through visual inspection of scatter plots between independent and dependent variables, showing a linear relationship. Homoscedasticity was confirmed via residual plots, where the spread of residuals was consistent across all levels of the independent variables, indicating equal variances. The Variance Inflation Factor (VIF) values for all predictor variables were below

the threshold of 5, with the highest recorded VIF being 1.34, thus ruling out concerns of multicollinearity. These checks ensured that the data met the necessary assumptions for the subsequent application of covariance analysis, providing a solid foundation for the reliability of the findings derived from this research.

The results of [Table 2](#) indicate a difference in psychological well-being and marital burnout between the experimental group, which was influenced by transdiagnostic treatment based on cognitive-behavioral therapy, schema therapy, and meaning therapy, and the control group, which did not receive any training. This means that the experimental group had a significant effect on reducing marital burnout and increasing psychological well-being.

Table 2

Analysis Result from Univariate Covariance Analysis of the Educational Package Group Based on Cognitive Behavioral Therapy, Schema Therapy, and Meaning Therapy and the Control Group on Psychological Well-being and Marital Burnout

Source of Variation	Sum of Squares	Degrees of Freedom	Mean Square	F	Significance Level	Effect Size
Psychological Well-being	65.037	1	65.037	19.443	0.0005	0.419
Error (Psychological Well-being)	90.314	27	3.345			
Marital Burnout	311.467	1	311.467	109.711	0.001	0.803
Error (Marital Burnout)	76.653	27	2.839			

4. Discussion and Conclusion

The present study aimed to determine the effectiveness of transdiagnostic treatment based on cognitive-behavioral therapy, schema therapy, and meaning therapy on the psychological well-being and marital burnout of women experiencing emotional divorce. The findings of this research regarding the effectiveness of transdiagnostic treatment based on cognitive-behavioral therapy, schema therapy, and meaning therapy on the psychological well-being and marital burnout of women involved in emotional divorce are significant. This study aligns with the results of previous research (Fahimi & Taghvaei, 2022; Goudarzi et al., 2022; Hatami et al., 2021; Jalalvand et al., 2023; Nazari et al., 2015; Rezaei & rezaei, 2018; Zarenezhad et al., 2019; Zhang et al., 2023).

In explaining the effectiveness of transdiagnostic treatment based on cognitive-behavioral therapy on psychological well-being, it can be stated that women experiencing emotional divorce can select or create situations that pursue their personal needs and ideals. Individuals who possess a high level of this aspect feel a sense of well-being. Given this, active participation of women experiencing emotional divorce in well-being is an important element and reflects a positive psychological response of the individual. Therefore, clients participating in transdiagnostic treatment sessions based on cognitive-behavioral therapy can better manage challenges they face and manipulate, change, or in other words, enhance their psychological well-being over their environment. Additionally, transdiagnostic treatment based on cognitive-behavioral therapy, by correcting cognitive errors, enables the individual to think better, plan, and make appropriate decisions. Thus, the transdiagnostic treatment program based on cognitive-behavioral therapy, through developing skills such as positive expectations, purposefulness, activity, realism, goal setting, internal communications, and coping

with difficult situations, increases the well-being of women experiencing emotional divorce, thereby facilitating their growth. Cognitive-behavioral training assists individuals in effectively dealing with conflicts and life situations, helping them to act positively and adaptively towards other humans, society, culture, and their environment, thereby ensuring their mental health. In this way, cognitive-behavioral therapy leads to the strengthening or changing of attitudes, values, and human behaviors (Ammari et al., 2023; Ghorbani Amir et al., 2023).

In explaining the effectiveness of schema therapy on psychological well-being, it can be stated that schema therapy leads to changes in cognitive and experiential, emotional and emotional, and behavioral areas. This approach has been effective by challenging maladaptive schemas and ineffective responses, replacing them with more appropriate and healthier thoughts and responses. Therefore, by providing and facilitating insight into the deep roots of current behaviors in relationships of women experiencing emotional divorce, it increases their awareness and insight into the importance of schemas and their role in maintaining problematic interpersonal situations. Identifying the developmental roots of each schema, women involved in emotional divorce realize that the cause of their current behaviors is thoughts and attitudes previously formed in them, which can be changed with specific training and strategies. Also, the techniques used in this treatment help women experiencing emotional divorce to reduce the activation of maladaptive primary schemas and learn effective coping methods with them. Schema-focused training increases the understanding and comprehension of women experiencing emotional divorce that they come from different family environments. Consequently, schema therapy, with a multidimensional perspective alongside considering the impact of cognitions and attitudes, delves into the roots of the problem in the past, aiming to raise awareness and create insight in women experiencing emotional divorce. Thus, schema therapy, by improving

certain fundamental and destructive components such as emotions and negative thoughts, appears to generally improve psychological well-being and thereby mental health in women involved in emotional divorce (Talaeezadeh et al., 2023; Vafaiezhad et al., 2023).

Furthermore, in explaining the effectiveness of meaning therapy on psychological well-being, it can be stated that meaning therapy, by emphasizing positive aspects and various dimensions of individuals' lives, creates thoughts and ideas indicative of purposefulness in life and strengthens this feeling in individuals that life is meaningful for those with a purpose, thereby encouraging and strengthening them in setting goals for their life. Consequently, individuals make organized efforts to manage their thoughts, feelings, and behavior towards achieving a goal, directing their purposeful activities over time and changing conditions. Therefore, meaning therapy, through increasing feelings of satisfaction, autonomy, purposefulness, worthiness, appropriate connection with others, being in control, and personal progress, can lead to an increase in psychological well-being (Ammari et al., 2023; Ghorbani Amir et al., 2023; Parsakia & Darbani, 2022; Salehian & Moradi, 2022; Talaeezadeh et al., 2023).

In explaining the effectiveness of transdiagnostic treatment based on cognitive-behavioral therapy on marital burnout, it can be stated that the cognitive-behavioral approach for bored couples, who often have cognitive errors, irrational and destructive beliefs in marital life, has caused couples' awareness of irrational attributions and beliefs to increase. Also, through exercises in training sessions and tasks outside of sessions, they address and correct the beliefs and attributions that have led to their burnout. Correcting beliefs, unreasonable expectations, and wrong attributions of spouses' behavior towards each other has led to a reduction in unnecessary grievances and an increase in the recognition of positive aspects of each other's behavior, ultimately leading to a reduction in couples' marital burnout. The likely logic behind the effectiveness of transdiagnostic treatment based on cognitive-behavioral therapy in reducing marital burnout is that everyone's marital relationship quality is the result of their beliefs, thoughts, behavior, and actions and is related to their past decisions and performance. The absence of happy, positive, and favorable relationships between couples leads to the occurrence of fatigue and physical weakness. This approach helps women experiencing emotional divorce to bring more hope and joy into their relationships and start rebuilding their past relationships with their spouses with more determination, which in turn

reduces marital burnout in them (Parsakia & Darbani, 2022; Salehian & Moradi, 2022).

In explaining the effectiveness of schema therapy on marital burnout, it can be stated that the presence of maladaptive schemas is one of the primary stress factors and disruptors of marital life. Therefore, schemas rooted in an individual's childhood can influence their adulthood and relationships. According to the perspective of schema therapy for women experiencing emotional divorce, individuals learn during schema therapy to identify and change maladaptive schemas and mindsets that are blocked and use more adaptive tools to satisfy their fundamental needs. Moreover, schema therapy for women experiencing emotional divorce leads to deep personality changes and can help avoid deadlock in the relationship between spouses, resulting in win-win discussions between them and ultimately reducing marital burnout (Ammari et al., 2023; Salehian & Moradi, 2022). From the perspective of schema therapy, behaviors such as marital burnout, aggression, dependency, avoidance, lack of consideration for each other, commitment shortage, and resistance are considered important pieces of information that provide clues to underlying schemas that trigger behavior. Consequently, modifying underlying schemas and mindsets along with ineffective coping responses causes changes in behaviors like marital burnout, commitment shortage, dependency, etc. Additionally, schema therapy for women experiencing emotional divorce can affect personality issues and resolution of couple conflicts, promoting marital commitment and self-respect in women to effectively reduce emotional divorce.

5. Limitations & Suggestions

This research was fundamentally conducted on women eligible for emotional divorce; therefore, caution should be exercised in generalizing the results to normal couples. In this study, self-report tools were used for data collection; thus, researchers should be aware of the flaws and limitations of such tools. Considering the different family structures in terms of demographic characteristics, caution should be exercised in generalizing the results to dissimilar groups. It is suggested that this package be used in family counseling centers to enhance the communication skills of women experiencing emotional divorce, reduce emotional inhibition, marital burnout, and marital conflict, and increase psychological well-being in pre-marriage education, couples therapy, and divorce prevention. Given the effectiveness of

all three treatments on the variables of psychological well-being, marital burnout, and marital conflict, it is suggested that a combination of all three treatments be used in the therapeutic process to improve the communication skills of women experiencing emotional divorce. Furthermore, given the impact of combining transdiagnostic treatment based on cognitive-behavioral therapy, schema therapy, and meaning therapy on increasing psychological well-being, reducing marital burnout, and marital conflict, it is recommended that psychology professionals use these therapeutic methods in their various interventions.

Acknowledgments

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

Declaration of Interest

The authors of this article declared no conflict of interest.

References

- Ammari, S., Deyreh, E., Keykhosrovani, M., & Ganji, K. (2023). The Effectiveness of Couple Therapy on Depressive Symptoms and Sexual Function in Women Affected by Infidelity. *Razi Journal of Medical Sciences*, 29(7), 54-63. <https://www.magiran.com/paper/2520730>
- ÇELİK, E., ÇELİK, B., YavaŞ, Ş., & SÜLer, M. (2022). Investigation of Marital Satisfaction in terms of Proactive Personality, Meaning in Life, Offense-Specific Forgiveness. *International Journal of Psychology and Educational Studies*, 9(1), 1-11. <https://doi.org/10.52380/ijpes.2022.9.1.348>
- Chong, M. Y., Lin, S. H. X., Lim, W. Y., Ong, J., Kam, P. C. A., & Ong, S.-H. (2021). Burnout in Anaesthesiology Residents. *European Journal of Anaesthesiology*. <https://doi.org/10.1097/eja.0000000000001585>
- Čikeš, A. B., Marić, D., & Sinček, D. (2018). Emotional intelligence and marital quality: Dyadic data on Croatian sample. *Studia psychologica*, 60(2), 108-122. <https://doi.org/10.21909/sp.2018.02.756>
- Fahimi, M., & Taghvaei, D. (2022). Predicting marital adjustment based on marital justice and marital burnout [Original Research]. *Journal of Assessment and Research in Applied Counseling*, 4(1), 1-12. <https://doi.org/10.52547/jarac.4.2.1>
- Ghorbani Amir, H. A., Moradi, O., Arefi, M., & Ahmadian, H. (2023). The Effectiveness of Cognitive behavior therapy and Acceptance and Commitment therapy (ACT) on Self-Control and Resiliency in Divorced Women. *Journal of Applied Family Therapy*, 3(4), 493-508. <https://www.magiran.com/paper/2533690>
- Gong, Q., Kramer, K. Z., & Tu, K. M. (2023). Fathers' Marital Conflict and Children's Socioemotional Skills: A Moderated-Mediation Model of Conflict Resolution and Parenting. *Journal of Family Psychology*. <https://doi.org/10.1037/fam0001102>
- Goudarzi, A., Keykhosrovani, M., Deyreh, E., & Ganji, K. (2022). The Effectiveness of Emotional Therapy on Marital Boredom and Moral Commitment in Divorced Couples [Research]. *Razi Journal of Medical Sciences*, 29(5), 117-126. <http://rjms.iums.ac.ir/article-1-6545-en.html>
- Hatami, N., Heydari, H., & Davoodi, H. (2021). Effectiveness of Emotionally-Focused Couple Therapy on the Marital Burnout and Divorce Inclination in the Couples Applying for Divorce. *Women Studies*, 12(35), 23-40. <https://doi.org/10.30465/ws.2021.5694>
- He, Q., Zhong, M., Tong, W., Lan, J., Li, X., Ju, X., & Fang, X. (2018). Forgiveness, marital quality, and marital stability in the early years of Chinese marriage: An actor-partner interdependence mediation model. *Frontiers in psychology*, 9, 1520. <https://doi.org/10.3389/fpsyg.2018.01520>
- Jalalvand, D., Goodarzi, K., Karimi, J., & Yaghoobi, A. (2023). Gottman Couple Therapy on Marital Burnout and Resilience of Conflicted Couples. *Family Counseling and Psychotherapy*, 12(2), 1-36. <https://doi.org/10.22034/fcp.2023.62713>
- Lansford, J. E. (2009). Parental Divorce and Children's Adjustment. *Perspectives on Psychological Science*, 4(2), 140-152. <http://www.jstor.org/stable/40212308>
- Mahmoudpour, A., Aminian, A., Nowzari, M., & Naeimi, E. (2021). The role of cognitive avoidance and emotional expression in predicting marital conflict in women in Tehran [Research]. *Journal of Psychological Science*, 20(98), 209-218. <http://psychologicalscience.ir/article-1-867-en.html>
- Narimani, M., Rahimi, S., & Sedaghat, M. (2021). Predicting emotional divorce of couples based on family communication patterns and motivational structure. *Journal of Family Psychology*, 5(2), 27-38. <https://doi.org/10.22034/ijfp.2021.245543>
- Nazari, A., Rasouli, M., Davarniya, R., Hosseini, A., & Babaei Gharmkhani, M. (2015). Effectiveness of Solution-Focused Brief Therapy (SFBT) on Couple Burnout and Divorce Tendency in Married Women [Research]. *Journal of nursing education*, 3(3), 41-52. <http://ijpn.ir/article-1-616-en.html>

Ethics Considerations

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

Transparency of Data

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

Funding

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

Authors' Contributions

All authors contributed equally to this article.

- Parsakia, K., & Darbani, S. A. (2022). Effectiveness of strength-based counseling on self-worth of divorced women. *Applied Family Therapy Journal (AFTJ)*, 3(1), 687-700. <https://journals.kmanpub.com/index.php/aftj/article/view/938>
- Parsakia, K., Rostami, M., & Saadati, S. M. (2023). The Relationship between Emotional Intelligence and Marital Conflicts Using Actor-Partner Interdependence Model. *Journal of Psychosociological Research in Family and Culture*, 1(1), 23-28. <https://journals.kmanpub.com/index.php/jprfc/article/view/521>
- Rezaei, S., & rezaei, f. (2018). Prediction of marital burnout: Conflict resolution styles and marital expectations. *Biannual Journal of Applied Counseling*, 8(2), 23-38. <https://doi.org/10.22055/jac.2018.27034.1620>
- Roth, K. E., Harkins, D. A., & Eng, L. A. (2014). Parental conflict during divorce as an indicator of adjustment and future relationships: A retrospective sibling study. *Journal of Divorce & Remarriage*, 55(2), 117-138. <https://www.tandfonline.com/doi/abs/10.1080/10502556.2013.871951>
- Salehian, N., & Moradi, S. (2022). The Effect of Intensive Short-Term Dynamic Psychotherapy (ISTDP) on the Mental well-being of Individuals with Antisocial Personality Disorder (ASPD) [Research]. *Journal of Psychology New Ideas*, 14(18), 1-18. <http://jnjp.ir/article-1-803-en.html>
- Sbarra, D. A., & Whisman, M. A. (2022). Divorce, health, and socioeconomic status: An agenda for psychological science. *Current opinion in psychology*, 43, 75-78. <https://doi.org/10.1016/j.copsyc.2021.06.007>
- Talaezadeh, M., Eftekhari saadi, z., Heydarie, A., & Joharifard, R. (2023). Comparing the effectiveness of "hypnosis therapy" and "schema therapy" on the dimensions of mental health in the prevention of divorce of men and women who have been betrayed [Research]. *Journal of Health Promotion Management*, 12(3), 63-81. <https://doi.org/10.22034/jhpm.12.3.63>
- Toubasi, A. A., Hasuneh, M. M., Karmi, J. S. A., Haddad, T. A., & Kalbouneh, H. (2022). Burnout Among University Students During Distance Learning Period Due to the COVID-19 Pandemic: A Cross Sectional Study at the University of Jordan. *The International Journal of Psychiatry in Medicine*. <https://doi.org/10.1177/00912174221107780>
- Vafaeinezhad, F., Koraei, A., & Pasha, R. (2023). Comparison of the Effect of Premarital Education with Selection Method and Knowledge and El Sun's Approach on Communication Beliefs of Students' Fear of Marriage. *Razi Journal of Medical Sciences*, 29(10), 193-202. <https://www.magiran.com/paper/2551461>
- Vahdani, M., Khezri, M., Mahmoudpour, A., & Farahbakhsh, K. (2020). Predicting Marital Burnout Based On Emotional Expression, Distress Tolerance And Communication Patterns [Research]. *Rooyesh-e-Ravanshenasi Journal(RRJ)*, 9(10), 47-58. <http://frooyesh.ir/article-1-2309-en.html>
- Wang, X., & Zhao, K. (2023). Partner Phubbing and Marital Satisfaction: The Mediating Roles of Marital Interaction and Marital Conflict. *Social Science Computer Review*, 41(4), 1126-1139. <https://doi.org/10.1177/08944393211072231>
- Ying, L., Wang, Y., & Yu, S. (2023). Marital Conflict, Family Socioeconomic Status, and Depressive Symptoms in Migrant Children: A Moderating Mediation Model. *Behavioral Sciences*, 13(6), 441. <https://doi.org/10.3390/bs13060441>
- Younan, K., Walkley, D., Quinton, A., & Alphonse, J. (2022). Burnout in the Sonographic Environment: The Identification and Exploration of the Causes of Sonographer Burnout and Strategies for Prevention and Control. *Sonography*. <https://doi.org/10.1002/sono.12333>
- Yuan, Z., Xiang, Y.-T., & Chen, Z. (2021). Mindfulness Associates Life Satisfaction: The Mediating Role of Internal Control and the Presence of Meaning in Life. *International Journal of Mental Health Promotion*. <https://doi.org/10.32604/ijmhp.2021.012787>
- Zarenezhad, H., Hoseyni, S. M., & Rahmati, A. (2019). Relationships between sexual assertiveness and sexual dissatisfaction with couple burnout through the mediating role of marital conflict. *Family Counseling and Psychotherapy*, 9(1), 197-216. <https://www.sid.ir/paper/201769/en>
- Zhang, H., Gao, T., Hu, Q., Zhao, L., Wang, X., Sun, X., & Li, S. (2023). Parental marital conflict, negative emotions, phubbing, and academic burnout among college students in the postpandemic era: A multiple mediating models. *Psychology in the Schools*, 60(5), 1488-1498. <https://doi.org/10.1002/pits.22707>