


Development of a Structural Model for Predicting Psychological Well-Being Based on Mindfulness with the Mediating Role of Resilience in Women on the Verge of Divorce in Isfahan

Ardeshir. Holakoie¹, Armin. Mahmoodi^{2*}, Alireza. Maredpour²

¹ PhD Student, Dept. of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran

² Assistant Prof., Dept. of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran

* Corresponding author email address: Dehlidena@yahoo.com

Article Info

Article type:

Original Research

How to cite this article:

Holakoie, A., Mahmoodi, A., & Maredpour, A. (2024). Development of a Structural Model for Predicting Psychological Well-Being Based on Mindfulness with the Mediating Role of Resilience in Women on the Verge of Divorce in Isfahan. *Psychology of Woman Journal*, 5(4), 1-11.

<http://dx.doi.org/10.61838/kman.pwj.5.4.1>



© 2024 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 objective of this study was to develop a structural model for predicting psychological well-being based on mindfulness, with the mediating role of resilience, in women on the verge of divorce in Isfahan.

Methods and Materials: This research utilized a descriptive, correlational approach with structural equation modeling (SEM) as the primary analytical technique. The statistical population included all women who visited counseling centers in Isfahan in 2022. A sample of 302 participants was selected based on Morgan's table. The data were collected using standardized questionnaires, including Ryff's Psychological Well-Being Scale, the Five Facet Mindfulness Questionnaire (FFMQ), and the Connor-Davidson Resilience Scale (CD-RISC). The model's fit was assessed using Amos-24 software after verifying the assumptions of normality, missing data, and outliers.

Findings: The findings demonstrated that mindfulness is significantly related to psychological well-being in women, with resilience playing a significant mediating role in this relationship. The structural model showed a good fit with the data, with mindfulness explaining 33.2% of the variance in resilience and both mindfulness and resilience together explaining 82.5% of the variance in psychological well-being. The direct effect of mindfulness on psychological well-being was significant, as was the indirect effect mediated by resilience.

Conclusion: The study concludes that mindfulness is a strong predictor of psychological well-being in women on the verge of divorce, and resilience significantly mediates this relationship. The findings suggest that enhancing mindfulness and resilience could be effective strategies for improving psychological well-being in this population.

Keywords: Mindfulness, Psychological Well-Being, Resilience, Women, Divorce, Structural Equation Modeling

1. Introduction

Divorce is an unexpected event that can occur and be experienced by some married individuals. Depending on the level of emotions, negative attitudes, resilience, ability to adapt, and stability in challenging situations, some women become more productive and independent during and after divorce. In contrast, others experience psychological instability due to factors such as economic problems, lifestyle, poor social relationships, and negative emotions and thoughts, leading to a decline in their psychological coherence and a decrease in the quality of life (Haikal & Latipun, 2020). Robust research has shown correlations between divorce and psychological health outcomes, including feelings of social and emotional loneliness, anxiety, and depression (Högnäs, 2020). Therefore, it can be argued that the most significant impact of divorce is its psychological effect and the reduction of well-being (McDonald et al., 2018). This is because the health and vitality of a family are rooted in the mental health and well-being of the spouses, and their psychological health depends on their way of thinking, feeling, and acting. Hence, poor marital relationships have detrimental effects on their mental and physical health, reducing the opportunity for satisfactory and harmonious communication (Yousefirad & Zoghi, 2021).

Psychological well-being is another concept related to mental health within the domain of positive psychology that has garnered significant attention over the past two decades. Individuals with high psychological well-being experience positive emotions and have a favorable evaluation of life events. In contrast, those with low psychological well-being assess life events as undesirable and experience more negative emotions such as anxiety, depression, and anger (Diener et al., 2018). Ryff (1995) defines psychological well-being as the pursuit of excellence in realizing one's true potential. Psychological well-being can also be defined as happiness, joy, and having positive feelings in life (Lee & Park, 2016). Psychological well-being is a component of the psychological quality of life, reflecting positive mood and vitality and being among the factors that increase satisfaction in romantic relationships (Karagülle et al., 2019). Psychological well-being results from a bidirectional interaction between the use of specific cognitive-emotional regulation strategies and an accurate assessment of stressful situations. Therefore, it can be said that couples with troubled relationships often experience disrupted emotional states and numerous emotional disturbances. The ability to

regulate emotional reactions to such negative experiences in marital relationships often significantly enhances an individual's psychological well-being and coherence (McRae et al., 2020). Lima and Mendes (2020) showed in their study that the relationship between mindfulness and psychological well-being increases mental health and psychological well-being in healthy adults (Lima & Mendes, 2020). Mindfulness is a concept that has recently attracted the attention of psychologists, psychotherapists, and researchers. Mindfulness is defined as a state of heightened attention and awareness of what is happening at the present moment. This attention is purposeful, with non-judgmental acceptance of ongoing experiences. Mindfulness allows individuals to respond to events with thoughtfulness and reflection rather than reacting automatically and without consideration (Emanuel et al., 2010). Mindfulness is a method for better living, alleviating pain, and enriching and giving meaning to life (Siegel, 2010), promoting well-being (Kols et al., 2009), and increasing life satisfaction (Bester et al., 2016). The increase in mindfulness is associated with enhanced psychological well-being. Mindful individuals are more capable of recognizing, managing, and solving daily problems. Mindfulness has positive effects on psychological health, leading to increased happiness (Bellin, 2015). There is a direct relationship between psychological well-being and mindfulness (Malinowski & Lim, 2015). Yi, Rongxiang, and James (2019) examined the positive effects of mindfulness on well-being and mental health, concluding that mindfulness increases individuals' mental health (Yi et al., 2019). Coe and Salanova (2018) showed in their research that mindfulness has a positive relationship with psychological well-being (Coe & Salanova, 2018). Bravo and Kmpkin (2010) reported that a lack of mindfulness skills leads to the development of extramarital relationships, and using mindfulness skills improves marital life (Bravo & Kmpkin, 2010).

Yousefirad and Zoghi (2021) examined 401 women using structural equation modeling and concluded that communication skills positively predicted quality of life and empathy, with mindfulness mediating these relationships. Other variables in the model also had direct and positive relationships (Yousefirad & Zoghi, 2021). Mindfulness is defined as an open attention to and awareness of current experiences and events and as seeing thoughts as events in the domain of awareness, with emotional care, without attempting to change them, accompanied by calmness and patience. Mindfulness exercises increase psychological

well-being and the deep ability of self-awareness and self-acceptance (Segal et al., 2018).

Resilience is another concept that has recently attracted the attention of researchers in the field of human behavior. Resilience refers to an individual's ability to adapt to critical and threatening conditions. Some perspectives consider resilience as a response to an event, while others view it as a stable coping style (Lamond et al., 2008). Resilience encompasses positive capacities and characteristics that enable individuals to cope positively and effectively with environmental challenges and protect them from stress-related psychological disorders. Resilience directly contributes to enhancing well-being and indirectly mediates the relationship between mindfulness and variables such as life satisfaction, positive emotions, negative emotions, and psychological well-being (Niroomandi et al., 2020). A review of research suggests that resilience is a variable that can be influenced by family conditions (Saberi Fard & Haji Arbabi, 2018). Resilience refers to a set of personality traits and coping styles that are usually effective in facing and enduring difficult life conditions and help individuals to show better adaptation in challenging situations (Conner & Davidson, 2003). Resilience plays an important role in coping with and facing the hardships and problems of individuals in daily life (Alarcón et al., 2020) and is defined as a process, ability, or potential for successfully adapting to threatening and harmful conditions (Hwang et al., 2020). Well-being, recovery, protective factors, and positive outcomes are all terms frequently associated with resilience (Seery & Quinton, 2016). The characteristics of resilient individuals include adaptation in challenging environments and resistance to stressors, which are considered positive growth. Research on the neurobiology of stress and resilience has shown that increasing positive outcomes is an effective tool for enhancing resilience (Grych et al., 2015). Resilience is associated with psychological health and psychological well-being (Yildirim & Arslan, 2020). A review of research findings indicates that mindfulness and resilience are associated with psychological well-being. Abedini et al. (2021) demonstrated in their research that mindfulness and resilience have a direct and significant effect on psychological well-being (Abedini et al., 2021). Hasanzadeh Namin et al. (2019) found that resilience had both direct and indirect effects on psychological well-being (Hasanzadeh Namin et al., 2019).

Given that women have higher emotional and social sensitivity, they experience many negative emotions, and their physical and mental health is more at risk. Thus, their

psychological well-being declines. Therefore, addressing the factors that influence the improvement of conditions for women on the verge of divorce within the domain of psychological research, in order to provide practical solutions alongside increasing theoretical knowledge, is essential and necessary. This is because better understanding the factors contributing to divorce and creating measures such as providing necessary training and resources and creating favorable conditions to eliminate negative factors can lead to women reconsidering divorce and preserving family integrity. Therefore, the present study aimed to develop a structural model for predicting psychological well-being based on mindfulness with the mediating role of resilience in women on the verge of divorce in Isfahan.

2. Methods and Materials

2.1. Study design and Participant

This research is applied in terms of its objective and descriptive in nature, and it follows a correlational approach with a structural equation modeling (SEM) design. The statistical population of this study included all women who visited counseling centers in Isfahan in 2022. The sample selection was conducted according to Morgan's table, resulting in a sample size of 302 participants.

To conduct the research, after obtaining permission and adhering to ethical considerations, the selected sample was identified, and the research questionnaires were distributed among the participants. Additionally, before completing the questionnaires, the participants were instructed on how to fill them out, and to encourage their cooperation and interest in responding, it was agreed that the results would be provided to them individually and confidentially.

2.2. Measures

2.2.1. Psychological Well-Being

This questionnaire was developed by Ryff (1989) to assess and evaluate psychological well-being. It consists of 18 items across six factors: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. The items are scored on a 5-point Likert scale (from 1 = strongly disagree to 6 = strongly agree). The minimum and maximum scores for this questionnaire are 18 and 108, respectively, with a higher score indicating higher psychological well-being. Khanjani et al. (2014) demonstrated through a one-group confirmatory factor analysis that the six-factor model (self-acceptance,

environmental mastery, positive relations with others, having a purpose in life, personal growth, and autonomy) exhibited good fit across the entire sample and both genders. The internal consistency of this scale was reported using Cronbach's alpha for the six factors as 0.51, 0.76, 0.75, 0.52, 0.73, 0.72, and 0.71 for the total scale (Khanjani et al., 2014). In the present study, the Cronbach's alpha coefficients for the factors of self-acceptance, environmental mastery, positive relations with others, having a purpose in life, personal growth, and autonomy were 0.791, 0.821, 0.831, 0.870, 0.802, and 0.721, respectively.

2.2.2. Resilience

This scale comprises 25 items and was developed by Conner and Davidson (2003) to measure the ability to cope with stress and threats. It assesses various dimensions of resilience, including (competence/personal strength, trust in one's instincts/tolerance of negative emotions, positive acceptance of change/secure relationships, control, and spirituality). Although the internal consistency, test-retest reliability, and convergent and divergent validity of the scale have been reported as adequate, and although exploratory factor analysis has confirmed the presence of five factors (competence/personal strength, trust in one's instincts/tolerance of negative emotions, positive acceptance of change/secure relationships, control, and spirituality), the subscales' reliability and validity have not yet been definitively confirmed. Therefore, only the overall resilience score is currently considered valid for research purposes. For use in Iran, the scale was first translated and back-translated into English, and after receiving approval from the scale's creators, permission to use it was obtained. Then, Cronbach's alpha was used to determine reliability, and factor analysis was employed to assess validity. The reliability obtained was entirely consistent with the scale's reported reliability of 0.93 by its creators. The present results align with other research findings that have examined the scale's validity and reliability. Each item is rated on a 5-point scale (ranging from 0 = not true at all to 4 = true nearly all the time). The overall score is calculated by summing the scores of all items, resulting in a range of 0 to 100. A higher score indicates greater resilience, and vice versa. The cutoff score for this questionnaire is 50. In other words, a score above 50 indicates resilient individuals, with higher scores indicating higher levels of resilience. Conversely, lower scores indicate lower levels of resilience (Abedini et al., 2021). In the

present study, the Cronbach's alpha coefficient for this questionnaire was 0.725.

2.2.3. Mindfulness

The Five Facet Mindfulness Questionnaire (FFMQ) was developed by Baer, Smith, Hopkins, Krietemeyer, and Toney (2006) through the integration of items from several mindfulness questionnaires, including the Freiburg Mindfulness Inventory (2006), the Mindful Attention Awareness Scale (Brown & Ryan, 2003), the Kentucky Inventory of Mindfulness Skills (Baer et al., 2004), the Cognitive and Affective Mindfulness Scale-Revised (Feldman et al., 2007), and the Southampton Mindfulness Questionnaire (Chadwick et al., 2008). The resulting questionnaire comprised 112 items and factors. The results indicated that four factors from the FFMQ corresponded with factors from the KIMS scale, while the fifth factor included items from the FMI and SMQ scales, which were defined as non-reactivity to inner experiences. The resulting factors included observing, acting with awareness, non-judging of inner experience, describing, and non-reactivity, with the first four factors each containing eight items and the fifth factor containing seven items. Ultimately, a 39-item questionnaire was created, scored on a Likert scale from 1 (never) to 5 (always). Items 3, 5, 8, 10, 12, 13, 14, 16, 17, 18, 23, 22, 25, 28, 30, 34, 35, and 39 are reverse scored. Studies on the psychometric properties of this scale have reported good reliability and validity. For instance, Bohlmeijer et al. (2011) confirmed the five-factor model of the questionnaire and the existence of a general mindfulness factor (Bohlmeijer et al., 2011). In a domestic study, Ahmadvand, Heydarinnasab, and Shairi (2013) reported the internal consistency of the FFMQ to be between 0.55 for non-reactivity and 0.88 for describing, and the test-retest reliability to be between 0.57 for non-judging and 0.84 for observing, all significant at the 0.001 level (Ahmadvand et al., 2013). In the present study, the Cronbach's alpha coefficients for observing, acting with awareness, non-judging, describing, and non-reactivity were 0.764, 0.788, 0.791, 0.805, and 0.766, respectively.

2.3. Data Analysis

For data analysis, SPSS-24 software was initially used to assess the normality of the research data and to examine the model's assumptions. Subsequently, Amos-24 software was employed to evaluate the model's fit.

3. Findings and Results

The evaluation of the proposed model was conducted using structural equation modeling (SEM) with Amos-24 software. Before performing this test, its assumptions were reviewed. Outliers were removed, missing data were corrected using the mean substitution method, and the normality of the research data was checked with the

Kolmogorov-Smirnov test. The results of this test indicated that the data distribution is normal. Therefore, after establishing the assumptions of this test, the evaluation of the proposed model was conducted using SEM.

The descriptive statistics related to the variables of mindfulness, resilience, and psychological well-being are reported in [Table 1](#).

Table 1

Descriptive Findings of Research Variables

Variables	M	Md	S.D.	Min	Max
Resilience	55.17	55	16.524	21	98
Psychological Well-Being					
Independence	11.25	12	2.790	3	17
Environmental Mastery	10.41	11	2.580	3	17
Personal Growth	11.84	12	3.509	3	18
Positive Relations with Others	12.28	12	2.743	3	18
Purpose in Life	11.80	12	2.844	3	18
Self-Acceptance	10.40	11	2.264	3	18
Mindfulness					
Observation	25.38	26	6.235	8	38
Acting with Awareness	22.29	22	5.114	10	35
Non-judgment	22.51	22	5.326	9	34
Description	24.69	25	4.526	12	40
Non-reactivity	23.22	23	4.286	12	33

[Figure 1](#) presents the structural model of the research, and [Table 2](#) shows the fit indices of this model. By comparing the index values with appropriate fits, it can be concluded

that the indices have acceptable values, and the structural model of the research is confirmed.

Table 2

Fit Indices for the Model Explaining Women's Mindfulness on Psychological Well-Being with an Emphasis on the Mediating Role of Resilience

Fit Indices	Value	Criterion	Interpretation
Absolute			
CMIN/df (χ^2)	148.551/64	Lower χ^2 with higher df	Favorable Fit
p-value	0.055	> 0.05	Favorable Fit
GFI	0.972	> 0.90	Favorable Fit
AGFI	0.932	> 0.90	Relatively Favorable Fit
RMR	0.717	< 0.4	Favorable Fit
Comparative			
TLI	0.968	> 0.90	Favorable Fit
RFI	0.929	> 0.90	Relatively Favorable Fit
CFI	0.985	> 0.90	Favorable Fit
NFI	0.965	> 0.90	Favorable Fit
IFI	0.985	> 0.90	Favorable Fit
Parsimonious			
RMSEA	0.049	< 0.05	Relatively Favorable Fit
PNFI	0.468	> 0.50	Favorable Fit

To assess the adequacy of the model, the focus is on the model's fit indices. Based on the results presented in Table 3, the significance level of the model (0.055) is greater than the significance level of $\alpha = 0.05$. As a result, there is no significant difference between the measured model and the empirical data, and the model fits the data well. The chi-square to degrees of freedom ratio is 1.753 (less than 3, which is favorable). Additionally, the values reported for RMR and RMSEA confirm the appropriateness of the model for explaining mindfulness and emotion regulation strategies on psychological well-being and coherence, emphasizing the

mediating role of resilience in women on the verge of divorce. The GFI, TLI, NFI, IFI, PNFI, and CFI indices are also reported to be above 0.90 and close to 1, all of which further confirm the good fit of the model presented in Figure 1.

Next, additional information about the model should be discussed in the form of reported parameter values and the significance of their differences from zero, especially for the impact or structural coefficients, as shown in Figure 1. Table 3 presents the fitted effects for the model in the form of weighted regression.

Table 3

Fitted Parameter Values for the Model Explaining Women's Mindfulness on Psychological Well-Being with the Mediating Role of Resilience

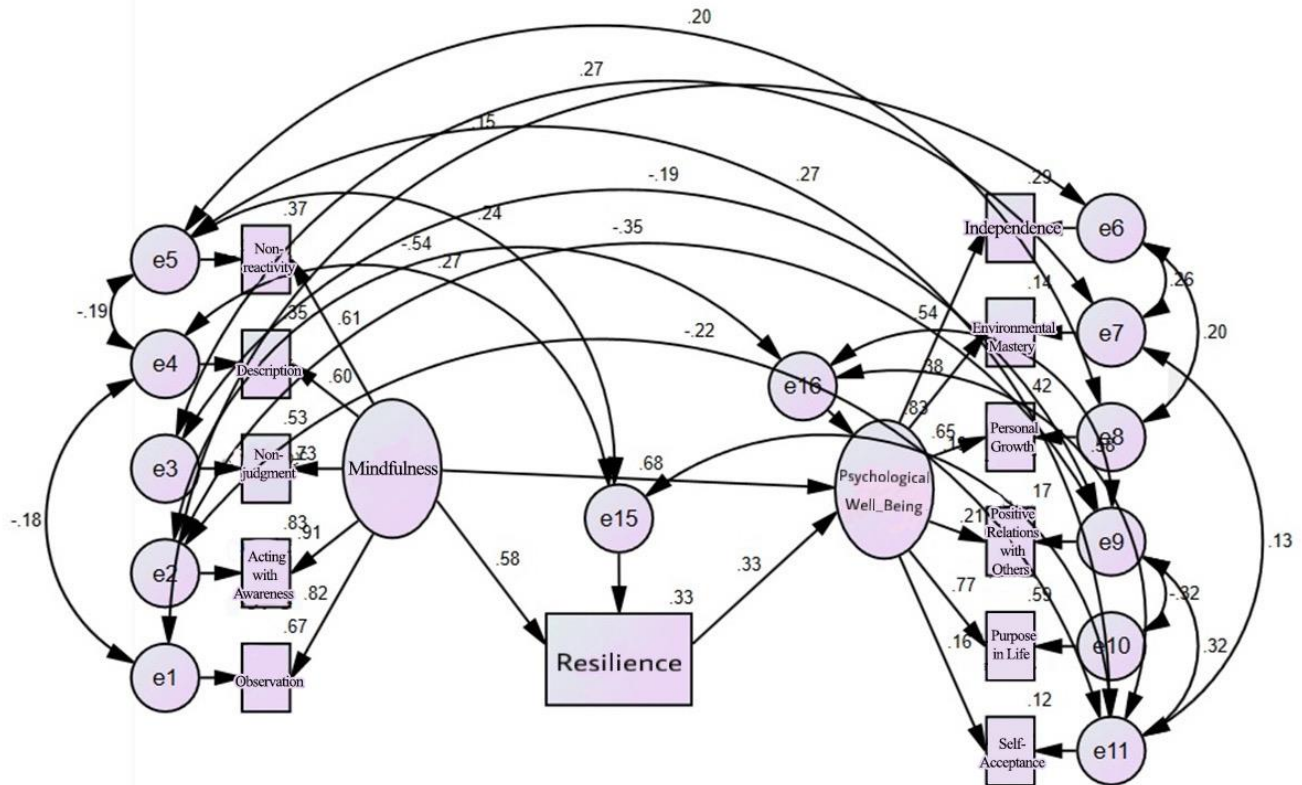
Path	b	β	p	R ²	Conclusion
Resilience → Psychological Well-Being	0.030	0.331	< 0.01	0.825	Significant
Mindfulness → Psychological Well-Being	0.201	0.676	< 0.01		Significant
Mindfulness → Resilience	1.867	0.576	< 0.01	0.332	Significant

The fitted parameter values reported in Table 3 correspond to the estimated standard parameters of the model, which are also intuitively presented in Figure 1. The coefficient of determination (R^2) indicates that the paths from mindfulness to women's resilience explain 33.2% of the variance in the resilience variable. The coefficient of determination for the paths from mindfulness and resilience to women's psychological well-being explains 82.5% of the variance in the psychological well-being variable.

The results in Table 3 report significance levels for the regression coefficients below the $\alpha = 0.05$ significance level or very close to zero, indicating that the relationships between them are significant. Consequently, there is a statistically significant direct relationship between mindfulness and psychological well-being. Based on the standardized beta coefficient, the direct effect of

mindfulness on psychological well-being is 0.676. This indicates that a one-unit increase in mindfulness leads to a 67.6% increase in psychological well-being. As a result, the first hypothesis (that mindfulness is related to women's psychological well-being) is confirmed with 95% confidence.

Based on the standardized coefficient, the indirect effect of mindfulness on psychological well-being is 0.191. Considering the positive relationship between them, it can be concluded that a one-unit increase in mindfulness, with the mediating role of resilience, indirectly increases psychological well-being by 19.1%. As a result, the second hypothesis (that resilience mediates the relationship between mindfulness and psychological well-being) is confirmed with 95% confidence.

Figure 1
Model with Standard Coefficients


4. Discussion and Conclusion

The aim of this study was to develop a structural model for predicting psychological well-being based on mindfulness with the mediating role of resilience in women on the verge of divorce in Isfahan. The results showed that mindfulness is related to women's psychological well-being. Moreover, resilience mediates the relationship between mindfulness and psychological well-being. The findings of this study are consistent with the results of prior research (Bayot et al., 2020; Lima & Mendes, 2020; Salajegheh et al., 2019; Yousefirad & Zoghi, 2021). In explaining these findings, Baer et al. (2006) argued that mindfulness exercises lead to the development of various mindfulness factors, such as observation, non-judgment, non-reactivity, and acting with awareness. The increase in these components, in turn, leads to the growth of psychological well-being, a reduction in stress, and a decrease in psychological symptoms. In fact, as mindfulness increases, individuals' ability to step back and observe states such as anxiety also increases. As a result, they can free themselves from automatic behavioral patterns and, through reappraisal,

no longer be controlled by states such as anxiety and fear. Instead, they can use the information arising from these states to be in touch with their emotions, thereby enhancing their psychological well-being. Mindfulness increases the likelihood of controlling behaviors and making behavioral decisions that lead to achieving goals and enhancing well-being. When individuals are in a favorable state of mindfulness, due to increased capacities for accepting thoughts and emotions, there is little opportunity for the absorption of negative and dysfunctional thoughts and attitudes. This, in turn, reduces emotional processing and dysfunctional attitudes, increasing their subjective well-being. In explaining this finding, it should be noted that the mindfulness process causes individuals to focus on the present moment and avoid thinking about the past and future, which are factors contributing to many psychological problems. As mindfulness increases, so do individuals' calmness, adaptive functioning, emotional abilities, skills such as understanding, managing, and controlling their own and others' emotions, and satisfaction (Baer et al., 2006). Mindfulness provides a balanced mental framework that prevents emotional and distressing magnifications, offering

an opportunity for individuals to distance themselves from unpleasant emotional states and prevent the emergence of mental ruminations, pressures, and various stresses.

The findings of this study regarding the mediating role of resilience in the relationship between mindfulness and psychological well-being are somewhat consistent with the results of prior research (Abedini et al., 2021; Esmaeilian et al., 2018; Niroomandi et al., 2020; Soleimani & Habibi, 2014; Zarnagash & Mehrabiazadeh Honarmand, 2016). In explaining these findings, it can be said that mindfulness, by increasing alertness, sustained focus, and openness of mind, increases mental well-being and resilience, helping individuals to recognize and have real experiences of both positive and negative emotions. Mindfulness serves as a means of reducing internal pain and suffering, countering distractions and deviations, and suppressing negative internal stimuli. In this way, increased mindfulness reduces negative psychological symptoms and enhances optimism, thereby strengthening psychological well-being. Resilience mediates the relationship between mindfulness and psychological well-being and can amplify the beneficial effects of mindfulness on psychological well-being (Esmaeilian et al., 2018). This finding contributes to the complex nature of the relationship between psychological factors and psychological well-being. Regarding the mediating role of resilience in the relationship between mindfulness and psychological well-being, mindfulness is a fundamental source of resilience, and individuals with high mindfulness develop skills such as problem-solving, decision-making, and assertiveness. This leads to increased resilience and ultimately improves psychological well-being. According to Conner and Davidson (2003), resilience can enhance self-esteem and successful coping with negative experiences by elevating levels of positive emotions (Conner & Davidson, 2003). Furthermore, high resilience helps individuals use positive emotions when facing undesirable experiences and return to a favorable psychological state (Niroomandi et al., 2020; Zarnagash & Mehrabiazadeh Honarmand, 2016). As a result, resilient individuals have higher psychological well-being and better abilities to establish positive relationships. Naturally, such individuals are also more successful. Another component of resilience is control (the ability to manage situations), and it is evident that the greater an individual's ability to manage various life situations, the better their psychological state and, consequently, their relationships and well-being will be.

5. Limitations and Suggestions

This research, like any other, has its limitations, including: (1) the data and analyses of this study are cross-sectional, and therefore, causal conclusions about the data are not accurate; longitudinal studies are necessary in this regard. (2) Additionally, the susceptibility of regression methods, which underpin this type of statistical analysis, to changes in samples from one sample to another necessitates caution in generalizing the results, meaning that the results cannot easily be generalized to all similar individuals. (3) The potential inability of the tools to provide a complete picture of the measured psychological characteristics is another issue that requires caution. (4) The self-report nature of the research tools and (5) the lack of full cooperation of some participants in completing and returning questionnaires are also limitations. Since this research is correlational, it cannot be concluded that the predictor variables are the primary cause of the criterion variable. Therefore, future studies should also examine and study the effects of other psychological variables, such as demographic characteristics and personality traits. Additionally, this study used questionnaires for data collection, so considering that the questionnaires were self-assessment in nature, response bias might exist. It is recommended that future research use interview and observation methods for data collection. Additionally, this study should be conducted on both men and women, which could provide a better basis for comparison and increase the generalizability of the results. Examining these variables with other methods in different groups and conducting longitudinal studies could lead to interesting findings.

Based on the research findings, comprehensive planning for the growth and strengthening of resilience, mindfulness, and psychological well-being in society, especially among women, could lead to their personal growth, thereby improving the mental health of society. The information obtained from this research could be useful for couple therapists in improving communication, increasing emotional connection, and enhancing intimacy among couples, and therapists could use these findings in their interventions. The results of this study have practical implications for professionals involved in psychology and family counseling. These results could provide valuable information on using modern psychological methods for couples and encourage professionals to use effective methods to improve family functioning and strategies to increase resilience and mindfulness, thereby increasing the

psychological well-being of couples. It is suggested that education and health officials provide resilience, mindfulness, and psychological well-being training in the form of brochures, booklets, group sessions, and courses to the public.

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.

References

- Abedini, M., Akbari, B., Sadeghi, A., & Asadi Majareh, S. (2021). The Relationship between Resilience and Mindfulness with Emotional Well-Being with the Mediating Role of Emotion Regulation in Cancer Patients. *QUARTERLY JOURNAL OF HEALTH PSYCHOLOGY*, 10(3), Autumn 2021. https://journals.pnu.ac.ir/article_8268_c0b58ee3d62f3f78f5e4f68e04a474e0.pdf
- Ahmadvand, Z., Heydarinnasab, L., & Shairi, M. R. (2013). An investigation of the validity and reliability of psychometric characteristics of five facet mindfulness questionnaire in Iranian non-clinical samples. *Journal of Behavioral Sciences*, 7(3), 229-237. https://www.behavsci.ir/&url=http://www.behavsci.ir/article_67834.html
- Alarcón, R., Cerezo, M. V., Hevilla, S., & Blanca, M. J. (2020). Psychometric properties of the ConnorDavidson Resilience Scale in women with breast cancer. *International Journal of Clinical and Health Psychology*, 20(1), 81-89. <https://doi.org/10.1016/j.ijchp.2019.11.001>
- Baer, P. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using Self-Report Assessment Methods to Explore Facets of Mindfulness. *Assessment*, 13, 27-45. <https://doi.org/10.1177/1073191105283504>
- Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment*, 11(3), 191-206. <https://doi.org/10.1177/1073191104268029>
- Bayot, M., Vermeulen, N., & Kever, A. (2020). Mindfulness and Empathy: Differential Effects of Explicit and Implicit Buddhist Teachings. *Mindfulness*, 11, 5-17. <https://doi.org/10.1007/s12671-018-0966-4>
- Bellin, Z. J. (2015). The Meaning Connection Between Mindfulness and Happiness. *Humanistic Counseling*, 54(3), 221-235. <https://doi.org/10.1002/johc.12013>
- Bester, E., Naidoo, P., & Botha, A. (2016). The role of mindfulness in the relationship between life satisfaction and spiritual wellbeing among the elderly. *Social Work/Maatskaplike Werk*, 51(2), 244-265. <https://doi.org/10.15270/52-2-503>
- Bohlmeijer, E., Klooster, P. M., Fledderus, M., Veehof, M., & Baer, R. (2011). Psychometric Properties of the Five Facet Mindfulness Questionnaire in Depressed Adults and Development of a Short Form. *Journals Permissions*, 18(3), 308-320. <https://doi.org/10.1177/1073191111408231>
- Bravo, L. M., & Kmpkin, P. W. (2010). The complex case of marital infidelity: An explanatory model of contributory processes to facilitate psychotherapy. *American Journal of Family Therapy*, 38(8), 321-421. <https://doi.org/10.1080/01926187.2010.522491>
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822-848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Chadwick, P., Hember, M., Symes, J., Peters, E., Kuipers, E., & Dagnan, D. (2008). Responding mindfully to unpleasant thoughts and images: Reliability and validity of the Southampton mindfulness questionnaire (SMQ). *British Journal of Clinical Psychology*, 47(4), 451-455. <https://doi.org/10.1348/014466508X314891>
- Conner, K. M., & Davidson, J. R. T. (2003). Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). <https://doi.org/10.1037/006346-000>
- Coo, C., & Salanova, M. (2018). Mindfulness Can Make You Happy and Productive: A Mindfulness Controlled Trial and Its Effects on Happiness, Work Engagement and Performance. *Happiness Studies*, 19(6), 1691-1711. <https://doi.org/10.1007/s10902-017-9892-8>
- Diener, E., Oishi, S., & Lucas, R. E. (2018). Advances and open questions in the science of subjective well-being. *Journal of College Psychology*, 4(1), 1-78. <https://doi.org/10.1525/collabra.115>
- Emanuel, A. S., Updegraff, J. A., Kalmbach, A. D., & Ciesla, J. A. (2010). The role of mindfulness facets in affective forecasting. *Personality and individual differences*, 49, 815-818. <https://doi.org/10.1016/j.paid.2010.06.012>
- Esmacilian, N., Dehghani, M., Dehghani, Z., & Lee, J. (2018). Mindfulness-Based Cognitive Therapy Enhances Emotional Resiliency in Children with Divorced Parents. *Journal of Mindfulness*, 9(4), 1052-1062. <https://doi.org/10.1007/s12671-017-0840-9>

- Feldman, G., Hayes, A., Kumar, S., Greeson, J., & Laurenceau, J. P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of psychopathology and behavioral assessment*, 29(3), 177-190. <https://doi.org/10.1007/s10862-006-9035-8>
- Grych, J., Hamby, S., & Banyard, V. (2015). The resilience portfolio model: Understanding healthy adaptation in victims of violence. *Psychology of violence*, 5(4), 343-354. <https://doi.org/10.1037/a0039671>
- Haikal, M., & Latipun, L. (2020). The Resilience of Women Who are Divorced and Choose to Live with Their Children. *Psychology and Behavioral Sciences*, 9(4), 44-49. <https://doi.org/10.11648/j.pbs.20200904.12>
- Hasanzadeh Namin, F., Peymani, J., Ranjbaripoor, T., & Abolmaali Alhosein, K. H. (2019). Predictive model of psychological well-being based on resilience considering the mediating role of perceived stress. *Journal of Psychological Science*, 18(77), 569-577. <http://psychologicalscience.ir/article-1-446-en.html>
- Högnäs, R. S. (2020). Gray Divorce and Social and Emotional Loneliness. In *Divorce in Europe. European Studies of Population. Vol 21* (pp. 147-165). Springer, Cham. https://doi.org/10.1007/978-3-030-25838-2_7
- Hwang, Y. I., Arnold, S., Trollor, J., & Uljarević, M. (2020). Factor structure and psychometric properties of the brief Connor-Davidson Resilience Scale for adults on the autism spectrum. *Autism*, 2(1), 1-10. <https://doi.org/10.1177/1362361320908095>
- Karagülle, O. O., Yavuz, E., Gülçiçek, O. B., Solmaz, A., Şentürk, S., Erdoğan, A., & Çelebi, F. (2019). Psychological well-being and marital satisfaction in response to weight loss after bariatric surgery. *Surgery Today*, 49(5), 435-442. <https://doi.org/10.1007/s00595-018-1750-8>
- Khanjani, M., Shahidi, S. H., Fath-Abadi, J., Mazaheri, M. A., & Shokri, O. (2014). Factor structure and psychometric properties of the Ryff's scale of Psychological well-being, short form (18-item) among male and female students. *Journal of thought & behavior in clinical psychology*, 8(32), 27-36. https://jtbcp.roudehen.iau.ir/article_67_en.html
- Kols, N., Sauer, S., & Walach, H. (2009). Facet of mindfulness - Results of an online study investigating the Freiburg mindfulness inventory. *Personality and individual differences*, 46, 224-230. <https://doi.org/10.1016/j.paid.2008.10.009>
- Lamond, A. J., Depp, C. A., Allison, M., Langer, R., Reichstadt, J., Moore, D. J., Golshan, S., Ganiats, T. G., & Jeste, D. (2008). Measurement and predictors of resilience among community-dwelling older women. *Journal of psychiatric research*, 43(2), 148-154. <https://doi.org/10.1016/j.jpsychires.2008.03.007>
- Lee, M. Y., & Park, S. S. (2016). Influence of family strength on the Psychological well-being of adults-focusing on mediation effect of social capital. *Indian Journal of Science and Technology*, 9(26), 1-6. <https://doi.org/10.17485/ijst/2016/v9i26/97295>
- Lima, L. C., & Mendes, L. C. (2020). Mindfulness and Psychological Well-being: Effects of a Mindfulness-Based Health Promotion Program on Healthy Adults. *Trends in Psychology*, 28, 213-229. <https://doi.org/10.1007/s43076-020-00020-8>
- Malinowski, P., & Lim, H. J. (2015). Mindfulness at work: Positive affect, hope, and optimism mediate the relationship between dispositional mindfulness, work engagement, and well-being. *Mindfulness*, 6(6), 1250-1262. <https://doi.org/10.1007/s12671-015-0388-5>
- McDonald, J. E., Olson, J. R., Lanning, A. H., Goddard, H. W., & Marshall, J. P. (2018). Effects of Religiosity, Forgiveness, and Spousal Empathy on Marital Adjustment. *Marriage & Family Review*, 54(4), 393-416. <https://doi.org/10.1080/01494929.2017.1403992>
- McRae, J., Smith, C., Emmanuel, A., & Beeke, S. (2020). The experiences of individuals with cervical spinal cord injury and their family during post-injury care in non-specialised and specialised units in UK. *BMC Health Services Research*, 20(1), 1-11. <https://doi.org/10.1186/s12913-020-05659-8>
- Niroomandi, R., Akbari, M., Ahmadian, H., & Bakhshipoor Roodsari, A. (2020). The Mediating Role of Resilience in the Relationship between Mindfulness and Subjective Well-Being of Diabetic Patients in Bonab County in 2018: A Descriptive Study. *JRUMS*, 19(8), 773-790. <https://doi.org/10.29252/jrums.19.8.773>
- Saberi Fard, F., & Haji Arbabi, F. (2018). The relationship between family emotional atmosphere and emotional self-regulation and resilience in Mashhad Azad University students. *Journal of Cognitive Psychology and Psychiatry*, 6(1), 49-63. <https://doi.org/10.29252/shenakht.6.1.49>
- Salajegheh, S., Emamipoor, S., & Nematollah Zadeh Mahani, K. (2019). Structural modeling of relationship between mindfulness and psychological well-being based on mediating role of cognitive emotion regulation strategies in women with breast cancer. *Quarterly of Applied psychology*, 13(1), 77-98. https://apsy.sbu.ac.ir/article_97146.html?lang=en
- Seery, M. D., & Quinton, W. J. (2016). Understanding resilience: From negative life events to everyday stressors. *Advances in experimental social psychology*, 54, 181-245. <https://doi.org/10.1016/bs.aesp.2016.02.002>
- Segal, Z. V., Williams, M., & Teasdale, J. (2018). *Mindfulness-based cognitive therapy for depression*. Guilford. https://books.google.com/books?hl=en&lr=&id=1_NcsDZ17icC&oi=fnd&pg=PP1&dq=%5B1%5D%09Segal+ZV,+Williams+M,+Teasdale+J.+Mindfulness-based+cognitive+therapy+for+depression.+New+York:+Guilford%3B+2018.+&ots=UD5hizHOL5&sig=oemD6WDKOsPJJsCkBFsUZnQpVlQ
- Siegel, R. D. (2010). *The Mindfulness Solution (every day practices for every day problems)*. Guilford. https://books.google.com/books?hl=en&lr=&id=ovX0tCU6cEC&oi=fnd&pg=PR3&dq=%5B1%5D%09Siegel+RD.+The+mindfulness+solution+every+day+practices+for+every+day+problems.+New+York:+Guilford%3B+2010.+&ots=tH9_3ehzP4&sig=A4B_cGT9izWe2CrDSGRu42O7BU
- Soleimani, E., & Habibi, Y. (2014). The relationship between emotion regulation and resiliency with psychological well-being in students. *Journal of School Psychology*, 3(4), 158-165. https://jsp.uma.ac.ir/article_268.html?lang=en
- Yi, Y. T., Rongxiang, T., & James, J. (2019). Promoting Psychological Well-Being Through an Evidence-Based Mindfulness Training program. 1-5. <https://doi.org/10.3389/fnhum.2019.00237>
- Yıldırım, M., & Arslan, G. (2020). Exploring the associations between resilience, dispositional hope, preventive behaviours, subjective well-being, and psychological health among adults during early stage of COVID-19. *Current Psychology*. <https://doi.org/10.31234/osf.io/vpu5q>
- Yousefirad, E., & Zoghi, Z. (2021). Improving the Quality of Life and Psychological Well-being of Women on the Verge of Divorce with Regard to Communication and Empathy Skills: The Mediating Role of Mindfulness. *Journal of Policing & Social Studies of Women & Family*, 9(2), Autumn and Winter 2021. https://www.academia.edu/72752200/Improving_the_Quality_of_Life_and_Psychological_Well_being_of_Women_on_th



[e_Verge_of_Divorce_with_Regard_to_Communication_and_Empathy_Skills_The_Mediating_Role_of_Mindfulness_1](#)

Zarnagash, M., & Mehrabiazadeh Honarmand, M. (2016). The effect of Mindfulness-based Stress Reduction Therapy on quality of life and resilience of amputated veteran spouses. *Journal of PMAM*, 7(23), 98-106.
https://jpmm.marvdasht.iau.ir/article_1906.html