Predicting Marital Satisfaction Based on Cognitive Emotion Regulation Strategies with the Mediating Role of Resilience in Married Women

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A B S T R A C T

Objective: The objective of the present study was to predict marital satisfaction in married women based on cognitive emotion regulation strategies with the mediating role of resilience.

Methods: This descriptive-correlational study employed a structural equation modeling approach. The statistical population included all married women experiencing marital conflict who visited clinics and counseling centers in District 5 of Tehran in 2021. From this population, 250 women were selected using a non-random, convenience sampling method. Data were collected using the Sanaei Marital Conflict Questionnaire (1998), the ENRICH Marital Satisfaction Scale (1981), the Garnefski and Kraaij Cognitive Emotion Regulation Questionnaire (2006), and the Connor-Davidson Resilience Scale (2003). The data were analyzed using correlation tests and structural equation modeling.

Findings: The results indicated a positive and significant relationship between cognitive emotion regulation strategies and resilience with marital satisfaction (P < 0.01). The findings supported the mediating role of resilience in the relationship between cognitive emotion regulation strategies and marital satisfaction in married women experiencing marital conflict (P < 0.01). Additionally, the modified model showed a good fit.

Conclusion: The results demonstrated that resilience and cognitive emotion regulation strategies play an important role in marital satisfaction. It is essential to consider these critical variables in counseling programs for women experiencing marital conflict.

Keywords: Resilience, Marital Conflict, Cognitive Emotion Regulation Strategies, Marital Satisfaction.

1. Introduction

The family is the most important unit of society, and marriage is the primary foundation for creating and expanding familial relationships. Marital satisfaction is a critical factor that generally affects the family, but it seems that achieving marital satisfaction is not easily attainable (Navabinejad et al., 2024). Marital satisfaction is a multidimensional construct composed of various aspects and can be measured through the assessment of ongoing interactions between couples, such as mutual interest, caring for each other, acceptance, understanding, and coordination in activities such as leisure time, division of labor, sexual relations, emotional expression, and communication quality (Downward et al., 2022). Indeed, marital satisfaction significantly impacts family functioning, parenting quality, and child development (Afkhami-Poostchi & Alidoosti, 2023). Generally, individuals who marry start their lives with high levels of marital satisfaction. However, besides the gradual decline in satisfaction over time, problems may arise in the first weeks and months of marriage that, if unresolved, can threaten marital satisfaction and stability, leading to marital conflicts (Tasew & Getahun, 2021). Unmet expectations, differences in equality and power, personalities of the spouses and their relatives, finances, sexual relations, kinship ties, friends, children, substance abuse, leisure activities, religious differences, infidelity, loss of mutual love, emotional issues, financial problems, physical abuse, communication issues (dialogue), marrying at a young age, job conflicts, and similar factors can all contribute to marital conflicts (Zamanifar et al., 2022). Conflicts can weaken marital relationships, decrease child adaptability, and increase the likelihood of conflicts between parents and children and relatives. Overall, marital conflict creates issues at individual, institutional, and societal levels (Yoosefi & Azizi, 2018).

One of the important topics in marital quality and relationship stability is marital satisfaction. According to Olson's marital and family systems theory, satisfactory relationships in marital life allow the family to modify its abilities and cohesion in response to arising needs. This created ability and cohesion, facilitated by marital satisfaction, enhances behaviors such as cohesion, flexibility, and communication in marital life, reducing dissatisfaction within the family unit (Calvillo et al., 2020). Higher levels of marital satisfaction positively impact emotional intimacy, communication intimacy, and relationship satisfaction with one's partner (Surijah et al., 2024). Research findings indicate that marital satisfaction leads to lower levels of marital conflict, higher relationship satisfaction, life satisfaction, and better physical and psychological health (Zamanifar et al., 2022). Abboud et al. (2023) demonstrated a significant negative relationship between marital satisfaction and marital conflicts (Abboud et al., 2023).

Another variable related to marital satisfaction is cognitive emotion regulation strategies (Fischer et al., 2022). Cognitive emotion regulation strategies are an inherent aspect of emotional response tendencies and refer to strategies used to reduce, increase, or maintain emotional experiences to cope with stressful situations (Mohebi et al., 2020). These strategies can be defined as processes responsible for monitoring, evaluating, and modifying emotional responses by initiating, inhibiting, or modulating them (Garnefski & Kraaij, 2006; Potoczny et al., 2022). Emotional skills can sustainably affect couples' relationships and marital satisfaction, predicting marital adjustment over time (Hashemi et al., 2022). Fischer et al. (2022) found that problems with cognitive emotion regulation strategies are associated with poorer sexual health outcomes, issues in the sexual response cycle, and overall lower marital satisfaction (Fischer et al., 2022). Dube et al. (2020) demonstrated that women's sexual well-being is positively related to adaptive emotional strategies (e.g., problem-solving, acceptance, reappraisal) and negatively related to maladaptive strategies (e.g., worry, rumination, avoidance, suppression, distraction) (Dubé et al., 2020). Rick et al. (2017) found that effective cognitive emotion regulation strategies, such as cognitive reappraisal, are associated with higher marital satisfaction, while ineffective strategies, such as catastrophizing and rumination, are associated with lower marital satisfaction (Rick et al., 2017). Karagar et al. (2020) showed that difficulties in cognitive emotion regulation strategies can predict women's marital satisfaction (Kargar et al., 2019).

Numerous factors can play a role in marital satisfaction. One such factor is resilience. Resilience, or the ability to recover and return to the original state when facing adverse life conditions, has been examined (Surijah et al., 2024). This construct includes a set of individual characteristics and processes that help individuals adapt successfully in unfavorable life circumstances (Darbani & Parsakia, 2023; Den Hartigh & Hill, 2022). Some experts consider resilience a dynamic process that varies over time and in response to life opportunities, suggesting that resilience is flexible and changeable (Waller, 2001). Individuals with higher levels of

resilience are more likely to experience positive emotions, have higher self-confidence, and better psychological adjustment compared to those with lower resilience (Den Hartigh & Hill, 2022; Oliva et al., 2022). Oliva et al. (2022) found that resilience is associated with sexual health, with higher resilience scores among women with higher sexual function scores. Conversely, sexual function was significantly worse among participants with low resilience (Oliva et al., 2022).

Many researchers define resilience as the ability to overcome and navigate adverse events, recognizing it as a protective factor against future risks (Hass & Graydon, 2009). Given the role of resilience in problem-solving and the multidimensional role of women in society and the family, as well as the importance of marital satisfaction in life, it seems necessary to address the factors that underpin and predict marital satisfaction, which has a profound impact on families and broader societal implications. It is crucial to focus on predictive factors that are relatively stable over time and observable and controllable from the early years of life. Considering the positive outcomes of marital satisfaction for marital life and the strengthening of family foundations, this study's results are practically significant. Family counselors and psychologists can use these findings to improve marital satisfaction among couples. Thus, increasing public awareness of marital conflicts and developing appropriate skills to address problems and stabilize marital life is essential. Therefore, given the lack of comprehensive research on the role of cognitive emotion regulation strategies and resilience in marital satisfaction, the present study aims to predict marital satisfaction based on cognitive emotion regulation strategies with the mediating role of resilience in married women.

2. Methods

2.1. Study design and Participant

This study was descriptive-correlational, utilizing structural equation modeling. The statistical population included all married women experiencing marital conflict who visited clinics and counseling centers in District 5 of Tehran in 2021. The minimum required sample size for structural equation modeling data collection is 200 participants (Kline, 2023). An overestimation was calculated to account for participant dropout, ultimately selecting 250 participants through non-random, convenience sampling. Inclusion criteria included being female, scoring at least 120 on the Marital Conflict Questionnaire, having at least a high school diploma, having at least one year of marital experience, and being between 18 and 60 years old. Exclusion criteria included not completing the questionnaire or withdrawing from the study.

2.2. Measures

2.2.1. Marital Satisfaction

Designed by Enrich in 1969, this scale initially aimed to describe marital dynamics for research purposes but soon became a diagnostic tool for married couples seeking marital counseling and enrichment. The original test comprises 115 items covering personality traits, communication, conflict resolution, financial issues, leisure activities, sexual relations, child-rearing, relationships with primary family and friends, spousal roles, and religious and spiritual orientation. Due to the length of the original scale, multiple shorter forms have been developed. The 115-item form was first introduced by Olson, followed by a 47-item form and a 25-item form. Olson et al. (1998) reported a Cronbach's alpha reliability coefficient of 0.92 for the latest form. In Iran, Soleymanian and Navaei Nejad calculated internal consistency for the long form at 0.93 and for the short form at 0.95. Mahdavian (1997) found test-retest reliability coefficients of 0.937 for men, 0.944 for women, and 0.94 for both over one week. Subscale reliability coefficients for goal setting, marital satisfaction, personality traits, communication, conflict resolution, financial management, leisure activities, sexual relations, child-rearing, family and friends, egalitarian roles, and religious orientation were 0.72, 0.85, 0.76, 0.76, 0.76, 0.81, 0.63, 0.69, 0.87, 0.69, 0.62, and 0.73, respectively. Mirakhti (2003) found a Cronbach's alpha of 0.92 for the 48-item questionnaire. Correlation coefficients between the questionnaire and family satisfaction scales ranged from 0.41 to 0.60, and with life satisfaction scales from 0.32 to 0.41. The subscales effectively distinguish between compatible and incompatible couples, indicating good criterion validity. Wadsby (1998) conducted extensive research on the test's validity and reliability, reporting test-retest reliability between 0.65 and 0.94, internal consistency based on Cronbach's alpha between 0.69 and 0.97, and a discrimination and classification ability of 90.9%. The Enrich scale's validity was compared with family atmosphere and couple compatibility scales, confirming its validity. Alpha coefficients for the ten subscales ranged from 0.69 to 0.97, and test-retest correlation over four weeks

ranged from 0.65 to 0.94 (Zamanifar et al., 2022). In this study, the Cronbach's alpha reliability was 0.86.

2.2.2. Cognitive Emotion Regulation

Designed by Garnefski and Kraaij in 2006, this self-report questionnaire measures cognitive emotion regulation strategies in response to life-threatening and stressful events. It contains 18 items and nine subcomponents: self-blame, rumination, other-blame, catastrophizing, trivialization, acceptance, positive reappraisal, positive refocusing, and refocusing on planning. Responses are scored on a five-point Likert scale (from 1 = never to 5 = always), with total scores ranging from 36 to 180, where higher scores indicate greater use of the cognitive strategy. Convergent and divergent validity was determined by correlating questionnaire components with the Beck Depression Inventory, showing positive correlations between self-blame, catastrophizing, other-blame, and depression (0.20, 0.29, 0.45, and 0.38, respectively) and negative correlations between acceptance, positive refocusing, refocusing on planning, positive reappraisal, and perspective-taking with depression (-0.21, -0.23, -0.19, -0.26, and -0.17, respectively). Garnefski and Kraaij (2006) reported a Cronbach's alpha of 0.93 for the questionnaire. In Iran, criterion validity for components (self-blame, acceptance, rumination, positive refocusing, refocusing on planning, positive reappraisal, perspective-taking, catastrophizing, and other-blame) with the Beck Depression Inventory was 0.38, -0.25, -0.36, -0.27, -0.29, -0.32, -0.25, 0.48, and 0.42, respectively, indicating good criterion validity. In the study by Parham et al. (2023), Cronbach's alpha reliability was 0.78 (Mahvash et al., 2024). In this study, Cronbach's alpha reliability was 0.83.

2.2.3. Resilience

Developed by Connor and Davidson in 2003, this 25-item scale measures five dimensions: perception of personal competence, trust in individual instincts, tolerance of negative emotions, positive acceptance of change, secure relationships, control, and spiritual influences. It is scored on a five-point Likert scale from 0 (not true at all) to 4 (true nearly all the time), with total scores ranging from 0 to 100. Higher scores indicate greater resilience. Connor and Davidson (2003) reported a Cronbach's alpha of 0.89 and a test-retest reliability coefficient of 0.87 over four weeks. Naderi et al. (2009) found a correlation of 0.64 between this scale and the Ahvaz Psychological Hardiness Scale, indicating good validity. Veismoradi et al. (2023) reported a Cronbach's alpha of 0.93 for this questionnaire (Veismoradi et al., 2023). In this study, Cronbach's alpha reliability was 0.88.

2.3. Data Analysis

Data were analyzed using structural equation modeling with SPSS version 26 and AMOS version 18.

3. Findings and Results

One participant (0.2%) was under 20 years old, 71 participants (17.7%) were aged 20 to 30 years, 185 participants (46.1%) were aged 31 to 40 years, 87 participants (21.7%) were aged 41 to 50 years, 52 participants (13%) were aged 51 to 60 years, and 5 participants (1.2%) were over 60 years old. The duration of marriage for 57 participants (14.2%) was 1 to 3 years, for 47 participants (11.7%) it was between 4 to 6 years, for 45 participants (11.2%) it was between 7 to 9 years, for 45 participants (11.2%) it was between 10 to 12 years, and for 22 participants (5.5%) it was about 1 year. 136 participants (33.9%) had no children, 114 participants (28.4%) had 1 child, 133 participants (33.2%) had 2 children, 16 participants (4%) had 3 children, and 2 participants (0.5%) had 5 or more children.

Table 1

Descriptive Statistics of Research Variables

Variable	Mean	SD	Skewness	Kurtosis
Acceptance	6.74	3.79	-0.56	0.74
Positive Refocusing	7.84	2.50	-0.88	-0.76
Refocus on Planning	8.01	2.10	1.19	-0.94
Positive Reappraisal	7.89	2.44	0.93	-0.57
Putting into Perspective	7.44	2.95	-0.93	0.87
Self-Blame	6.35	3.67	-0.76	-0.73
Blaming Others	5.25	3.53	-0.91	0.11
Rumination	6.82	3.56	-1.24	0.92

Catastrophizing	11.78	4.03	1.47	-0.63
Resilience	52.97	7.11	0.31	-1.64
Marital Satisfaction	49.39	12.44	-1.04	0.83

According to Table 1, the skewness and kurtosis indices for all variables fall within the acceptable range (-2, 2), indicating that they can be considered normal or approximately normal. Furthermore, all variables, except for behavioral inhibition, showed a significant negative correlation with marital satisfaction at the 0.01 level. Before conducting path analysis, the normality of the criterion variable (marital satisfaction), independence of errors, and multicollinearity of predictor variables were examined. The Kolmogorov-Smirnov test results (statistic = 0.29, p < .05) indicated the normality of the marital satisfaction variable.

The Durbin-Watson statistic for predictor variables in predicting marital satisfaction was 1.59, indicating the independence of errors. Additionally, the variance inflation factor (VIF) for all variables was below 10, confirming the absence of multicollinearity. Missing data were identified and corrected using SPSS software's missing data analysis section. Outliers were detected using box plots for univariate values and Mahalanobis distance for multivariate values. Path analysis was used to test the proposed model, examining the mediating role of resilience. Parameters for direct relationships are presented in Table 3.

Table 2

Correlations Between Study Variables

Variable	1	2	3	4	5	6	7	8	9	10
1. Acceptance	-									
2. Positive Refocusing	0.44*	-								
3. Refocus on Planning	0.39*	0.31*	-							
4. Positive Reappraisal	0.41*	0.29*	0.30*	-						
5. Putting into Perspective	0.41*	0.44*	0.33*	0.51*	-					
6. Self-Blame	-0.14*	-0.05	-0.08	-0.09	-0.08	-				
7. Blaming Others	-0.25*	-0.07	-0.11	-0.08	-0.10	-0.13	-			
8. Rumination	-0.22*	-0.18*	0.02	0.12	0.09	0.07	0.11	-		
9. Catastrophizing	-0.20*	-0.07	-0.11	-0.09	-0.12	0.05	0.07	0.08	-	
10. Resilience	0.35*	0.43*	0.41*	0.23*	0.28*	-0.34*	-0.26*	-0.34*	-0.29*	-
11. Marital Satisfaction	0.28*	0.25*	0.34*	0.41*	0.25*	-0.23*	-0.38*	-0.34*	-0.26*	0.37*

*p<0.01

As seen in Table 2, the correlation coefficients between the dimensions of positive cognitive emotion regulation strategies (acceptance, positive refocusing, refocus on planning, positive reappraisal, and putting into perspective) and marital satisfaction are positive and significant at the 0.01 level. Conversely, the correlation coefficients between

the dimensions of negative cognitive emotion regulation strategies (self-blame, blaming others, rumination, and catastrophizing) and marital satisfaction are negative and significant at the 0.01 level. The correlation coefficient between resilience and marital satisfaction is positive and significant at the 0.01 level.

Table 3

Direct Path Coefficients and Significance of Estimated Parameters

Predictor Variable	Criterion Variable	Standard Coefficient	Standard Deviation	t-value	S.E.	C.R.	p-value
Negative Cognitive Emotion Regulation	Marital Satisfaction	-0.37	0.07	-5.28	0.123	3.734	0.001
Positive Cognitive Emotion Regulation	Marital Satisfaction	0.35	0.05	7.09	0.120	5.486	0.001
Resilience	Marital Satisfaction	0.65	0.15	4.27	0.121	5.462	0.001

As seen in Table 3, all predictor variables with direct paths to the criterion variable had t-values greater than or less than ±1.96, indicating significant effects (p < .001) on the criterion variable. Non-significant paths were removed

from the model. According to the findings, the path coefficient between negative cognitive emotion regulation strategies and marital satisfaction is negative and significant, while the path coefficients between resilience and positive

cognitive emotion regulation strategies and marital satisfaction are positive and significant (p < .01).

Table 4

Indirect Path Coefficients and Significance of Estimated Parameters

Predictor Variable	Mediator	Criterion Variable	Standard Coefficient	Standard Deviation	t-value	S.E.	p-value
Positive Cognitive Emotion Regulation	Resilience	Marital Satisfaction	0.73	0.03	19.60	0.019	0.001
Negative Cognitive Emotion Regulation	Resilience	Marital Satisfaction	-0.48	0.04	-10.24	0.025	0.001

According to Table 4, all predictor variables with indirect paths to the criterion variable had t-values greater than or less than ±1.96, indicating significant effects (p < .001) on the criterion variable. The findings also showed that both indirect coefficients were significant. In other words, positive and negative cognitive emotion regulation strategies influenced marital satisfaction indirectly through resilience (p < .01).

The fit indices for the modified model indicate excellent fit of the data to the model. The initial model values were X²/d = 265.94, RMSEA = 0.88, CFI = 0.53, NFI = 0.53, IFI = 0.53, GFI = 0.66, and p = 0.001. In contrast, the modified model values improved significantly with X²/d = 4.061, RMSEA = 0.071, CFI = 0.964, NFI = 0.99, IFI = 0.99, GFI = 0.91, and p = 0.672. These values fall within the acceptable ranges, indicating that the modified model provided a better fit, with X²/d less than 5, RMSEA less than 0.08, CFI, NFI, IFI, and GFI greater than 0.90, and p greater than 0.05.

4. Discussion and Conclusion

The aim of this study was to predict marital satisfaction in married women with marital conflict based on cognitive emotion regulation strategies with the mediating role of resilience. The findings indicated that resilience significantly mediated the relationship between cognitive emotion regulation strategies and marital satisfaction in married women with marital conflict. This finding aligns with the prior results (Bahraei et al., 2022; Boroumandrad 2020; Oliva et al., 2022).

Explaining this finding, resilience can be defined as the process, ability, or outcome of successful adaptation despite challenging and threatening conditions. Resilience is considered in the context of both stressful conditions and individuals' innate ability to respond, endure, and grow normally under stressful circumstances. The concept of resilience is a hopeful and pleasant solution, as no human

being is immune to psychological vulnerability throughout life. Severe stressors, which are often unpredictable, threaten mental health, and individuals do not react uniformly to stressful conditions. Research has shown that one reason for these different reactions is the concept of resilience (Oliva et al., 2022).

When couples possess lower resilience in facing marital relationship issues, their marital conflicts persist, leading to sexual dissatisfaction. Individuals with low resilience engage in maladaptive behaviors to cope with negative emotions, attempting to reduce tension and violence. Emotion-focused coping strategies, such as aggression, may provide immediate relief from negative emotions but gradually increase individuals' problems. Although this strategy seems appropriate to those with low resilience (Shakeri et al., 2020), individuals with low resilience find emotions unbearable and cannot manage their distress. They do not accept the presence of emotions and feel ashamed and disturbed by them, underestimating their ability to cope with emotions. Low resilience forces individuals to find immediate ways to relieve emotions (Ursu & Măirean, 2022). Individuals with low resilience exert less effort in stressful situations, often exhibit avoidant behaviors, limit emotional expression, and strive to alleviate negative emotions and gain immediate relief from experienced negative emotions. If they cannot relieve these emotions, their attention is fully captured by the distressing emotion, significantly reducing their performance, which can lead to marital conflicts (Shakeri et al., 2020) and consequently decrease marital satisfaction. High-resilience individuals creatively and flexibly approach issues, plan for their resolution, do not hesitate to seek help when needed, possess comprehensive resources for coping with life's problems and tensions, and are less prone to psychological and emotional disturbances (Oliva et al., 2022; Veismoradi et al., 2023), enhancing their mental health and well-being. Couples with low resilience also have deficiencies in cognitive emotion

regulation strategies, are more likely to perceive any criticism from their partner as hostile due to physical arousal and intense negative emotions, or to criticize their partner aggressively. A resilient individual in cognitive emotion regulation can control and reduce their stress and adjust their relationship with their spouse to strengthen marital relationships (Klein et al., 2016), thereby increasing marital satisfaction and reducing marital conflicts. Thus, it is logical to find a relationship between marital satisfaction and cognitive emotion regulation strategies mediated by resilience.

Additionally, the study results showed that cognitive emotion regulation strategies can significantly predict marital satisfaction. This finding aligns with prior studies (Dubé et al., 2020; Fischer et al., 2022; Kargar et al., 2019; Rick et al., 2017).

Explaining these findings, using different emotion regulation strategies can have various outcomes for relationships. For instance, sharing positive and negative emotional experiences strengthens feelings of closeness and intimacy in relationships in addition to regulating emotions. Conversely, couples who habitually suppress and hide their negative emotions report lower marital satisfaction. Considering the abundant empirical evidence indicating decreased marital satisfaction in individuals with anxiety disorders, mood disorders, and their spouses, access to appropriate emotion regulation strategies can be viewed as a factor for maintaining spouses' emotional health and, consequently, the quality of the relationship. Another component, a clear understanding of emotions, is recognized as a fundamental aspect of emotional intelligence and a prerequisite for constructive emotion regulation. The ability to identify emotions is a skill essential for creating and maintaining intimacy between spouses. Individuals who accurately understand and identify their emotions have greater empathic ability and can express their feelings constructively to their partner (Salgó et al., 2021). Reviewing existing evidence suggests two important pathways to explain the relationship between emotion regulation and marital satisfaction: conflict resolution and intimacy. The ability to set aside and limit interpersonal conflicts to achieve other important couple goals is a self-regulation process requiring cognitive resources related to emotion regulation. This self-regulation process leads to significant outcomes for relationship performance and quality. In conflict situations, emotional arousal resulting from provocations can lead to outbursts of anger and destructive behaviors by both parties, increasing the

likelihood of escalating conflict. A characteristic of incompatible marital relationships is escalating patterns of negative emotional exchanges, where negative emotions expressed by one spouse are reciprocated with similar or more intense negative emotions from the other (Fischer et al., 2022). Positive cognitive emotion regulation strategies reduce negative feelings and increase positive feelings and adaptive behavior, while negative cognitive emotion regulation strategies increase negative feelings and reduce positive feelings in marital life. In other words, deficiencies in cognitive emotion regulation strategies lead to interpersonal conflicts, as individuals fail to express emotions such as anger and hatred, suppress them, respond with less flexibility to diverse environmental conditions, are unable to control their arousal, and experience many negative emotions, resulting in lower mental health (Kargar et al., 2019; Rick et al., 2017). Due to physical arousal and the intensity of negative emotions, spouses who struggle with emotion regulation are more likely to perceive any criticism from the other party as hostile or to criticize aggressively. Conversely, when couples can maintain a balanced level of emotional arousal, the likelihood of constructive communication behaviors, repairing damages, and resolving conflicts increases. Spouses with skills such as identifying emotions in themselves and others, expressing and managing emotions appropriately can communicate their sufferings, needs, and desires in a way that reduces the likelihood of conflict and fosters positive and intimate interactions. An individual skilled in cognitive emotion regulation can increase the likelihood of forming constructive communication behaviors, repairing damages, resolving marital issues constructively, improving marital satisfaction, and thus positively contributing to increased marital satisfaction by reducing and controlling negative emotions and using positive and logical emotions.

5.   Suggestions and Limitations

Overall, resilience and cognitive emotion regulation strategies as influential components can enhance the level of marital satisfaction in women with marital conflicts. Therefore, the findings of this study will be useful for family counselors and psychologists in individual counseling to improve marital satisfaction and reduce marital conflicts. The limitations of this study include the use of non-random sampling, the results being limited to women in Tehran, reliance on self-report instruments, and variations in demographic characteristics such as age, education, and

income. Future studies should use random sampling methods, larger samples, and include participants from other cities to obtain broader results. Additionally, alongside self-report instruments, other tools such as interviews should be used to avoid potential biases. It is also recommended to examine the role of demographic variables as moderating variables in future research.

Authors' Contributions

All authors have contributed significantly to the research process and the development of the manuscript.

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.

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