Modeling the Propensity for Extramarital Relationships Based on Narcissism and Communication Skills with the Mediating Role of Marital Burnout

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Article Info	ABSTRACT
Article type: *Original Research* **Section:** *Family and Couple Therapy* **How to cite this article:** Shahrabadi, M., Khakpour, R., & Rezakhani, S. (2025). Modeling the Propensity for Extramarital Relationships Based on Narcissism and Communication Skills with the Mediating Role of Marital Burnout. *KMAN Conseling and Psychology Nexus, 3*, 1-9. http://doi.org/10.61838/kman.fct.psynexus.3.21	This study aimed to propose a predictive model of the propensity for marital infidelity based on the roles of narcissism and communication skills as predictor variables, and marital burnout as a mediating variable. The significance of this research lies in identifying psychological factors influencing marital infidelity, which is one of the major threats to family stability and the mental health of couples. The research method was descriptive-correlational, utilizing structural equation modeling. The statistical population included married women residing in Shahriar County who had a minimum of five years of shared marital life. Among them, 240 participants were selected through multi-stage cluster sampling. Data were collected using validated psychological questionnaires and analyzed accordingly. The results revealed that narcissism and deficiencies in life skills significantly increased the propensity for marital infidelity. Moreover, marital burnout played a significant mediating role in the relationship between the predictor variables and the tendency toward infidelity. Specifically, narcissism and inadequate communication skills were shown to elevate the risk of infidelity through an increase in marital burnout. These findings can contribute to the development of preventive and therapeutic interventions in the field of family health. *Keywords: Marital Infidelity, Narcissism, Communication Skills, Marital Burnout, Structural Equation Modeling.*

1. Introduction

Marital relationships, inherently complex and emotionally loaded, are susceptible to numerous psychological, interpersonal, and situational influences. Among these, marital infidelity stands as one of the most disruptive phenomena threatening the emotional integrity of couples and the structural stability of families. Conceptually, marital infidelity refers to a violation of mutual exclusivity expectations, ranging from emotional involvement to physical relationships with a third party. As Paulinus (Paulinus, 2022) notes, infidelity constitutes not merely a private ethical dilemma but a profound socio-ethical challenge in contemporary family systems. The increasing prevalence and evolving manifestations of infidelity in both Eastern and Western societies demand multidimensional

investigations that go beyond mere behavioral accounts, delving into psychological, relational, and contextual determinants.

Recent research in the Iranian context has demonstrated the complexity of this issue, revealing that extramarital involvement is not solely the result of sexual dissatisfaction or moral failure, but often emerges from intricate internal and relational dynamics (Choopani et al., 2021). These dynamics include deficiencies in communication skills, unresolved attachment insecurities, and maladaptive personality traits such as narcissism (Farajpour Niri et al., 2021; Farivar, 2020). Narcissism, in particular, has garnered significant scholarly attention due to its pervasive influence on emotional detachment, self-serving behaviors, and impaired empathy—all of which are closely linked with betrayal tendencies in intimate relationships (Feizi et al., 2019; Khodabandehlow & Rahimian Bougar, 2018). Moreover, empirical studies suggest that narcissistic traits may predispose individuals to infidelity by amplifying entitlement and reducing guilt associated with breaking marital vows (Farajpour Niri et al., 2021).

Alongside narcissism, communication deficiencies within a marital context significantly impact relationship quality and conflict resolution, often creating fertile ground for emotional estrangement and alternative relational pursuits (Rajabi et al., 2021). The study of Rajabi et al. highlights that inadequate marital communication contributes to unresolved conflicts and declining marital satisfaction, which in turn may lead one or both partners to seek emotional or sexual validation outside the marital bond. This claim is echoed in the work of Fasihi Permehr (Fasihi Permehr, 2023), who found that poor communication and marital conflict significantly predicted men's propensity for infidelity, particularly when coupled with low sexual inhibition and high interpersonal reactivity.

The critical role of marital burnout—defined as a psychological state characterized by emotional disengagement, monotony, and relational fatigue—has also emerged as a salient mediating variable in recent studies on marital dissatisfaction and betrayal. Pines (Pines, 2004) conceptualized couple burnout as a gradual erosion of emotional intimacy that predisposes partners to disengage and, in some cases, to seek excitement and novelty through infidelity. Similarly, Shakeri et al. (Shakeri et al., 2019) demonstrated that emotional estrangement, often exacerbated by external factors such as excessive social media use, leads to increased emotional divorce and attitudinal shifts toward infidelity. Thus, marital burnout is

not merely a passive emotional state but may function as a crucial psychological mechanism linking individual vulnerabilities (e.g., narcissism) and interpersonal inadequacies (e.g., poor communication) to marital infidelity proneness.

From a developmental psychology standpoint, the etiology of narcissism provides further explanatory depth. As outlined by Khodabandehlow and Rahimian Bougar (Khodabandehlow & Rahimian Bougar, 2018), narcissism often develops through maladaptive early attachment experiences and is reinforced by environmental validation structures that emphasize image over intimacy. The vulnerable and grandiose subtypes of narcissism, as distinguished by Farajpour Niri et al. (Farajpour Niri et al., 2021), offer different mechanisms through which narcissistic individuals may approach marital infidelity—whether driven by insecurity or superiority. These dynamics complicate the relational expectations within marriage, fostering an imbalance that may fuel dissatisfaction and ultimately betrayal.

The cultural dimension of infidelity is also critical to consider. In a phenomenological investigation into the lived experiences of "the third party" in extramarital affairs, Najjar et al. (Najjar et al., 2024) revealed deep emotional ambivalence, social stigma, and internal conflict among individuals involved with married partners. Such findings highlight the need to explore infidelity not just from the dyadic perspective of the couple, but also from the broader network of relationships it affects (Anderson et al., 1994). In the Iranian cultural setting, which places high symbolic and legal value on marital fidelity, the act of infidelity carries severe social consequences, thus elevating the emotional weight of betrayal and its psychological aftermath (Ghiasi et al., 2023; Sarmadi & Ahmadi, 2021).

Furthermore, the increasing complexity of modern life and the proliferation of relational stimuli through digital platforms have contributed to a shifting landscape of relational norms. Choopani et al. (Choopani et al., 2019) conducted a qualitative study in which unfaithful men identified emotional neglect, lack of novelty, and unresolved resentment as key triggers for their extramarital behavior. These accounts reflect a broader trend in which psychological needs—such as the desire for validation, autonomy, and novelty—intersect with relational vulnerabilities to foster infidelity. Schimberg et al. (Schimberg et al., 2016) also note the role of impulsivity and poor emotion regulation as contributors to high-risk sexual

and relational behaviors, further compounding the risk among those with narcissistic traits.

In this regard, emotional regulation and conflict management are inseparable from communication competence, a factor repeatedly emphasized in both Iranian and international literature (Anderson et al., 1994; Rajabi et al., 2021). Poor communication not only inhibits the resolution of relational dissatisfaction but also increases emotional distance, which may serve as a psychological pretext for infidelity. The work of Hashemieh et al. (Hashemieh et al., 2017) supports this assertion, demonstrating that communication patterns and personality traits are among the most consistent predictors of marital satisfaction. Indeed, when constructive communication breaks down, couples are more likely to engage in blame cycles, emotional disengagement, and eventually explore relational alternatives.

Beyond the individual and dyadic levels, some scholars have emphasized the socio-symbolic meaning of marital boundaries. Khavasi (Khavasi, 2013) underscored that maintaining marital boundaries—especially in the face of a third-party presence—requires conscious and culturally aligned boundary-setting strategies. In cases where narcissism undermines respect for mutual boundaries or communication deficiencies allow relational erosion, these protective strategies may fail, thereby exposing the relationship to risk. Mohseni Tabrizi et al. (Mohseni Tabrizi et al., 2012) further add that domestic violence and psychological abuse may also contribute to the collapse of trust and security within marriage, thus pushing the vulnerable spouse toward alternative emotional attachments.

Given this complex matrix of psychological traits, communication patterns, and relational dynamics, it becomes clear that marital infidelity proneness cannot be attributed to a single cause. Rather, it is a multi-causal phenomenon arising from the interplay of narcissistic tendencies, poor communication skills, and mediating emotional states such as burnout and burnout. Despite the depth of research on these individual constructs, an integrative model that systematically connects them within a causal and predictive framework remains underexplored—especially in the context of Iranian women, whose voices are often marginalized in empirical research on intimate relationships.

The current study addresses this gap by proposing and testing a structural model that predicts marital infidelity proneness based on narcissism and communication skills, with marital burnout as a mediating variable.

2. Methods and Materials

2.1. Study Design and Participants

The present study utilized a descriptive-correlational and predictive design, grounded in structural equation modeling (SEM). The target population included married women residing in Shahriar County who, during the year 2024, attended local cultural centers and mosques and had a minimum of five years of marital life. A multi-stage cluster sampling method was applied. Initially, several districts within the county were randomly selected. From these, neighborhoods were identified, and married women were randomly chosen from each neighborhood until the total sample reached 240 participants. Inclusion criteria comprised being currently married, residing in Shahriar, having at least five years of marital cohabitation, and willingness to participate in the study. Exclusion criteria included not being married, not residing in Shahriar County, failing to complete the questionnaires, or having any physical or mental condition that hindered full participation. This method of sampling was chosen to enhance access to a broader and more representative sample while minimizing time and logistical constraints.

2.2. Measures

The Marital Infidelity Proneness Questionnaire developed by Polat (2006) was used to assess individuals' susceptibility to engage in extramarital affairs. This instrument consists of 30 items rated on a five-point Likert scale ranging from "strongly disagree" (1) to "strongly agree" (5). It evaluates various emotional, attitudinal, and behavioral components related to infidelity, such as dissatisfaction, emotional disengagement, and openness to alternative relationships. The questionnaire has demonstrated high internal consistency with Cronbach's alpha coefficients ranging from 0.77 to 0.88 in previous studies. Its psychometric properties have been confirmed in diverse cultural contexts, making it a reliable measure for examining risk factors of infidelity within intimate relationships.

To measure narcissistic traits, the study employed the Narcissistic Personality Inventory (NPI), a widely used self-report instrument based on the conceptualization of narcissism in non-clinical populations. The version used in this research included 16 forced-choice item pairs. In each pair, participants are asked to choose the statement that most accurately reflects their personality. The NPI assesses

dimensions such as entitlement, superiority, self-admiration, and exploitative tendencies. It has shown solid psychometric validity, with reliability coefficients ranging from 0.79 to 0.84 across prior studies. The NPI is especially useful in identifying subclinical narcissistic tendencies that may affect interpersonal functioning and relationship dynamics.

The Communication Skills Questionnaire, developed by Dadsetan and colleagues (2009), was utilized to evaluate the participants' interpersonal communication competencies. The scale comprises 32 items rated on a five-point Likert scale and measures critical communication domains, including clarity of expression, active listening, appropriate emotional expression, empathy, feedback mechanisms, and conflict resolution. High internal consistency has been reported for this scale, with Cronbach's alpha ranging from 0.84 to 0.93. The instrument has been validated for use in Iranian populations and provides a comprehensive assessment of functional communication behaviors relevant to marital satisfaction and conflict resolution.

To assess levels of emotional disengagement and relational fatigue, the study utilized the Marital Burnout Scale developed by Ayala Pines (2004). This tool includes 20 items scored on a five-point Likert scale and is designed to measure dimensions of emotional exhaustion, monotony, and a lack of novelty in the marital relationship. Higher scores indicate greater levels of marital burnout, which is considered a psychological precursor to distancing behaviors and reduced marital satisfaction. Previous studies have shown strong internal consistency for the scale, with Cronbach's alpha coefficients between 0.85 and 0.86. The scale has been applied in various cultural settings and is considered appropriate for diagnosing early signs of emotional detachment within long-term relationships.

2.3. Data Analysis

Data analysis was conducted using both descriptive and inferential statistical techniques. Descriptive statistics, including frequency distributions, means, and standard deviations, were calculated to summarize demographic data and key research variables. The assumption of normality was assessed using the Kolmogorov–Smirnov test. In the inferential phase, Pearson correlation coefficients were used to explore the bivariate relationships among narcissism, communication skills, marital burnout, and infidelity proneness. Multiple regression analysis was employed to evaluate the predictive capacity of narcissism and communication skills on infidelity tendency. Structural equation modeling was then conducted to test the hypothesized mediating role of marital burnout using LISREL version 8.8, while preliminary statistical analyses were performed using SPSS version 29. All statistical tests were evaluated at a significance level of $p < .01$.

3. Findings and Results

The statistical sample under investigation consisted of 240 married women residing in Shahriar County who, in 2024, participated in programs such as children's vision screening, family strengthening, and family education organized by the Welfare Organization at cultural centers and mosques across the county. Given the nature of these programs, all participants were married women with a minimum of five years of shared marital life. The mean (standard deviation) age was 6.19 years, with participants ranging from 25 to 50 years of age. Among the respondents, 17.9% were aged 25–30 years, 24.2% were in the 31–35 age range, 31.3% were aged 36–40, 16.3% were in the 41–45 range, and 10.4% were between 46 and 50 years old.

This section presents descriptive analyses of the study variables. These descriptive reports are organized into tables to help better understand the structure of the dataset.

Table 1

Descriptive Statistics for Marital Infidelity Proneness, Narcissism, Communication Skills, and Marital Burnout

Variable	Mean	Standard Deviation	Skewness	Kurtosis
Marital Infidelity Proneness	41.99	6.90	0.929	0.229
Narcissism	8.42	2.24	-1.420	1.104
Communication Skills	59.76	7.00	0.700	1.360
Marital Burnout	68.97	15.15	-0.350	1.141

For marital infidelity proneness, the mean score reported by participants was 41.99, with a standard deviation of 6.90

and a variance of 47.61 (squared standard deviation). This indicates that participants, on average, scored close to 41.99,

with relatively high dispersion around the mean. Regarding narcissism, the mean score was 8.42, with a standard deviation of 2.24 and a variance of 5.01. This demonstrates that the average narcissism score was moderate, and the data dispersion was low. For communication skills, the mean was 59.76, standard deviation 7.00, and variance 49. This suggests a relatively high mean and considerable data dispersion around the mean. As for marital burnout, the mean score was 68.97, with a standard deviation of 15.15 and a variance of 229.52. These values suggest a wide range of scores and high variability among participants. Additionally, the skewness values for all research variables fall within the acceptable range of -2 to +2, indicating that the distributions are approximately symmetric. The kurtosis values also lie within the same range, confirming that the distributions exhibit normal levels of peakedness.

**Table 2**

Correlation Matrix Between Research Variables

Variables	Marital Infidelity Proneness	Narcissism	Communication Skills	Marital Burnout
Marital Infidelity Proneness	1.00	0.42*	-0.28*	0.52*
Narcissism	0.42*	1.00	0.52*	0.16
Communication Skills	-0.28*	0.52*	1.00	0.21
Marital Burnout	0.52*	0.16	0.21	1.00

All correlation coefficients were statistically significant at the p < .01 level. Marital infidelity proneness showed a significant positive correlation with narcissism (r = 0.42) and marital burnout (r = 0.52), suggesting that higher levels of narcissism and burnout are associated with a greater tendency toward infidelity. Communication skills demonstrated a significant negative correlation with marital infidelity proneness (r = -0.28), indicating that weaker communication abilities are related to a higher inclination toward infidelity. Marital burnout also showed positive correlations with the other variables, further supporting its mediating role within the proposed model. To examine the conceptual model and test the proposed hypotheses, path analysis within the structural equation modeling (SEM) framework was applied.

Figure 1

Model with Beta Values
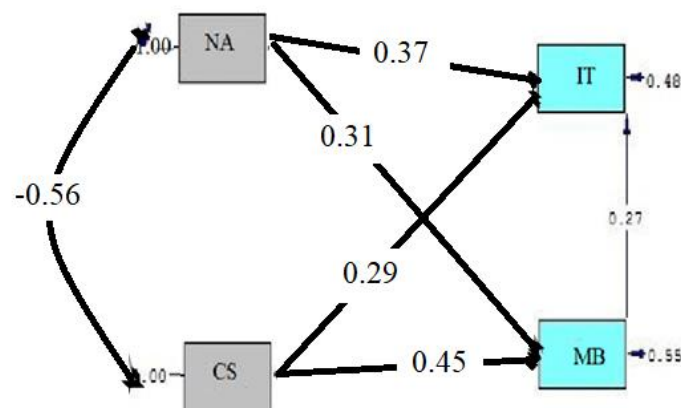
Chi-Square=401.10, df=147, P-value= 0.00000, RMSEA=0.046

In the standardized estimation, the coefficients are scaled to a common unit, allowing for direct comparison. When these values pertain to latent and observed variables, they are equivalent to correlation coefficients or factor loadings in confirmatory factor analysis. If the coefficients are calculated between two latent variables, they represent

standardized path coefficients or standardized beta weights in regression analysis.

This estimation assesses the statistical significance of the relationships among variables. Values are considered statistically significant if they fall outside the range of -1.96 to +1.96. If a t-value lies within this interval, the relationship is deemed non-significant.

Figure 2

Model with T-Values

Chi-Square=401.10 df=147 P-value= 0.00000 RMSEA=0.046
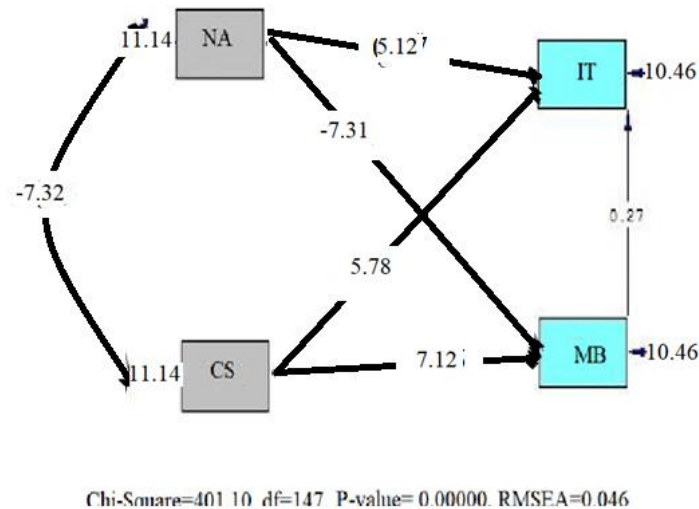
After estimating the model parameters, it is essential to assess the overall model fit to determine how well the theoretical model aligns with the empirical data. This involves using various fit indices to examine the degree of congruence between the hypothesized relationships and observed measurements. The following table summarizes the primary fit and significance indices for the model.

Table 3

Model Fit and Significance Indices

Index Name	Value	Acceptable Range	Interpretation
χ^2/df	2.37	< 3	Acceptable
RMSEA	0.046	Good: < 0.08	Good
CFI	0.90	> 0.90	Acceptable
NFI	0.94	> 0.90	Acceptable
GFI	0.87	> 0.80	Acceptable

Based on these results, the model demonstrates acceptable and satisfactory fit according to the main significance and fit indices.

The overall findings of the study indicate that the Sobel test statistic for assessing the mediating role of marital burnout in the relationship between narcissism and marital infidelity proneness was statistically significant. The calculated value of 2.41 lies outside the range of -1.96 to +1.96, confirming the mediating role of marital burnout.

According to the calculated VAF (Variance Accounted For) index, 23% of the effect of narcissism on marital infidelity proneness is explained through the mediating role of marital burnout.

Similarly, the VAF value indicates that 28.1% of the effect of communication skills on marital infidelity proneness is explained through marital burnout as a mediating variable.

4. Discussion and Conclusion

The present study aimed to develop a structural model predicting marital infidelity proneness based on narcissism and communication skills, with marital burnout as a

mediating variable. The findings of this research support the hypothesized model and align with existing literature, suggesting that narcissistic traits and deficient communication skills are significant predictors of marital infidelity tendencies among married women. Furthermore, marital burnout emerged as a significant mediator that partially explained the pathways through which these psychological and interpersonal factors influence infidelity proneness.

The results revealed a significant positive relationship between narcissism and marital infidelity proneness. This finding aligns with prior studies indicating that narcissistic individuals are more likely to engage in behaviors that violate relational boundaries due to their heightened sense of entitlement, lack of empathy, and self-enhancing motivations (Farajpour Niri et al., 2021; Feizi et al., 2019). The vulnerable and grandiose dimensions of narcissism both contribute to relational instability, albeit through different mechanisms. Vulnerable narcissists, driven by insecurity and fear of rejection, may seek external validation, while grandiose narcissists, confident in their superiority, may pursue extramarital relationships as a form of conquest (Farajpour Niri et al., 2021; Khodabandehlow & Rahimian Bougar, 2018). In either case, the narcissistic personality structure undermines relational commitment and facilitates emotional or physical infidelity.

Additionally, the study found a negative correlation between communication skills and infidelity proneness, indicating that women with lower levels of interpersonal communication competence are more susceptible to seeking intimacy or attention outside the marital relationship. This result corroborates earlier research emphasizing the role of communication deficits in marital dissatisfaction and conflict escalation (Fasihi Permehr, 2023; Rajabi et al., 2021). Marital communication serves as the primary tool for expressing needs, resolving conflicts, and negotiating relational boundaries. When these channels break down, emotional distance increases, making the relationship more vulnerable to external threats. As noted by Hashemieh et al. (Hashemieh et al., 2017), effective communication is central to the maintenance of marital satisfaction, and its absence often precedes emotional disengagement and betrayal.

Crucially, the findings support the mediating role of marital burnout in the relationship between both predictor variables and marital infidelity proneness. Marital burnout, characterized by emotional fatigue, monotony, and lack of novelty, was shown to intensify the effects of narcissism and poor communication on infidelity tendencies. This

mediating role echoes the conceptualization of "couple burnout" presented by Pines (Pines, 2004), who described how emotional disconnection and lack of engagement gradually erode marital intimacy. Similarly, Shakeri et al. (Shakeri et al., 2019) found that relational burnout played a significant role in shaping attitudes toward emotional divorce and infidelity, especially when exacerbated by external influences such as social media. In the current study, burnout served as the emotional pathway through which narcissistic entitlement and communicative disconnection manifested into betrayal intentions.

Moreover, the structural model fit indices—including RMSEA, CFI, and GFI—fell within acceptable ranges, indicating that the proposed model provides a statistically sound representation of the observed relationships. The significance of the Sobel test confirmed that marital burnout is not merely a parallel outcome but a key intermediary mechanism. The variance accounted for (VAF) values further reinforced this finding, with 23% of the effect of narcissism and 28.1% of the effect of communication skills on infidelity proneness being mediated by burnout. These findings are consistent with those of Farivar (Farivar, 2020), who demonstrated that personality traits such as narcissism, when coupled with low emotional self-regulation, contributed to infidelity through intermediate psychological constructs like disinhibition and relational disengagement.

The multidimensional nature of infidelity was also highlighted in qualitative studies referenced in this research. For instance, Choopani et al. (Choopani et al., 2019) reported that unfaithful men frequently cited emotional neglect, unfulfilled psychological needs, and interpersonal dissatisfaction as precursors to infidelity. These subjective accounts align well with the empirical findings of the current study, suggesting that when narcissistic individuals or those with poor communication abilities experience a lack of emotional stimulation within marriage, they may turn to extramarital relationships as a maladaptive coping strategy. Najjar et al. (Najjar et al., 2024) extended this perspective by exploring the lived experiences of the third party, showing that such relationships are often marked by emotional confusion and social stigma—further supporting the socio-ethical complexity of infidelity (Paulinus, 2022).

In terms of cultural implications, the findings underscore the salience of marital boundaries and societal norms in shaping attitudes and behaviors related to fidelity. As Khavasi (Khavasi, 2013) emphasized, successful marriages often involve active maintenance of relational boundaries, particularly in the face of external temptation. When

narcissism diminishes respect for those boundaries and communication erosion prevents effective conflict resolution, the likelihood of relational breakdown increases. These findings hold particular relevance in the Iranian cultural context, where fidelity is not only a personal value but also a societal and religious expectation (Mohseni Tabrizi et al., 2012; Sarmadi & Ahmadi, 2021).

Moreover, emotion regulation and impulsivity, as identified by Schimberg et al. (Schimberg et al., 2016), are vital moderators in the infidelity process, especially among individuals with narcissistic traits. The inability to manage impulses and modulate emotional responses can amplify the influence of internal dissatisfaction and external temptations. This interplay may explain why some individuals, even when aware of the potential consequences, proceed with acts of betrayal. The current findings support this view by positioning marital burnout as an emotionally dysregulated state that bridges personality pathology and behavioral outcomes.

Finally, the present study reinforces the notion that infidelity is best understood as a process rather than an event—a process shaped by enduring personality traits, communicative dynamics, and emotional states. By incorporating both individual and relational variables into a single model, this research moves beyond reductionist explanations and contributes to a more holistic understanding of betrayal in long-term relationships. In doing so, it complements the broader network-based view of intimate dynamics as articulated by Anderson et al. (Anderson et al., 1994), who argued for the interdependence of dyadic relationships within broader social and emotional systems.

Despite its significant contributions, this study is not without limitations. First, the cross-sectional design restricts the ability to make causal inferences about the relationships between variables. Longitudinal studies would be necessary to establish temporal precedence and examine how changes in narcissism, communication patterns, and burnout evolve over time to predict infidelity behaviors. Second, the sample was limited to married women in Shahriar County, which may constrain the generalizability of the findings to other regions, genders, or cultural contexts. Third, the reliance on self-report questionnaires introduces potential biases, such as social desirability and recall distortion. Although anonymity was ensured, participants may have underreported sensitive behaviors or exaggerated socially acceptable traits. Additionally, the study did not control for other variables known to influence infidelity, such as sexual satisfaction, attachment styles, or exposure to external relational opportunities.

Future studies should consider adopting a longitudinal or mixed-methods design to explore the temporal dynamics and lived experiences of marital burnout and infidelity. Including male participants and couples' dyadic data could provide a more comprehensive view of the relational processes involved. It would also be beneficial to incorporate physiological or behavioral measures, such as observational assessments of communication or hormonal markers of stress, to triangulate self-report data. Moreover, future research should investigate potential moderators such as cultural values, religiosity, and economic stressors to understand under what conditions the effects of narcissism and communication breakdowns are amplified or buffered. Finally, extending the model to include digital communication variables (e.g., social media use, online infidelity) may offer insights into how technology is reshaping the dynamics of relational commitment and betrayal.

The findings of this study offer valuable implications for marital counselors, therapists, and relationship educators. Interventions aimed at enhancing communication skills should be prioritized as foundational components of marital therapy. Additionally, assessments of narcissistic traits should be integrated into couples counseling, particularly when relational dissatisfaction is evident. Marital burnout should not be dismissed as trivial; rather, it should be actively addressed through psychoeducation, engagement strategies, and emotional intimacy exercises. Preventive programs that foster empathy, emotion regulation, and mutual respect may serve as effective buffers against the emergence of betrayal. Ultimately, a systemic and proactive approach—one that considers both individual vulnerabilities and relational processes—holds promise for reducing the prevalence and impact of marital infidelity.

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.

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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