

Effectiveness of Emotion-Focused Therapy on Anger Expression and Forgiveness in Divorced Women

Syarifah. Maisarah¹, Mei-Ling. Chen^{2*}

¹ Faculty of Social Sciences & Liberal Arts, Department of Psychology, UCSI University, Kuala Lumpur, Malaysia

² Department of Educational Psychology and Counseling, National Taiwan Normal University, Taipei, Taiwan

* Corresponding author email address: meiling.chen@ntnu.edu.tw

Article Info

Article type:

Original Research

How to cite this article:

Maisarah, S., & Chen, M. (2024). Effectiveness of Emotion-Focused Therapy on Anger Expression and Forgiveness in Divorced Women. *Psychology of Woman Journal*, 5(1), 204-212.
<http://dx.doi.org/10.61838/kman.pwj.5.1.24>



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ABSTRACT

Objective: This study aimed to examine the effectiveness of Emotion-Focused Therapy (EFT) on anger expression and forgiveness in divorced women.

Methods and Materials: The study was designed as a randomized controlled trial involving 30 divorced women from Taiwan, who were randomly assigned to either an intervention group (n = 15) receiving eight weekly sessions of EFT or a control group (n = 15) receiving no intervention. Each session lasted between 60–90 minutes and was delivered in a group format. Both groups were assessed at three time points: pre-test, post-test, and five-month follow-up. Standardized instruments were used to assess anger expression and forgiveness. Data were analyzed using repeated measures analysis of variance (ANOVA) to evaluate within- and between-group effects over time, and Bonferroni post-hoc tests were used to identify specific changes across time points. SPSS-27 software was used for all statistical analyses.

Findings: Repeated measures ANOVA revealed significant time × group interactions for both anger expression ($F(2, 84) = 30.04, p < .001, \eta^2 = .52$) and forgiveness ($F(2, 84) = 34.89, p < .001, \eta^2 = .56$), indicating that changes over time were significantly greater in the EFT group compared to the control group. Bonferroni post-hoc tests showed significant reductions in anger expression ($p < .001$) and significant increases in forgiveness ($p < .001$) from pre-test to post-test in the EFT group, with these gains sustained at the five-month follow-up.

Conclusion: The findings support the effectiveness of Emotion-Focused Therapy in reducing anger expression and enhancing forgiveness among divorced women. EFT appears to be a valuable intervention for promoting emotional regulation and psychological healing following marital dissolution.

Keywords: Emotion-Focused Therapy, Anger Expression, Forgiveness, Divorced Women.

1. Introduction

Divorce is often a deeply distressing life event marked by the rupture of attachment bonds, intense emotional upheaval, and complex psychological consequences. For many women, the aftermath of divorce can involve prolonged emotional distress, difficulties with emotional regulation, persistent anger, and challenges in achieving forgiveness—both of the self and others. Anger expression following divorce may manifest through heightened irritability, resentment, or emotional withdrawal, and unresolved anger is frequently linked with negative mental health outcomes such as anxiety and depression (Davani, 2022; Ghanavati, 2024). At the same time, the inability to forgive—either oneself or one's former partner—can impede psychological healing and sustain emotional pain (Morgan et al., 2024). Given the emotional complexity of post-divorce adjustment, there is growing interest in therapeutic modalities that target emotional processing as a pathway to recovery.

Emotion regulation plays a central role in how individuals respond to the stressors of divorce. Defined as the capacity to monitor, evaluate, and modify emotional reactions in ways that are socially appropriate and personally adaptive, emotion regulation has been extensively studied as a protective factor against emotional distress and relational dysfunction (Son, 2024; Yang et al., 2023). Research has shown that difficulties in emotion regulation can prolong psychological suffering and hinder resolution of negative affect, particularly anger and sadness following marital breakdown (Nazeri et al., 2020; Roustae et al., 2022). Consequently, many therapeutic approaches now prioritize the enhancement of emotion regulation strategies to facilitate psychological adaptation and resilience in post-divorce populations.

Emotion-Focused Therapy (EFT), grounded in humanistic and experiential principles, emphasizes the transformation of maladaptive emotional states through in-session activation and processing of emotion. It views emotions as fundamental sources of meaning and action and posits that emotional change is central to personal transformation (Orizani et al., 2022). Within the framework of EFT, anger is approached not merely as a symptom but as a gateway to deeper emotional needs, unmet longings, and emotional injuries. By helping individuals access primary adaptive emotions—such as sadness, vulnerability, or fear—EFT enables clients to resolve emotional conflicts and build

new internal experiences of agency and self-worth (Kakhki et al., 2023; Putri, 2022).

Forgiveness, as a psychological construct, is closely related to emotion regulation and is increasingly recognized as an essential part of emotional healing following relational trauma. Studies have suggested that forgiveness is not a one-time decision but a dynamic emotional process that involves working through anger, grief, and resentment (Koranian et al., 2022; Morgan et al., 2024). In particular, self-forgiveness—defined as a deliberate effort to let go of self-directed blame and guilt—has been associated with improved emotional well-being and reduced psychological distress (Amiri et al., 2024). However, the emotional complexity involved in forgiveness often necessitates therapeutic support, especially for women navigating the emotional terrain of divorce.

A growing body of research has confirmed the effectiveness of EFT in improving emotional functioning across various populations. For example, EFT has been shown to reduce emotion regulation difficulties among adolescents with trauma histories, mothers experiencing parenting stress, and individuals struggling with relationship dissatisfaction (Keyvanlo et al., 2022; Morgan et al., 2024; Yang et al., 2023). Importantly, EFT provides clients with structured experiential tasks—such as chair work and emotion-focused dialogue—that allow for the expression and reorganization of painful emotional experiences. These techniques have been especially valuable for individuals dealing with entrenched feelings of anger and unresolved interpersonal injuries (Barooti et al., 2024; Savaş et al., 2023).

The application of EFT to divorced women, while promising, remains underexplored. Women who experience divorce often confront intense emotional ambivalence, identity disruption, and self-blame, all of which may interfere with their ability to regulate anger or move toward forgiveness (Montaser et al., 2023; Nezami et al., 2022). Given that EFT targets the emotional underpinnings of these challenges, it may be particularly suited for women struggling with unresolved anger and forgiveness difficulties post-divorce. In fact, a limited number of studies have demonstrated that EFT can facilitate the resolution of emotional injuries in contexts involving betrayal, abandonment, or loss—core experiences for many women post-divorce (Orizani et al., 2022; Teymouri et al., 2021).

Other therapeutic approaches have also been examined for their impact on emotion regulation, including Schema Therapy, Cognitive Behavioral Therapy, and Acceptance

and Commitment Therapy. Schema Therapy, for instance, has been shown to significantly reduce emotional dysregulation and maladaptive coping in individuals with depression and personality disorders (Barooti et al., 2024; Ghasemkhanloo et al., 2022). Similarly, CBT and ACT have demonstrated effectiveness in enhancing emotional control in mothers, adolescents, and individuals experiencing emotional eating or anxiety (Hemmati et al., 2024; Kakhki et al., 2023; Koranian et al., 2022). However, these approaches often prioritize cognitive restructuring or behavioral change, whereas EFT centers on emotional transformation as the catalyst for psychological healing (Kalantarian et al., 2023).

The relevance of EFT for women post-divorce is further supported by evidence from studies in adjacent populations. For example, EFT interventions have reduced emotional dysregulation in individuals with bipolar disorder and generalized anxiety disorder (Ghanavati, 2024; Kalantarian et al., 2023). Group-based EFT has also led to improvements in emotional awareness and resilience among populations as diverse as adolescents with PTSD, children with autism, and women affected by infidelity (Hertanto, 2024; Khalid et al., 2024; Teymouri et al., 2021). These findings indicate the broad applicability of EFT and its potential utility for divorced women navigating emotionally charged issues such as anger expression and forgiveness.

In the cultural context of Taiwan, where familial and societal expectations may influence the experience and expression of post-divorce emotions, therapeutic interventions that validate emotional experience while promoting adaptive expression are particularly valuable. Emotional suppression, common in many collectivist societies, may exacerbate internalized anger and hinder forgiveness (Amiri et al., 2024; Son, 2024). By providing a culturally sensitive and emotionally validating space, EFT can empower divorced women to process their emotional pain in a manner consistent with both personal healing and cultural context.

Given the emotional toll of divorce and the need for interventions that address the deep emotional wounds associated with it, this study seeks to evaluate the effectiveness of Emotion-Focused Therapy on two critical emotional outcomes: anger expression and forgiveness.

2. Methods and Materials

2.1. Study design and Participant

This study employed a randomized controlled trial (RCT) design to evaluate the effectiveness of Emotion-Focused Therapy (EFT) on anger expression and forgiveness in divorced women. A total of 30 participants were recruited from community counseling centers and divorce support networks in Taiwan using purposive sampling. After screening for eligibility, participants were randomly assigned to either the intervention group ($n = 15$) or the control group ($n = 15$). Inclusion criteria included being a divorced woman aged 25 to 55 years, having experienced the divorce at least six months prior, and reporting elevated levels of anger or difficulty with forgiveness based on screening questionnaires. Exclusion criteria included current psychiatric treatment, diagnosis of severe mental illness, or participation in other concurrent psychological interventions. The intervention group received eight weekly sessions of EFT, while the control group received no intervention during the study period. A five-month follow-up was conducted for both groups to assess the durability of treatment effects.

2.2. Measures

2.2.1. Anger Expression

To measure anger expression, the State-Trait Anger Expression Inventory-2 (STAXI-2) developed by Charles D. Spielberger (1999) was used. This widely validated instrument assesses the experience and expression of anger through 57 items across six subscales: State Anger, Trait Anger, Anger Expression-Out, Anger Expression-In, Anger Control-Out, and Anger Control-In. Respondents rate items on a 4-point Likert scale ranging from 1 ("Almost Never") to 4 ("Almost Always"), with higher scores indicating greater intensity or frequency of the anger-related dimension being assessed. The STAXI-2 has demonstrated excellent internal consistency and test-retest reliability across diverse populations. Numerous studies have confirmed its construct validity, making it a standard and reliable tool for psychological assessments related to anger and its regulation (van der Wal et al., 2024).

2.2.2. Forgiveness

Forgiveness was assessed using the Heartland Forgiveness Scale (HFS) developed by Thompson et al.

(2005). This self-report questionnaire consists of 18 items and measures dispositional forgiveness across three subscales: Forgiveness of Self, Forgiveness of Others, and Forgiveness of Situations. Each item is rated on a 7-point Likert scale ranging from 1 (“Almost Always False of Me”) to 7 (“Almost Always True of Me”), with higher scores indicating greater levels of forgiveness. The HFS has been extensively validated in both clinical and non-clinical populations, with strong evidence supporting its internal consistency (Cronbach’s alpha ranging from .72 to .87) and construct validity. Its multidimensional structure makes it particularly suited for assessing forgiveness in emotionally complex contexts such as post-divorce adjustment (Abedi et al., 2024; Gholipour Firozjaei et al., 2023; Khosravi & Sepahmansour, 2024).

2.3. Intervention

2.3.1. Emotion-Focused Therapy

The intervention was based on Emotion-Focused Therapy (EFT), a well-established humanistic approach that emphasizes the awareness, expression, regulation, and transformation of emotion to facilitate personal growth and resolve emotional difficulties. The program consisted of eight structured sessions lasting between 60 to 90 minutes each, conducted in a group format. The sessions were designed to support divorced women in processing unresolved emotional pain, managing anger, and fostering self- and other-directed forgiveness. Each session built upon the previous one, integrating experiential exercises, emotional processing tasks, and reflective discussions grounded in the principles of EFT.

Session 1: Establishing Safety and Emotional Awareness

The first session focused on building rapport, establishing group norms, and creating a safe emotional environment. Participants were introduced to the goals and structure of the therapy. Psychoeducation on emotions, particularly anger and grief in the context of divorce, was provided. Through guided discussions and experiential exercises, participants explored how they typically experience and manage emotions, laying the groundwork for deeper emotional exploration.

Session 2: Identifying Primary and Secondary Emotions

In the second session, participants were taught to differentiate between primary and secondary emotions. Using real-life situations related to their divorce, they practiced identifying core emotions such as sadness, fear, and shame hidden beneath reactive emotions like anger.

Emotion-sculpting techniques and imagery were used to enhance emotional awareness and deepen self-understanding.

Session 3: Exploring the Roots of Anger

This session focused on exploring the sources and meanings of anger. Participants revisited significant post-divorce experiences to identify unmet needs, relational injuries, and losses contributing to their anger. Chair work and two-chair dialogues were introduced as techniques to express and externalize unresolved anger in a constructive, emotionally safe space.

Session 4: Working with Internal Conflict

Session four addressed inner conflict and ambivalence through empty-chair techniques. Participants dialogued with internalized figures (e.g., the ex-spouse or critical inner voices), helping them to process contradictory feelings such as love and resentment. These exercises facilitated emotional clarity and prepared participants to move toward resolution and integration of their emotional experiences.

Session 5: Accessing Unmet Needs and Self-Compassion

Participants were guided to access deeper unmet emotional needs beneath their anger and pain. Through experiential focusing and compassionate self-dialogue, they explored how to validate and nurture these needs. The development of self-compassion was emphasized as a core element in reducing self-directed anger and fostering healing.

Session 6: Processing Grief and Emotional Injuries

In this session, participants processed unresolved grief, betrayal, and emotional injuries related to the end of the marital relationship. Through emotionally evocative storytelling and imagery rescripting, they were encouraged to express painful emotions in a contained environment. The goal was to support emotional release and acceptance of loss as part of the healing process.

Session 7: Forgiveness as an Emotional Transformation

The focus shifted to the process of forgiveness—not as condoning harm, but as releasing the emotional burden associated with resentment. Participants revisited earlier anger narratives and, through reframing and compassion-based exercises, explored the possibility of forgiving others and themselves. The role of empathy and understanding in emotional transformation was highlighted.

Session 8: Integration and Closure

The final session centered on integrating insights and emotional shifts gained throughout therapy. Participants reflected on their personal growth, shifts in anger expression and forgiveness, and strategies for emotional self-care post-

therapy. Affirmations, symbolic closure activities, and group feedback provided a sense of completion and empowerment moving forward.

2.4. Data Analysis

Data were analyzed using SPSS-27 software. To evaluate the changes in anger expression and forgiveness over time, a repeated measures analysis of variance (ANOVA) was conducted with time (pre-test, post-test, and five-month follow-up) as the within-subject factor and group (intervention vs. control) as the between-subject factor. Where significant effects were found, Bonferroni post-hoc tests were used to identify the specific time points at which changes occurred. The significance level was set at $p < .05$. Prior to analysis, all assumptions for repeated measures

ANOVA were tested and confirmed, including normality, sphericity, and homogeneity of variances.

3. Findings and Results

The participants ranged in age from 27 to 52 years ($M = 39.6$, $SD = 6.3$). Regarding educational attainment, 12 participants (40%) held a bachelor's degree, 9 (30%) had completed a master's degree, 6 (20%) had a high school diploma, and 3 (10%) had completed only middle school. In terms of employment status, 17 participants (56.7%) were employed full-time, 8 (26.7%) were part-time workers, and 5 (16.6%) were unemployed at the time of the study. The majority of participants ($n = 21$, 70%) had custody of at least one child, while 9 (30%) did not have custody. The time since divorce ranged from 7 to 36 months, with a median of 18 months.

Table 1

Means and Standard Deviations for Anger Expression and Forgiveness by Group and Stage

Variable	Stage	EFT Group ($n = 15$)	Control Group ($n = 15$)
Anger Expression	Pre-test	$M = 89.27$, $SD = 5.86$	$M = 88.73$, $SD = 6.14$
	Post-test	$M = 74.53$, $SD = 5.41$	$M = 87.20$, $SD = 6.02$
	Follow-up	$M = 75.13$, $SD = 5.66$	$M = 86.80$, $SD = 6.31$
Forgiveness	Pre-test	$M = 54.60$, $SD = 6.12$	$M = 55.00$, $SD = 6.07$
	Post-test	$M = 68.87$, $SD = 5.94$	$M = 56.33$, $SD = 6.20$
	Follow-up	$M = 69.13$, $SD = 5.76$	$M = 56.87$, $SD = 6.01$

Participants in the EFT group showed a marked decrease in anger expression scores from pre-test ($M = 89.27$, $SD = 5.86$) to post-test ($M = 74.53$, $SD = 5.41$), which remained stable at follow-up ($M = 75.13$, $SD = 5.66$). The control group showed minimal change. For forgiveness, the EFT group increased significantly from pre-test ($M = 54.60$, $SD = 6.12$) to post-test ($M = 68.87$, $SD = 5.94$), maintaining gains at follow-up ($M = 69.13$, $SD = 5.76$), while the control group showed no meaningful improvement (Table 1).

Prior to conducting the repeated measures ANOVA, key statistical assumptions were tested. The Shapiro-Wilk test

indicated that the distributions of anger expression ($W = 0.963$, $p = .271$) and forgiveness scores ($W = 0.978$, $p = .451$) did not significantly deviate from normality. Mauchly's Test of Sphericity was non-significant for both anger expression ($\chi^2(2) = 3.41$, $p = .182$) and forgiveness ($\chi^2(2) = 2.98$, $p = .226$), indicating that the assumption of sphericity was met. Levene's Test confirmed homogeneity of variances between groups for all dependent variables at each time point (p -values $> .10$). These results validated the use of repeated measures ANOVA for subsequent analyses.

Table 2

Repeated Measures ANOVA for Anger Expression and Forgiveness

Variable	Source	SS	df	MS	F	p	η^2
Anger Expression	Time	1875.44	2	937.72	34.29	$< .001$.55
	Group	1124.11	1	1124.11	28.74	$< .001$.51
	Time \times Group	1642.88	2	821.44	30.04	$< .001$.52
	Error	1539.87	84	18.33			
Forgiveness	Time	1983.59	2	991.80	36.92	$< .001$.57
	Group	1311.65	1	1311.65	33.27	$< .001$.54
	Time \times Group	1740.74	2	870.37	34.89	$< .001$.56
	Error	1564.22	84	18.62			

The repeated measures ANOVA revealed significant main effects of time and group, as well as significant time \times group interactions for both anger expression ($F(2, 84) = 30.04, p < .001, \eta^2 = .52$) and forgiveness ($F(2, 84) = 34.89,$

$p < .001, \eta^2 = .56$). These results indicate that changes over time differed significantly between groups, supporting the effectiveness of EFT in reducing anger and increasing forgiveness (Table 2).

Table 3

Bonferroni Post-Hoc Test Results for Anger Expression and Forgiveness

Variable	Comparison	Mean Difference	SE	p-value
Anger Expression (EFT Group)	Pre-test vs Post-test	14.73	1.83	<.001
	Post-test vs Follow-up	-0.60	1.12	.592
	Pre-test vs Follow-up	14.13	1.96	<.001
Forgiveness (EFT Group)	Pre-test vs Post-test	-14.27	1.77	<.001
	Post-test vs Follow-up	-0.27	1.21	.821
	Pre-test vs Follow-up	-14.53	1.91	<.001

Bonferroni post-hoc tests showed that for the EFT group, there were statistically significant improvements from pre-test to post-test in both anger expression ($MD = 14.73, p < .001$) and forgiveness ($MD = -14.27, p < .001$). These improvements were sustained at follow-up, with no significant changes between post-test and follow-up scores, confirming the stability of treatment effects over time (Table 3).

4. Discussion and Conclusion

The present study aimed to examine the effectiveness of Emotion-Focused Therapy (EFT) on anger expression and forgiveness in divorced women using a randomized controlled trial design. Results indicated that participants in the EFT group exhibited statistically significant reductions in anger expression and significant improvements in forgiveness at post-test and maintained these improvements at the five-month follow-up compared to the control group. These findings suggest that EFT is not only effective in reducing maladaptive emotional reactions such as anger but also facilitates deeper emotional processes associated with letting go of resentment and cultivating forgiveness after divorce.

The reduction in anger expression observed in the intervention group aligns with the theoretical premise of EFT, which emphasizes the transformation of maladaptive secondary emotions—like anger and hostility—into adaptive primary emotions such as sadness, grief, and compassion (Orizani et al., 2022). This transformation is achieved through experiential techniques such as two-chair dialogues and emotional rescripting, which help individuals access unmet emotional needs and reconstruct painful

narratives. Participants in this study demonstrated the ability to express previously suppressed emotions, leading to decreased emotional arousal and more regulated expression of anger. This outcome is consistent with findings from prior research demonstrating that EFT reduces emotional dysregulation in clinical populations such as individuals with bipolar disorder and trauma-exposed individuals (Kalantarian et al., 2023; Yang et al., 2023).

Forgiveness, the second primary outcome, also improved significantly among participants receiving EFT. Forgiveness in this context was not framed as condoning the harmful behavior of others but rather as a self-directed process of emotional release. EFT's focus on fostering emotional awareness, compassion, and self-acceptance appears to create the necessary emotional conditions for forgiveness to emerge organically. This aligns with prior findings suggesting that EFT facilitates emotional healing in contexts involving betrayal, loss, and relational injury (Nezami et al., 2022; Teymouri et al., 2021). In particular, EFT interventions have shown effectiveness in increasing self-forgiveness and interpersonal forgiveness among individuals coping with emotional trauma or chronic relational conflicts (Koranian et al., 2022; Putri, 2022).

Our findings further extend the existing literature by confirming the durability of EFT's impact. The five-month follow-up demonstrated that both reductions in anger expression and increases in forgiveness were maintained over time. This is an important contribution, as relatively few studies in the field of divorce recovery have included longitudinal assessments to test whether emotional improvements persist beyond the immediate post-intervention phase. The maintenance of therapeutic gains is supported by previous studies in which EFT demonstrated

sustained improvements in emotion regulation in individuals dealing with substance use, emotional eating, and depressive disorders (Ghanavati, 2024; Ghasemkhanloo et al., 2022; Montaser et al., 2023).

Moreover, this study adds to the growing body of evidence suggesting that EFT can be effectively applied in group formats, not just individual therapy. Group EFT creates a collective emotional space that allows participants to witness and resonate with each other's experiences, fostering a sense of validation and mutual support. Previous studies on group interventions using EFT or similar experiential approaches have shown effectiveness in enhancing emotional processing, reducing shame, and promoting resilience among women and adolescents (Rousta et al., 2022; Savaş et al., 2023). In the current study, the group format may have played a role in normalizing emotional responses and enhancing the therapeutic impact through shared emotional experiences.

This study also confirms the suitability of EFT for women experiencing divorce-related emotional turmoil. Divorce often evokes a mix of grief, guilt, anger, and self-doubt, which are difficult to navigate using purely cognitive strategies. Unlike cognitive-behavioral models that focus on changing thought patterns, EFT encourages clients to stay with and process these difficult emotional states until transformation occurs. This emotional depth may explain why EFT was particularly effective in addressing anger and facilitating forgiveness among this sample. Prior findings support this notion, showing that EFT is well-suited for populations dealing with relational wounds, unresolved grief, and emotional ambivalence (Amiri et al., 2024; Morgan et al., 2024).

Furthermore, the cultural context of the study is significant. In Taiwanese society, as in many collectivist cultures, open expression of negative emotions—particularly by women—is often discouraged. This can lead to emotional suppression, internalized anger, and prolonged suffering after relational disruptions such as divorce (Son, 2024). The structured yet emotionally validating environment provided by EFT may have offered a culturally sensitive space for participants to express and regulate their emotions. Similar findings were observed in studies involving Asian populations, where experiential therapies allowed for emotional release in culturally appropriate ways (Hertanto, 2024; Khalid et al., 2024).

The findings also resonate with studies that have compared EFT with other therapeutic approaches. For example, Schema Therapy and Cognitive-Behavioral

Therapy have demonstrated effectiveness in improving emotional functioning in various clinical groups; however, these approaches tend to emphasize cognitive restructuring and skill acquisition (Barooti et al., 2024; Hemmati et al., 2024). In contrast, EFT directly targets the affective core of clients' experiences, enabling deep emotional processing and healing. This distinction is particularly important when working with clients whose emotional pain stems from interpersonal losses and unresolved relational wounds, such as those experienced in divorce.

Taken together, the results of this study offer compelling evidence for the effectiveness of EFT in reducing anger and enhancing forgiveness in divorced women. By addressing the emotional layers beneath surface-level reactions, EFT fosters genuine emotional transformation—a prerequisite for healing from relationship loss. The durability of these outcomes further supports EFT's utility as a powerful intervention for emotionally distressed populations. Future work should continue to explore the nuances of how EFT facilitates specific emotional outcomes and how it may be adapted for different cultural and demographic groups.

5. Limitations and Suggestions

Despite the promising results, this study has several limitations that should be acknowledged. First, the sample size was relatively small ($N = 30$), which may limit the generalizability of the findings. Although the use of a randomized controlled trial strengthens the internal validity, a larger sample would enhance statistical power and allow for subgroup analyses. Second, the study relied exclusively on self-report measures, which may be subject to response biases such as social desirability or recall inaccuracies. Third, while the five-month follow-up provides some insight into the maintenance of therapeutic gains, longer-term follow-ups would be beneficial to assess the enduring impact of EFT on emotional functioning. Additionally, the absence of an active control condition (e.g., a different therapeutic intervention) prevents us from concluding whether EFT is more effective than other approaches commonly used in divorce counseling. Finally, cultural factors may have influenced how participants experienced and reported emotional changes, and these factors should be considered when interpreting the results.

Future research should aim to replicate this study with a larger and more diverse sample to confirm the findings and enhance their generalizability. Comparative studies examining EFT against other established therapeutic

approaches, such as Schema Therapy, Acceptance and Commitment Therapy, or Cognitive-Behavioral Therapy, would offer insights into the relative efficacy of EFT in promoting emotional recovery after divorce. Longitudinal research extending beyond five months could explore whether the emotional improvements achieved through EFT continue to impact other aspects of post-divorce adjustment, such as co-parenting, dating readiness, or general psychological well-being. In addition, incorporating qualitative methods—such as narrative interviews or thematic analysis—could enrich our understanding of participants' lived experiences and provide context for how emotional transformation unfolds during EFT. Research on digital or hybrid formats of EFT could also be valuable, particularly in making the intervention accessible to individuals in remote or underserved areas.

Practitioners working with divorced women should consider incorporating Emotion-Focused Therapy into their therapeutic repertoire, particularly when addressing entrenched emotional issues like chronic anger and difficulties with forgiveness. EFT provides a structured yet flexible framework for helping clients access, process, and transform difficult emotional experiences. Group formats can be particularly effective in creating a supportive environment where women feel heard and validated. Therapists are encouraged to use experiential techniques such as two-chair work and emotion-focused imagery to help clients engage with core emotions that drive maladaptive behaviors. Clinicians should also be attuned to cultural norms regarding emotional expression and ensure that interventions are adapted to respect the values and emotional expression styles of their clients.

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.

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