

The Effect of Group Training Based on Logotherapy on Post- Disorder Stress of Couples Infidelity in Izeh City

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Received: 08 January 2019 / Received in revised form: 27 April 2019, Accepted: 03 May 2019, Published online: 25 May 2019
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Abstract

This research proceeds to investigate the effect of group training based on logotherapy on post-disorder stress of couples infidelity in Izeh city. It has been conducted in three stages: pre-test, post-test and follow-up. The sampling method is randomly available in this research, and 20 persons referred to the Mehr Gostar counseling center from the justice by title of divorce requests, both couples were invited to participate in this study and were randomly divided into two groups of 10 experimental and 10 evidence. In this study, the questionnaire of post-disorder stress in 1997 by Noris and Reid is used to measure variables. Descriptive statistics and covariance analysis method are used for data illative analysis. The results of the hypothesis test showed that there is a meaningful relationship between group treatment based on logotherapy on the reduction of post-disorder stress.

Key words: Infidelity, Logotherapy, Post-disorder stress

Introduction

A family is a unit which has been formed from the very beginning of human creation and takes various forms at different times (Ahmadi, 2011). The tension between personal individuality (independence and self-centeredness) and being in a relationship that requires attention to each other's personal needs, must be solved in order to bring the couple's relationship to success (Nazari, 2007). As the relationship between the couples is better, healthier and more attractive, the life becomes sweeter and more peaceful, and more joyful and successful children will be trained (Hosseini, 2013). Also, no one can claim to be immune from the damage to the common life. Even for the most successful couples, there is a risk of unfaithfulness and infidelity, and if the spouse does not observe the mental health in the individual contexts and affairs of life, the possibility of common life damage will increase (Kaveh, 2004). Hearty relationship is a supportive platform and human shelter in confronting the real world's difficulties (Sanaie, 2000). The concept of infidelity is also a kind secret relationship between a married person and someone other than his/her partner which takes a sexually or intense emotionally (Mosavi, 2010).

The literal meaning of logotherapy returns to the Greek word "Logos". Logos means the word or meaning of the will of the God. Accordingly, according to Victor Frankel, logotherapy is: treatment of meaning or healing of meaning or psychotherapy based on

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meaning (Rahimian, Hoorie, 1998).

If life is conceptualized, suffering must also have meaning, and essentially human life will not end up without suffering and death, therefore, it should not be considered as a despicable matter, but the status of each of them should be recognized (Frankel, 1955).

Nowadays, legotherapy method is used to help people who are depressed, those who have an intention of suicide or have problems in marital life, those with severe illness, those who are exposed to mourning, and etc. They help them to find the meaning of that incident, and see the happening with new glasses, and this was the secret of Frankel, and in this study, we are going to study the effect of group-based training based on legotherapy on reduction of the marital infidelity rate of Izeh city.

Research purposes:

Studying the effect of legotherapy approach on post-traumatic stress disorder among couples with marital infidelity complaint

Hypothesis:

The legotherapy approach on post-disorder stress of betrayed women

Post-traumatic stress disorder:

post- traumatic stress disorder (PTSD) is a syndrome that occurs after direct observation or hearing an acute stressor that can lead to actual death or serious accident. The post-traumatic stress disorder is different from other life events (over-normal stress versus incident)

Post-traumatic stress disorder

Diagnosis PTSD:

The doctor performs an assessment by completing a full medical history and physical examination. Although there are no tests specifically for the diagnosis of PTSD, the doctor may use different tests to reject a physical illness. If no physical illness is found, you may be referred to a psychiatrist. They evaluate the individual using a special interview design and assessment tool for anxiety disorder (Bradbery, 2001).

PTSD classification includes:

Acute stress disorder: symptoms occur up to four weeks after the trauma.

Acute PTSD: symptoms occur up to three months or less.

PTSD beginning with delay: symptoms appear six months after the trauma.

Chronic PTSD: symptoms remain for more than three months.

Other disorders, often associated with PTSD, are depression, anxiety disorders, alcohol or drug abuse (Sodani and Karimi, 2012).

Desirable family work:

The marital relationship should be based on mutual trust and respect, in which the factors of romance and sincerity also interfere. Additionally, each couple needs a well-formed spouse to be able to resolve the existing conflicts in time (Barker, 1996).

Infidelity:

Marital infidelity is a topic that couple of therapists face regularly in their clinical work and can be a confusing and painful experience for all those involved. In addition, infidelity is one of the main reasons for divorce and breaking up marriage (Schikelford, Gotez and Biser, 2008).

Infidelity, crossing a person from the boundary of marital relationship by establishing the physical or emotional relationship with someone outside the marital field. Infidelity involves the sexual relationship of a married person with the opposite sex outside the family framework (other than spouse) (Rafiei, Hatami and Foroqi, 2011).

Infidelity is based on a general definition of the violation of relationship commitment, which leads to some degree of emotional and physical intimacy with someone outside this relationship (Modarresi, Zahedian and Hashemi Mohammad abad, 2014). Despite the fact that marital infidelity is a common concept in marriage, it is slightly recognized (Aviram and Amichay Hamburger, 2005).

Types of infidelity: emotional infidelity, sexual infidelity, compound infidelities (Estiglitz, Goron, Kaplano, Zandipor, Shafieinia and Hosseini, 2008).

Causes of infidelity:

Low marriage age, job status, income, education, lack of religious beliefs, woman or man feel that they deserve to be happy and have free relations, marriage is procrustean from the beginning, if they are not beautiful in the view of each other (Glasow right, 1999, quoted by Schikelford, 2008, Karter, 2010).

Frankel's legotherapy theory:

Frankel and his special treatment, legotherapy, cannot be considered apart from his parent's approach. Frankel, along with Luding Binzvanger and Medard Bass, is one of the most prominent psychotherapists in existence. Even if one does not have a spiritual orientation, it is difficult for her/him to deny Frankel's message: There is something special beyond the instincts, the selfish genes beyond the classical conditioning and the factor beyond biological control, the only person and an unparalleled human being (Rafeie, 2011).

The meaning of life: In Frankel's view (1965), pleasure cannot make life meaningful. If the pleasure was the source of life meaning, life did not have anything to offer to humans. The goal of legotherapy is to empower the patient to discover their own unique meaning. Legotherapy attempts to draw up a range of options and freedoms for the patient. Legotherapy is effective in breaking the faulty loop disturbances (Fang, 2009).

Methods of legotherapy:

- A. Love: Love goes beyond the beloved body, and finds its deepest meaning in the spiritual existence of another person (Rafiei, 2011).
- B. Joke: Humor makes it easier to tolerate the biological conditions around the person. Because suffering is like gas function which has to be empty when it comes to a certain amount (Hasani, 2013).
- C. Bright and accurate drawing of emotions
- D. High value experience: Finding the meaning of life through valuable experiences such as dealing with the wonders of nature, culture, or understanding and finding someone else by love.
- E. The meaning of suffering: An elderly doctor referred to Dr. Frankel and expressed deep discomfort and depression from his wife's death. Dr. Frankel said him, " would you like to die sooner than your wife?" He replied: No, because my wife could not accept this amount of suffering." Dr. Frankel said: "So you can do this sacrifice for your wife and tolerate such suffering and endure.

The use of legotherapy:

Legotherapy is more used for the treatment of a stream which is associated with death, have probable discomfort in middle age or be at the stage of coping with physical limitations (Tirgari, 2006).

Research background overseas:

Marital infidelity has a long history in human life. Statistics on the prevalence of infidelity in marital relationships are different. The percentage of these relationships in the United States has varied between 26-70% for women and 33-75% for men. Though this kind of sexual relationship is largely hidden, other empirical studies have estimated it to be between 30% to 60% for men and between 20% to 50% for women during marital life (Glass and Right, 2007). These figures coincide with the previous Keynesian research in the late 1940s, and do not show significant differences. In 2004, a study was conducted on the therapeutic efficacy of cancer in adolescents, and as a result, the lifespan of cancer patients was reduced, and the therapeutic meaning of therapy reduced the suffering of these patients and had a better mood. The accepted principle of sexual behavior in American society is monogamy, but marital infidelity is a major problem for many couples. According to the research, it is estimated that in America, 26 % to 70% of married women and 33% to 75% of married men have had marital infidelity. Extremism relations are the main reason for the disunity of marital relationships and the main field of conflicts (Di-Angeles, Barbara 2008), Research of Glass, 2002, on the effects of infidelity, depression, anxiety and feelings of rejection.

Research background inside the country:

A study shows that the effectiveness of group theory on increasing the hope of cancer patients was tested, saying that group therapy has increased the hope and its subscales in patients. Also, the results of the follow-up phase, which took place one month after the experiment, confirmed the efficacy of group therapy in increasing the level of hope and its subscales). The couple therapy in (Ganji Hamzeh, 1996) decreasing the depression and stress symptoms of post-incidence and increasing intimacy of spouses have been effective both in short and long terms (Sudani et al, 2012).

In a study with the title of Effectiveness of cognitive therapy on improvement of post-traumatic symptoms, quality of life, self-esteem and marital satisfaction of women faced with marital infidelity, Basharpour showed that the difference between mean scores of three stages of pre-test, post-test and follow-up are meaningful.

Research Method:

Statistical society:

The statistical society of this study includes all couples involved with marital infidelity in order to obtain divorce referring to the Mehr Gostar counseling center in Izeh. The entry criterions were considered as follows:

Entry criterion: Couples with at least a minimum degree of education, couples who are both willing to attend counseling sessions, couples attending eight consecutive sessions.

Statistical sample and sampling method:

The sampling method is randomly available in this research, and 20 persons referred to the Mehr Gostar counseling center from the justice by title of divorce requests, both couples were invited to participate in this study and were randomly divided into two groups of 10 experimental and 10 evidence. Marital infidelity, marital satisfaction and post-traumatic stress were used as pretest. The two groups were similar to each other and measurements of dependent variables were the same time and under the same condition for both of them. The experimental group were trained for 8 sessions based on group training, but the control group did not receive any training. After the training sessions, post-test and post-traumatic were taken from both groups. A month later, a follow-up test was conducted on both groups.

Research plan:

Quasi-experimental research design including pre-test, post-test with follow-up using the control group and includes the following steps:

Random substitution of subjects, pre-test and data-collection, implementation of independent variable on experimental groups

Post-test implementation and data collection, follow-up and data collection (with a month interval).

Measuring instrument:

In this study, the following tools have been used to measure the variables:

The post-traumatic stress disorder (PTSD) scale was developed by Noris and Reid in 1997 and was approved by Goudarzi in Iran in 2003. This scale has 39 items and four subscales including fake memories (4, 7, 13, 14, 18, 29, 33, 36, 37, 39). Problems in interpersonal communication (1, 5, 6, 19, 22, 28, 30, 35, 38), impotence in emotional control (3, 16, 20, 23, 24, 25, 26, 27, 31 and 32), and lack of depression (2, 8, 9, 10, 11, 12, 15, 17, 21 and 34). In this questionnaire, the minimum score is 39 and the maximum score is 195. The scores which are below than 65 represent a mild post-traumatic stress disorder, scores from 65 to 130 indicate a post-traumatic stress disorder, and over 130 are symptoms of severe disorder. Fva et al (2004) tested the reliability of this scale as 0.97, internal consistency with Cronbach's alpha was 0.49, its sensitivity was 0.93 and the efficiency was 90.0 (Nateghian, 2008). In Iran, the reliability of the test was based on the internal consistency of 0.92, based on the method of two half-squeeze 0.92, based on the test-retest method of 0.91 and its validity test with the sampling test of 0.82. (Ganji, Hamzeh, 1996). In the researches of Rashti and Golshveh (2010), the reliability of the test was obtained through the internal consistency method with Cronbach's alpha of 0.93. In the present study, the reliability of the post-traumatic stress score is obtained as follows:

Table 1: Reliability of the post-traumatic stress questionnaire in the present study

Cronbach's alpha coefficients			Statistical index
Follow-up	Post-up	Pre-test	
0/983	0/986	0/971	Marital satisfaction
0/941	0/946	0/890	Intriguing memories
0/927	0/936	0/895	The problem of interpersonal communication
0/944	0/944	0/867	Inability to control emotion
0/935	0/956	0/908	Lack of depression

The way of doing the research:

The experimental and control groups were randomly selected and pre-test was performed before the experimental interventions in the experimental and control groups. Group-based training program based on semanticism was performed in 8 sessions of 90 minutes on the experimental group and then, a test was performed at the end of the intervention. One month after the post-test, the follow-up test was taken from both groups. Comparison of pre-test, post-test and follow-up were statistically analyzed by SPSS software (version 19).

Group-based training sessions based on legotherapy:

In this section, the summary of the training sessions given to couples in 8 sessions is presented:

- Session 1: Organizing the sessions, justifying the subjects, familiarizing the members of the group with each other.
- Session 2: Introducing the legotherapy approach and teaching important legotherapy terminology, identifying the goals of the therapy through raising awareness about the actual self.
- Session 3: Follow-up on the task of the previous session, teaching mentoring practices, discussing members with each other, and recognizing and accepting feelings, member's awareness of freedom and responsibility, and choice.
- Session 4: Follow-up of the last task, searching for meaning and its methods with the aim of increasing and deepening of internal self-awareness, using the techniques of enhancing existential awareness for improving marital satisfaction and post-traumatic stress were studied.
- Session 5: Follow-up of the previous session, finding meaning in various dimensions of life, self-renewal, existential analysis of satisfaction concepts, respect for beliefs, and recognition of couple's differences in the lives of members by using contractual learning and reducing anxiety.
- Session 6: Follow-up of the previous session, training for increasing responsibility for meaning, helping couples to hear the call of conscience, asking couples about meaning, and increasing responsibility for themselves and their spouses. Understanding the types of values, choosing value and acceptance.
- Session 7: Follow-up of the previous session, increasing the horizons of vision about the source of meaning, understanding and accepting loneliness as an unavoidable reality, and understanding the role of intimacy in tolerating treacherous behaviors and finding meaning in sadness.
- Session 8: The discussion of understanding the meaning and purpose of life and the unintended role in inciting treacherous behaviors and committing to a particular purpose in the future of life was taught through life purpose-seeking and meaningful analysis.

Statistical analysis:

In this chapter, first descriptive findings about variables of couple's infidelity, marital satisfaction and stress are presented and then the covariance analysis underlying assumptions will be mentioned. Below are findings of research hypothesis.

Data analysis using descriptive statistics:

Table 2: Description of subjects by age and duration of marriage

total		Control group		Experimental group		Indicator
Standard deviation	average	Standard deviation	average	Standard deviation	average	
3/36	31	3/83	30/80	2/87	31/17	age
1/90	4/33	2/16	4/43	1/63	4/23	Marriage duration

Table 3: Distribution of subjects according to education

Total		Control group		Experimental group		education
percent	abundance	percent	abundance	percent	abundance	
0/50	10	0/40	4	0/60	6	Diploma and less than it
0/50	10	0/60	6	0/40	4	mastering
100	10	100	10	100	10	Total

Table 4: Average and standard deviation of post-traumatic stress scores in two groups

Follow-up		Post-test		Pre-test		Group membership	Variable
Standard deviation	average	Standard deviation	average	Standard deviation	average		
5/63	38/86	5/71	38/33	5/13	39/16	control	Intriguing memories
3/002	30/76	2/72	30/40	5/24	37/63	experimental	
4/74	34/86	5/40	34/96	5/23	34/53	control	Problem of interpersonal communication
2/52	27/23	2/82	27/83	5/32	34/43	experimental	

5/55	66/46	5/64	66/43	4/42	67/20	control	Inability to control emotion
2/95	59/96	2/64	59/40	4/73	66/86	experimental	
5/39	39/23	5/28	38/63	5/74	39/10	control	Lack of depression
2/55	31/46	3/20	29/90	6/02	38/93	experimental	
20/15	179/43	21/11	178/36	19/81	180	control	Post-traumatic stress
10/11	149/43	10/78	147/53	20/60	177/86	experimental	

Regarding the results of table4, we observe that the average of each component of post-traumatic stress in the experimental group in the post-test and follow-up stage was reduced to pre-test. However, there is no significant difference between the pre-test and post-test results in the control group.

Inferential Findings:

Linearity:

In this study, the pre-stress tests were considered as auxiliary variables and their post-tests were considered as dependent variables. The linearity of the relationship between each dependent variable and its covariance was tested. The rate of r , post-traumatic stress $r: 0.87$ was obtained. The significance level of the relationship between the correlation coefficient at the level of 0.05 was meaningful. According to the data obtained, the assumption of linearity for the high variable is established.

Table 5: Box test results on the default of variance-covariance equality of research variables in two groups in society

Significance level	Box statistics	F	Research components
0/057	46/913	2/813	

According to the results obtained in table 5, the significance level of the box test in the test is higher than 0.05. Therefore, it is concluded that the variance-covariance matrix is homogeneous.

Table 6: Loon test results on the default of equality of components of two groups in society

Significant level	Second degree	First degree	F	variable
0/091	177	2	2/428	stress

According to the results of table 6, equality of variances is confirmed.

As it is seen, for the research variable, the significance level of the test is higher than 0.05, which assumes a normal assumption of the data. Therefore, by proving being normal, we use pearson's parametric test to test the relationship between variables and use the F test for the mean tests of parametric tests.

Table 7: Results of the Kolmogorof test- Esmironf on the assumption of the normal distribution of the components of the research components

Control group		Experimental group		variable
Kolmogorof- Esmironf		Kolmogorof- Esmironf		
significant	statistics	significant	Statistics	
0/555	0/793	0/533	0/807	stress

Table 8: Test results of hypothesis of homogeneity of the slope of the research variable regression line in two groups in society

Stage: Pre-test- follow-up		Source of change	variable
significant	F		
0/107	2/981		

According to the results of table 8, for each of the variables, the interaction between the pre-tests with the variable is not significant and is a homogeneity is not significant and is a homogeneity of the regression coefficients (in all cases, the value of the significant level of the calculated amount is more than 0.05).

Hypothesis test: group-based counseling based on legotherapy has been shown to reduce the risk of post-traumatic stress disorder.

Table 9: The results of covariance analysis on the average of post-test and follow-up of stress disorder scores of experimental and control groups with pre-test control

Power of statistics	squares	Significant level	F	Average of squares	Level of freedom	Sum of squares	Source of changes	stages	Dependent variable
1	0/910	0/000	591/78	233544/6	2	467089/34	Pre-test	Post-test	Disorder of stress of couples post-traumatic
0/995	0/150	0/000	20/65	8151	1	8151	group		
				394/64	117	46173/57	error		
1	0/913	0/000	616/26	233140/4	2	466280/8	Pre-test	Follow-up	
0/994	0/149	0/000	20/47	7744/1	1	7744/1	group		
				378/3	117	44262/3	error		

The results of table 9 show covariance analysis to examine the difference between average post-test and follow-up of stress disorder scores among experimental and control groups with pre-test control. Based on the calculated results, the significance level of the test for the difference in the score of post-traumatic stress disorder in couples in both groups was less than 0.05. Also, the significance level of the test for comparing these variables in two stages of follow-up and post-test were also less than 0.05, which is significant at 95% level. Therefore, the hypothesis is confirmed and group-counseling based on legotherapy is effective in reducing post-traumatic stress disorder in couples.

Discussion and Conclusion:

Explaining hypothesis: group counseling based on legotherapy is effective in reducing the post-traumatic stress disorder.

For data analysis, covariance analysis is used. The results obtained in table 9 show the results of covariance analysis to examine the difference between post-test average and follow-up of stress disorder scores among both groups with pre-test control. According to the calculated results, the significant level of the test for the difference between the score of post-traumatic stress disorder in couples in both groups was less than 0.05 for both pre-test and follow-up stages. Also, the significant level of the test for comparing these variables in two groups of in both follow-up and post-test stages was less than 0.05 which is significant at 95% level. Therefore, the above hypothesis is confirmed and group counseling based on legotherapy is effective in reducing post-traumatic stress disorder of betrayed couples. These results are consistent with the results of this study with Stiglets, Garden, Kaplan, Winkking, 2011, Bravo and Lycin, 2010, Huchinsun and Chimman 2005, Hatami, Foroughi, Rafeie, Sahar, 2012.

Couples with infidelity and marital contractions often react with turmoil, emotional exhaustion and negative reactions, which are often consistent with the criterion for post-traumatic stress disorder. Regarding this, the main purpose of this study was to investigate the effectiveness of one of the most reliable methods for the treatment of post-traumatic symptoms on improving post-traumatic symptoms, quality of life, self-esteem and marital satisfaction. The results of analysis of variance with repeated measures showed that the average scores of the symptoms of the subjects in the post-test and follow-up stages were significantly reduced compared to the pre-test stage.

Based on the effectiveness of this method of treatment, such as marital infidelity, violates the individual's basis hypothesis about how people and individuals behave, it acts as a severe emotional blow to the symptoms of post-traumatic disorder, since the focus of cognitive processing is the identification and modification of these beliefs and assumptions and uses other methods such as medical exposure along with cognitive methods, helps patients to accept the harmful event of marital infidelity and to correct their ineffective belief in this regard and finally, they are faced with it rationally.

In a general summing up, one can conclude that the purpose of treatment under the conditions of infidelity is to first identify himself and his needs as an independent person, then to recognize the needs of the other party and to satisfy them, to pay attention to the whole connection, not only it is sexual relations or physiologically possible, and in the absence of attentions to the needs of each other, it is possible to betray and reformulate another relationship. In line with the findings of the research, it is possible to offer the solution-conflict to the couples, and to observe the divorce and gradual separation in the course of treatment and reveal the problem until they are not confirmed with the phenomenon of infidelity, because it has been repeatedly proven that many individuals cannot be alone for a long time, and they are gradually looking for solutions. In these circumstances, it seems the most likely option is to replace another person as an alternative, which ultimately leads to infidelity.

Research constraints

1. The only tool for collecting information in this research was a questionnaire and no observation and interview were used. The questionnaire has an aspect of self-report and there is possibility of bias in answering questions, although this limitation goes back to the time and money limitations of the research.
2. Comparison of variables with regard to failure to complete the demographic part,
3. The integrity of respondents to the questionnaire could not be assessed and controlled.

Research suggestions:

1. It is suggested that research should be carried out, if possible, according to the attachment style of the couple and the source of control.
2. It is suggested to combine this approach with other approaches to improve marital quality, conflict resolution and problem solving.
3. It is suggested to compare the effect of structural therapy couple with other approaches.
The follow-up stage in future research is suggested to evaluate the survival of structural therapy effects.
4. It is recommended to repeat this research by other researchers for larger volumes and in different societies with different cultures, so that the results can be generalized further.
5. It is suggested that this research can be conducted in cases with problems such as desire for divorce, infidelity, spouse abuse, sexual satisfaction, marital commitment, attachment style, marital frustration.

Practical suggestions:

1. It is suggested that family counseling centers, media and family media programs, with regard to the research findings, increase marital satisfaction and infidelity in families to teach attachment techniques, and teach the related fields of attachment to marital satisfaction and infidelity in life.
2. It is suggested that the results of the research be presented as a brochure for married workers, with the identification of the underlying factors of marital satisfaction and relationship in marital life.
3. It is suggested that, in order to create marital satisfaction and improve family relationships, more collaborative organizations should be involved in family relationships and should consult specialized family advisers in order to explain family-related dimensions of marital satisfaction and referring to family specialists have become more cultural.

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