

Prediction of Marital Satisfaction Based on Early Maladaptive Schemas with the Mediating Role of Marital Self-Regulation among Female Teachers

Parisa Karbalaie Hasani¹ , Paria Soltanali^{2*} , Fatemeh Shariati³ , Bahareh Tahmooresi Karahrudi⁴ 

¹ PhD candidate in General Psychology, Department of General Psychology, Arak Branch, Islamic Azad University, Arak, Iran. E-mail: parisakarbalaie@gmail.com

² Corresponding Author, Master of General Psychology, Department of General Psychology, Qazvin Branch, Islamic Azad University, Qazvin, Iran. E-mail: Paria.soltani6868@gmail.com

³ PhD candidate in General Psychology, Department of General Psychology, Naeen Branch, Islamic Azad University, Naeen, Iran. E-mail: fatemehshariati@gmail.com

⁴ Master of General Psychology, Department of General Psychology, Arak Branch, Islamic Azad University, Arak, Iran. E-mail: baharehtahmooresik@gmail.com

ARTICLE INFO

Article type:

Research Article

Article history:

Received: 24 January 2026

Revised: 28 January 2026

Accepted: 1 February 2026

Keywords:

Marital self-regulation,
Marital satisfaction,
Schemas,
Teachers.

ABSTRACT

The aim of the present study was to predict marital satisfaction based on early maladaptive schemas with the mediating role of marital self-regulation among female teachers. The research method was descriptive-correlational. The statistical population consisted of all female teachers in the city of Arak during the winter of 2024, from whom 200 participants were selected using convenience sampling. The research instruments included the ENRICH Marital Satisfaction Scale, the Behavioral Self-Regulation Scale for Effective Relationships, and the short form of Young's Schema Questionnaire. Data were analyzed using structural equation modeling (SEM). The results indicated that the proposed structural model demonstrated a good fit with the collected data, and marital self-regulation played a mediating role in the relationship between early maladaptive schemas and marital satisfaction among female teachers. Accordingly, it is recommended that educational programs and counseling interventions specifically designed for employed women focus on identifying maladaptive schemas and strengthening emotion regulation and marital self-regulation skills, in order to enhance the quality of family relationships and the psychological well-being of this group.

Introduction

Marriage is a fundamental relationship between a woman and a man, and the selection of a marital partner and the marriage contract are considered personal achievements and milestones of maturity. Choosing a marital partner is one of the most challenging decisions in an individual's personal life, and family life and marital satisfaction remain fundamental topics of inquiry even in the modern era (Abbas et al., 2019). Most people marry during their lifetime and desire their marriage to be satisfying. When marriages are stable and satisfying, spouses are generally healthier, happier, and have longer life expectancy. Marital happiness depends on spouse selection, and an ideal choice implies compatibility between partners' temperaments and emotional congruence. Marital adjustment, as a subjective concept, is



DOI: <https://doi.org/10.22111/ijop.2026.54558.1072>

© The author(s)

Publisher: University of Sistan and Baluchestan

How to Cite: Karbalaie Hasani, P., Soltanali, P., Shariati, F., & Tahmooresi Karahrudi, B. (2026). Prediction of Marital Satisfaction Based on Early Maladaptive Schemas with the Mediating Role of Marital Self-Regulation among Female Teachers. *Iranian Journal of Organizational Psychology*, 3(2), 32-41. <https://doi.org/10.22111/ijop.2026.54558.1072>

an important indicator of quality of life and reflects individuals' perceived costs and benefits of marriage; in other words, individuals are satisfied with their marriage when they perceive the benefits to outweigh the costs ([Zhang & Liang, 2023](#)). Marital satisfaction among female teachers is a critical component of their psychological well-being and overall quality of life, as it directly influences both family functioning and professional performance. Female teachers often experience multiple and concurrent roles, including occupational responsibilities, household management, and emotional caregiving, which can increase levels of stress and strain within marital relationships. Persistent work-related demands, emotional labor in educational settings, and limited opportunities for recovery may negatively affect communication patterns, emotional intimacy, and conflict management between spouses. Consequently, these stressors can undermine marital satisfaction if adaptive coping and self-regulatory capacities are insufficient. Understanding the factors that contribute to marital satisfaction in female teachers is therefore essential, as enhancing marital well-being in this population may not only promote family stability but also improve job satisfaction, teaching effectiveness, and mental health outcomes ([Qi et al., 2024](#)).

The marital relationship is one of the most important close relationships in life. Dissatisfaction in couple relationships appears to be detrimental to both physical and mental health ([Constant et al., 2020](#)). The manner in which couples interact within communication networks—through which they relate to one another and to other family members—is among the key indicators of marital adjustment ([Fatemi et al., 2016](#)). Couples must manage a wide range of thoughts, emotions, and behaviors, which requires marital self-regulation ([Constant et al., 2020](#)). Some studies have identified a reciprocal relationship between self-regulation and marital relationships. While some researchers conceptualize self-regulation as an intrapsychic process, others define it within interpersonal and marital relationships ([Girgzd et al., 2014](#)). [Halford et al. \(1994\)](#) introduced self-regulation theory in marital relationships and coined the term *marital self-regulation*. According to Halford and colleagues, if each spouse, instead of blaming the partner, attempts to regulate the relationship, a sense of personal responsibility for strengthening the relationship emerges. [Halford et al. \(1994\)](#) categorized couples' self-regulatory behaviors into two types: relationship self-regulation and relationship effort. The way each spouse applies personal changes to improve the marital relationship is referred to as relationship self-regulation, whereas relationship effort reflects interest in building the relationship, initiating change, and responding to the partner's reactions ([Netter et al., 2015](#)).

In this regard, [Solat Petloo et al. \(2022\)](#) demonstrated that couple therapy based on a self-regulation approach can improve and enhance marital satisfaction. In a study by [Okabayashi \(2020\)](#), the results indicated that marital climate was positively associated with emotional well-being. Moreover, the use of a self-regulatory strategy related to relationship effort was significantly associated with partners' life satisfaction. In another study, [Constant et al. \(2020\)](#) found that men who reported higher marital satisfaction exhibited greater cognitive flexibility in marital situations compared to dissatisfied men.

Among the most important factors contributing to dissatisfaction, communication problems, and maladaptive and distressing interactions in couples' lives are schemas. Early maladaptive schemas are formed early in life and impose themselves on later life experiences. This phenomenon is sometimes referred to as the need for cognitive consistency, meaning the maintenance of a stable view of oneself or others, even if it is inaccurate or distorted ([Farrell et al., 2017](#)). Schema theory assumes that experiences of neglect and/or abuse during childhood may lead to the development of early maladaptive schemas. These schemas are among the deepest cognitive constructs and are defined as self-defeating cognitive and emotional patterns about oneself and interpersonal relationships that develop early in life. Such maladaptive schemas play a causal role in the development of psychological disorders. These schemas function as guides for cognitive processes in situations such as attention, interpretation of events, and memory retrieval. Cognitive structures organize the foundations of human thought and behavior ([Farrell, 2014](#)).

Research findings indicate direct relationships between early maladaptive schemas and marital satisfaction. For instance, [Asadpour et al. \(2020\)](#) concluded that early maladaptive schemas are associated with marital conflict and marital burnout and significantly predict them. Accordingly, they emphasized the

necessity of examining early maladaptive schemas and providing interventions to improve them in order to reduce marital conflict and burnout. [Emadi et al. \(2020\)](#) showed that adaptive and maladaptive cognitive emotion regulation mechanisms have a significant direct relationship with marital burnout among women. [Zadeh Mohammadi and Kurdestanchi Aslani \(2020\)](#) concluded that the relationship between early maladaptive schemas and spousal abuse is not linear and simple, and that emotion regulation plays a mediating role in this relationship.

In recent years, the increasing employment of women in the private sector has been accompanied by multiple challenges related to their simultaneous role performance in work and family environments—challenges that may affect the quality of couple relationships and ultimately marital satisfaction. Marital satisfaction, as one of the most important indicators of mental health and family stability, is influenced by various cognitive, emotional, and behavioral factors. Among these factors, early maladaptive schemas are considered deep and enduring cognitive patterns that play a significant role in individuals' interpretation of interpersonal experiences and the quality of marital relationships. These schemas may negatively affect marital interactions by creating dysfunctional beliefs, thereby reducing marital satisfaction. In this context, marital self-regulation—defined as an individual's ability to manage emotions, thoughts, and behaviors within the marital relationship—can play a crucial mediating role in the relationship between early maladaptive schemas and marital satisfaction. Considering the sensitive role of female teachers in the educational system and the occupational and familial pressures they experience, examining the psychological mechanisms influencing marital satisfaction in this group is of particular importance. Therefore, the main issue of the present study is whether marital satisfaction among female teachers can be predicted based on early maladaptive schemas, and what mediating role marital self-regulation plays in this relationship. Based on the reviewed literature, the present study seeks to answer the question of whether marital self-regulation mediates the relationship between early maladaptive schemas and marital satisfaction among female teachers.

Method

The present study employed a descriptive correlational design. The statistical population consisted of all female teachers in the city of Arak during the winter of 2023. Given that in structural equation modeling a minimum of five participants per parameter—and generally between 200 and 400 participants—is recommended, a sample of 200 participants was selected using convenience sampling ([Kline, 2016](#)).

Research Instruments

ENRICH Marital Satisfaction Scale

The ENRICH Marital Satisfaction Scale was developed by [Fowers and Olson \(1993\)](#) and consists of 47 items assessing 12 subscales: Idealistic Distortion (items 3, 17), Marital Satisfaction (items 1, 2, 6, 14, 27, 34), Personality Issues (items 4, 22, 40), Communication (items 13, 23, 32, 41), Conflict Resolution (items 7, 24, 33, 42), Financial Management (items 8, 15, 16, 25, 34), Leisure Activities (items 9, 26, 31, 35, 43), Sexual Relationship (items 10, 36, 44), Marriage and Children (items 11, 19, 28, 37, 45), Family and Friends (items 20, 29, 38, 46), Egalitarian Roles (items 5, 12, 18, 25), and Religious Orientation (items 21, 30, 39, 47). Items are rated on a 5-point Likert scale ranging from strongly disagree (1) to strongly agree (5). Items 4, 6, 8, 11, 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 23, 24, 30, 31, 32, 35, 37, 38, 39, 40, 41, 42, 45, 46, and 47 are reverse-scored. In a study by [Arab Alidousti et al. \(2015\)](#), convergent validity of the ENRICH Marital Satisfaction Scale was assessed using the Kansas Marital Satisfaction Scale on a sample of 300 individuals from the general population of Rafsanjan, yielding a correlation coefficient of 0.40. Internal consistency reliability assessed via Cronbach's alpha was reported as 0.74 for the same sample. The Cronbach's alpha coefficient for this instrument in the present study was 0.83.

Behavioral Self-Regulation Scale for Effective Relationships

The Behavioral Self-Regulation Scale for Effective Relationships was developed by [Wilson et al. \(2005\)](#) and consists of 16 items measuring two subscales: Relationship Self-Regulation Strategies (items

1–10) and Relationship Effort (items 11–16). Items are rated on a 5-point Likert scale ranging from completely true (5) to completely false (1). Higher scores on the relationship self-regulation subscale indicate better functioning in marital relationships. Lower scores on the relationship effort subscale reflect greater effort and better relational functioning, whereas higher scores indicate withdrawal and relational indifference. The total score of the questionnaire ranges from 16 to 80, with subscale score ranges of 10–50 for relationship self-regulation strategies and 6–30 for relationship effort. [Wilson et al. \(2005\)](#) reported a Cronbach's alpha coefficient of 0.73 as an indicator of internal consistency. Correlations between the dimensions of behavioral self-regulation and the dimensions of the Dyadic Adjustment Questionnaire ranged from 0.27 to 0.65, and correlations with marital adjustment ranged from 0.34 to 0.45, indicating acceptable convergent validity. The Iranian standardization of this questionnaire was conducted by Eisa-Nejad et al. (2017). They reported Cronbach's alpha coefficients of 0.88 for relationship self-regulation strategies and 0.83 for relationship effort, and confirmed satisfactory construct validity of the two-factor model using confirmatory factor analysis. The Cronbach's alpha coefficient for this instrument in the present study was 0.74.

Young Schema Questionnaire – Short Form

The short form of the Young Schema Questionnaire (1990) consists of 75 items and assesses 15 schemas across five schema domains: Disconnection and Rejection, Impaired Autonomy and Performance, Other-Directedness, Overvigilance and Inhibition, and Impaired Limits. Items are rated on a 6-point Likert scale ranging from completely true of me (6) to completely false of me (1). In Iran, [Sadooghi et al. \(2008\)](#) reported a Cronbach's alpha coefficient of 0.94 for the total scale and alpha coefficients ranging from 0.62 to 0.90 for the subscales. Exploratory factor analysis with Varimax rotation yielded interpretable factors corresponding to all fifteen schema subscales proposed by [Young \(1990\)](#). The Cronbach's alpha coefficient for this instrument in the present study was 0.75.

Implementation Method

Initially, a call for participation in the study along with an online link to the questionnaires was disseminated through social media platforms. Accordingly, all individuals who were willing to participate accessed the link and completed the questionnaires. After the required sample size was reached, the data were extracted and prepared for analysis. Ethical principles of research, including confidentiality, anonymity, and respect for participants' privacy, were fully observed in this study.

Both descriptive and inferential statistical methods were used to analyze the data. In the descriptive section, demographic information and indices such as mean and standard deviation were reported. In the inferential section, Pearson correlation coefficients were calculated, followed by examination of the assumptions of structural equation modeling, including normality of data distribution assessed via skewness, kurtosis, and Mahalanobis distance; linearity examined through scatterplots of standardized residual variances; and absence of multicollinearity assessed using tolerance coefficients and variance inflation factors (VIF). Structural model fit was evaluated using goodness-of-fit indices, maximum likelihood estimation, and standardized beta regression coefficients, employing SPSS and AMOS software.

Results

In the present study, 15 participants (7.5%) were under the age of 25, 35 participants (17.5%) were aged 26–30, 100 participants (50%) were aged 31–35, and 25 participants (25%) were aged 36–40.

Table 1: Fit Indices of the Research Structural Model

Fitness Indicators	Chi-Square	Degrees of Freedom	Adjusted Chi-Square	Root Mean Square Error of Approximation (RMSEA)	Adjusted Goodness of Fit Index (AGFI)	Tucker-Lewis Index (TLI)	Comparative Fit Index (CFI)
Modified Model	43.36	17	2.55	0.080	0.988	0.958	0.922
Acceptable Values	$P > 0.05$	-	< 3	> 0.080	< 0.90	< 0.90	< 0.90

Table 1 shows that the obtained fit indices support an acceptable fit of the proposed structural model to the collected data.

Table 2: Direct and Indirect Effects of the Research Model

Direct Path	b	SE	β	p
Schemas → Marital Satisfaction	-0.322	0.054	-0.451	0.001
Schemas → Marital Self-Regulation	-0.513	0.050	-0.304	0.001
Marital Self-Regulation → Marital Satisfaction	0.567	0.118	0.352	0.001
Indirect Path	b	SE	β	p
Schemas → Marital Self-Regulation → Marital Satisfaction	-0.167	0.022	-0.107	0.001

Table 2 shows that marital self-regulation plays a mediating role in the relationship between early maladaptive schemas and marital satisfaction among female teachers.

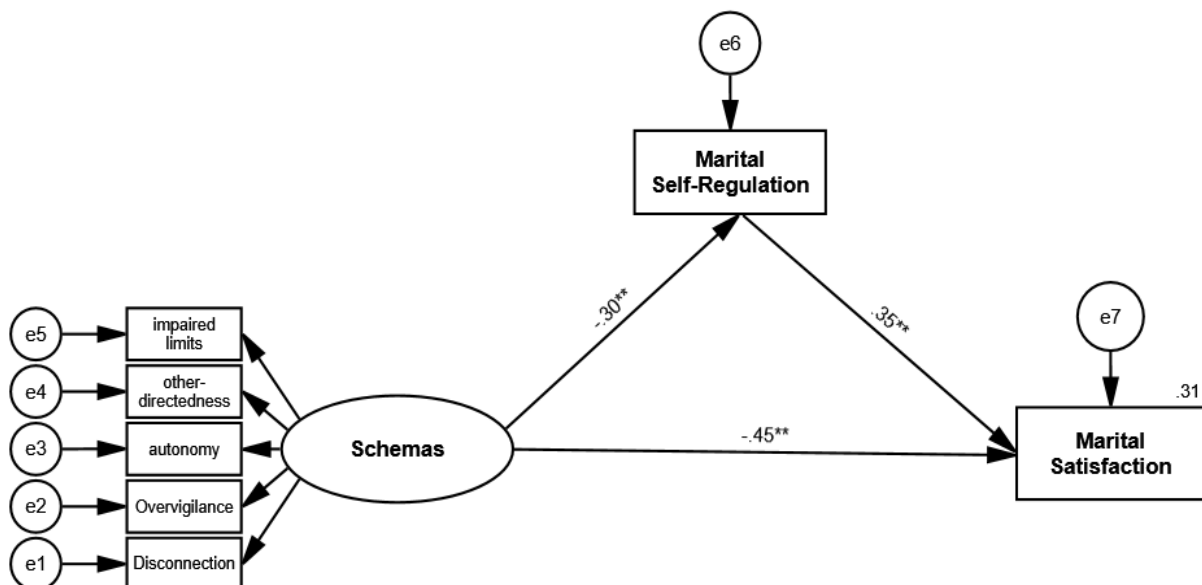


Figure 1. Conceptual model of research based on standard data**Discussion and Conclusion**

The aim of the present study was to predict marital satisfaction based on early maladaptive schemas with the mediating role of marital self-regulation among female teachers. The findings indicated that marital self-regulation mediates the relationship between early maladaptive schemas and marital satisfaction in female teachers. These results are consistent with previous studies conducted by [Solat Petloo et al. \(2022\)](#), [Okabayashi \(2020\)](#), [Constant et al. \(2020\)](#), [Asadpour et al. \(2020\)](#), [Emadi et al. \(2020\)](#), and [Zadeh Mohammadi and Kurdestanchi Aslani \(2020\)](#).

In explaining the present findings, it can be stated that early maladaptive schemas are formed early in life and impose themselves on later life experiences. This phenomenon is sometimes referred to as the need for cognitive consistency, meaning the maintenance of a stable view of oneself or others, even if that view is inaccurate or distorted ([Farrell et al., 2017](#)). According to the schema approach, experiences based on neglect and/or abuse during childhood may lead to the development of early maladaptive schemas. Early maladaptive schemas are among the deepest cognitive constructs and are defined as self-defeating cognitive and emotional patterns regarding oneself and interpersonal relationships that develop early in life ([Farrell, 2014](#)). These schemas represent core beliefs (unconditional assumptions) about the self and others and distort the processing of external information in a maladaptive direction; consequently, they influence interpersonal relationships and self-perception. These schemas function as guides for cognitive processes such as attention, interpretation of events, and memory retrieval, and cognitive structures organize the foundations of human thought and behavior. Based on the cognitive framework of early maladaptive schemas, individuals understand themselves, their environment, and their future through distorted cognitions that are incongruent with reality, and they form relationships with others and their environment accordingly ([Farrell et al., 2017](#)).

Schemas within the *Disconnection and Rejection* domain distort inferences drawn from daily experiences in a way that intensifies psychological distress stemming from loneliness or social rejection and weakens the ability to accurately interpret others' emotions. These schemas are predictive of reduced self-acceptance and increased social isolation. In social isolation and alienation, individuals feel different from others, withdraw from social interactions, and experience a lack of belonging to society or specific groups. Findings by Young and colleagues indicate that individuals with early maladaptive schemas also struggle with self-acceptance, as they initially experience alienation from themselves, become unaware of their needs and strengths and weaknesses, and make no effort to reconcile with themselves. Consequently, just as they fail to accept themselves, they also avoid accepting others and forming intimate relationships ([Ourang et al., 2017](#)). Individuals with a *defectiveness/shame* schema perceive themselves as fundamentally flawed, undesirable, bad, or worthless, expect rejection and blame from others, feel insecure in social situations, and, due to fear of exposure and humiliation, prevent others from getting close to them. In other words, they have difficulty understanding their own and others' emotions, possess poor social skills, and experience high levels of negative affect when schemas are activated, which they are unable to regulate ([Young, 1990](#)). Moreover, individuals with disconnection and rejection schemas may experience loss of friendships or family support and, due to fear and avoidance of rejection, refrain from forming intimate relationships. Additionally, these schemas may hinder the development of stable and adaptive representations of the self and others, leading to difficulties in adaptive coping with the environment and seeking supportive behaviors, ultimately resulting in social deprivation and isolation ([Scott et al., 2009](#)).

Individuals with schemas in the *Overvigilance and Inhibition* domain tend to perceive threat-related cues, and due to difficulties in identifying and describing their emotions, as well as impairments in examining, evaluating, and modifying emotional experiences, accepting emotional responses, and managing negative emotions, they exhibit high negative emotional reactivity, tension, anxiety, and fear. As a result, they are unable to accurately evaluate situations or employ effective strategies to change situations and regulate their emotional responses ([Abdi & Pak, 2019](#)). Increased vigilance toward

threatening stimuli in interpersonal contexts may contribute to emotional instability and interpersonal difficulties. Furthermore, emotional instability, suspiciousness, and interpersonal problems in individuals with a *mistrust* schema can lead to stress-induced paranoid ideation, hypersensitivity to interpersonal harm and mistreatment, and maladaptive functioning ([Bach et al., 2016](#)).

Individuals with schemas related to *Emotional Inhibition* experience limitations in emotional expression and pleasure-seeking capacity, often preferring solitude and avoiding social activities and contact. In some cases, they encounter stress and difficulties in interpersonal interactions. High levels of stress and anxiety are considered aspects of psychological disorders or psychological impairment in these individuals ([Abdi & Pak, 2019](#)). These individuals experience emotional constriction and perceive emotional information as overwhelming and confusing, leading to feelings of helplessness. Moreover, because emotion regulation—which plays a central role in emotion identification, emotional responding, and recovery from negative emotions through access to regulation strategies—is impaired in these individuals, effective regulation of negative emotions becomes difficult. Consequently, they rely more on maladaptive coping strategies such as social and behavioral withdrawal and emotional inhibition ([Hemming et al., 2019](#)).

Reduced self-worth in individuals with the *Defectiveness/Shame* schema within the disconnection and rejection domain represents a maladaptive attitude that leads to the formation of a self-concept characterized by inadequacy, deficiency, and undesirability. Such individuals experience a greater discrepancy between their actual self and ideal self, which prevents flexible self-perception and the use of experiences to gain useful perspectives for guiding behavior. As a result, they exhibit heightened reactivity to thoughts, images, and memories related to this domain, which may lead to cognitive preoccupation with avoiding situations and internal stimuli that intensify fears and negative self-concepts. However, such avoidance prevents self-acceptance and self-compassion ([Basiri Fard & Salameh Zavareh, 2025](#)).

Key characteristics of individuals with *Other-Directedness* schemas include submissive behavior, low self-esteem, anxious states, and separation fears ([Basiri Fard & Salameh Zavareh, 2025](#)). Individuals with a high need for approval may place excessive importance on interpersonal interactions, leading to increased anxiety ([Steers et al., 2016](#)). Furthermore, lack of attention and validation and being blamed by others can lead to anger, hostility, and interpersonal ambivalence in these individuals ([Aftab, 2016](#)); however, they often express their anger toward themselves rather than others ([Kumar et al., 2013](#)).

Individuals with schemas related to *Impaired Limits* are more prone to conflict due to aggressive and hostile behaviors, which in turn increases their level of tension and reduces social support ([Boyett et al., 2013](#)). Hostility is a defining characteristic of individuals with impaired limits schemas, who tend to possess an inflated sense of superiority and self-sufficiency and manipulate others through deceit and exploitation, disregarding others' needs. These traits manifest as entitled, aggressive, and hostile behaviors. In an effort to gain dominance in social relationships and maintain a sense of superiority, these individuals may become hypervigilant to environmental threats and engage in bullying or harmful behaviors toward others ([Bach et al., 2016](#)).

Overall, the findings of the present study indicate that early maladaptive schemas play a significant role in predicting marital satisfaction among female teachers. This result is consistent with the theoretical framework of schema therapy, as schemas function as stable cognitive structures that shape individuals' interpretations of marital situations and may lead to emotional sensitivity, misinterpretations, and maladaptive reactions in interactions with spouses. Working women in private-sector environments, due to job pressure, irregular working hours, and multiple role conflicts, may exhibit greater vulnerability when maladaptive schemas such as abandonment, mistrust, or emotional deprivation are activated, ultimately affecting marital relationship quality. The results also demonstrated that marital self-regulation mediates the relationship between early maladaptive schemas and marital satisfaction. This finding can be theoretically explained by the fact that individuals' ability to regulate emotions, manage conflict, control impulsive reactions, and adapt to relational conditions can reduce the intensity of the effects of negative

schemas. Female teachers with higher levels of self-regulation are better able to manage negative emotions triggered by schema activation and prevent destructive behaviors. Consequently, marital self-regulation can serve a protective role and moderate the pathway between schemas and marital satisfaction.

The findings highlight the importance of cognitive–emotional factors in the quality of marital relationships among working women. In educational work environments, where occupational stress and organizational pressures are more prevalent, self-regulation skills become particularly salient and can function as an important internal resource for maintaining marital satisfaction. Accordingly, it is recommended that educational programs and counseling interventions specifically designed for working women focus on identifying maladaptive schemas and strengthening emotion regulation and marital self-regulation skills in order to enhance family relationship quality and psychological well-being.

One limitation of the present study was the use of self-report measures for data collection. Self-report instruments may be influenced by response biases, impression management, and inaccuracies in reporting personal experiences, which can affect the validity of the findings. Additionally, the study population consisted solely of female teachers; therefore, generalization of the results to women employed in the public sector, homemakers, or other demographic groups should be approached with caution. The limited geographical scope of the study may also reduce the accuracy and generalizability of the findings, as cultural, social, and economic conditions across different regions may influence schema patterns and self-regulation styles. Furthermore, the correlational nature of the study precludes causal inference; thus, definitive conclusions regarding the direction of effects between schemas, self-regulation, and marital satisfaction cannot be drawn. Future research is recommended to employ longitudinal or experimental designs to examine causal relationships and the direct effects of interventions on self-regulation and marital satisfaction. Conducting similar studies across diverse groups—such as men, dual-earner couples, public-sector employees, or different age groups—may provide a more comprehensive understanding of the role of schemas and self-regulation in marital relationships. Utilizing multi-source methods such as behavioral observation, in-depth interviews, or partner reports may further enhance data accuracy. Examining the moderating roles of additional variables such as social support, occupational stress, personality traits, or attachment styles may also contribute to the development of more comprehensive models in this field.

Acknowledgements

The authors would like to express their sincere appreciation to all participants who kindly contributed to this study.

Conflicts of Interest

The authors have no conflict of interest.

Resources

- Abbas, J., Aqeel, M., Abbas, J., Shaher, B., Sundas, J., & Zhang, W. (2019). The moderating role of social support for marital adjustment, depression, anxiety, and stress: Evidence from Pakistani working and nonworking women. *Journal of affective disorders*, 244, 231–238. <https://doi.org/10.1016/j.jad.2018.07.071>
- Abdi, R., & Pak, R. (2019). The mediating role of emotion dysregulation as a transdiagnostic factor in the relationship between pathological personality dimensions and emotional disorders symptoms severity. *Personality and Individual Differences*, 142, 282–287. <https://www.sciencedirect.com/science/article/abs/pii/S0191886918305142>
- Aftab, R. (2016). The mediating role of interpersonal difficulties in the relationship between experiential avoidance and depression and anxiety. *Applied Psychology Quarterly*, 10(4, Serial No. 40), 521–540.
- Arab Alidousti, A., Nokhayi, N., & Khanjani, N. (2015). Reliability and validity of the Persian versions of the Kansas Marital Satisfaction Scale and the short form of the ENRICH Marital Satisfaction Questionnaire. *Health & Development Journal*, 4(2), 158–167.

- Asadpour, E., Karimi, A., & Amini, M. (2020). The relationship between early maladaptive schemas and marital conflict and marital burnout among female nurses. *Journal of North Khorasan University of Medical Sciences*, 12(3), 23–30.
- Bach, B., Sellbom, M., Bo, S., & Simonsen, E. (2016). Utility of DSM-5 section III personality traits in differentiating borderline personality disorder from comparison groups. *European Psychiatry*, 37, 22-27. <https://doi.org/10.1016/j.eurpsy.2016.04.006>
- Boyette, L.-L., Korver-Nieberg, N., Verweij, K., Meijer, C., Dingemans, P., Cahn, W., & de Haan, L. (2013). Associations between the Five-Factor Model personality traits and psychotic experiences in patients with psychotic disorders, their siblings and controls. *Psychiatry Research*, 210(2), 491-497.
- Butzer, B., & Campbell, L. (2008). Adult attachment, sexual satisfaction, and relationship satisfaction: A study of married couples. *Personal Relationships*, 15(1), 141–154. <https://doi.org/10.1111/j.1475-6811.2007.00189.x>
- Constant, E., Leuchtmann, L., Christophe, V., Bodenmann, G., Gabrielli, F., Ott, L., & Nandrino, J. L. (2020). Effect of marital satisfaction on self-regulation efforts in couples: Value of heart rate variability measurements. *Scandinavian journal of psychology*, 61(4), 574–581. <https://doi.org/10.1111/sjop.12641>
- Emadi, Sh., Mirhashemi, M., & Sharifi, H. P. (2020). A structural model for predicting marital burnout based on sensation seeking, perfectionism, and emotion regulation strategies with the mediating role of resilience in married women. *Psychological Sciences*, 19(92), 1111–1122.
- Farrell, J. M., Reiss, N., & Shaw, I. A. (2014). *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs* (1st Ed.). Wiley-Blackwell.
- Farrell, J. M., Shaw, I. A., Behary, W. T., & Young, J. E. (2017). *Experiencing Schema Therapy from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists)*. Guilford Press.
- Fatemi, M. S., Karbalaee Mohammad Migouni, A., & Kakavand, A. (2016). The effect of communication imagery training (Imago therapy) on marital intimacy in couples. *Knowledge and Research in Applied Psychology*, 17(1), 51–59.
- Fowers, B. J., & Olson, D. H. (1993). ENRICH Marital Satisfaction Scale: A brief research and clinical tool. *Journal of Family Psychology*, 7(2), 176–185. <https://doi.org/10.1037/0893-3200.7.2.176>
- Fraley, R. C., & Roisman, G. I. (2019). The development of adult attachment styles: four lessons. *Current Opinion in Psychology*, 25, 26-30.
- Gholizadeh, A., & Esmaeilian Ardestani, Z. (2014). The role of social capital components in marital satisfaction among married students. *Knowledge and Research in Applied Psychology*, 15(56), 37–46.
- Giner, L., Blasco-Fontecilla, H., De La Vega, D., & Courtet, P. (2016). Cognitive, Emotional, Temperament, and Personality Trait Correlates of Suicidal Behavior. *Current Psychiatry Reports*, 18(11), 102.
- Girgždė, V., Keturakis, V., & Sondaite, J. (2014). Couples' Relationship Self-Regulation Narratives after Intervention. *Europe's Journal of Psychology*, 10, 336-315. <https://doi.org/10.5964/ejop.v10i2.643>
- Halford, W. K., Sanders, M. R., & Behrens, B. C. (1994). Self-regulation in Behavioral Couples' Therapy. *Behavior Therapy*, 25(3), 431-452. [https://doi.org/https://doi.org/10.1016/S0005-7894\(05\)80156-X](https://doi.org/https://doi.org/10.1016/S0005-7894(05)80156-X)
- Homaie, R. (2018). The relationship of attachment to God, moral intelligence, and self-differentiation with marital satisfaction in nurses. *Health and Care Journal of Ardabil School of Midwifery*, 20(4), 270–279.
- Kline, R. B. (2016). *Principles and practice of structural equation modeling* (4th Ed). New York, NY, US: Guilford Press.
- Kotria, K., Dyer, P., & Stelzer, K. (2010). Marriage Education with Hispanic Couples: Evaluation of a Communication Workshop. *Family Science Review*, 15(2), 1-14. <https://doi.org/10.26536/FSR.2010.15.02.01>

- Kumar, P. N., Rajmohan, V., & Sushil, K. (2013). An exploratory analysis of personality factors contributed to suicide attempts. *Indian journal of psychological medicine*, 35(4), 378-384.
- Netzer, L., Van Kleef, G. A., & Tamir, M. (2015). Interpersonal instrumental emotion regulation. *Journal of Experimental Social Psychology*, 58, 124-135. <https://doi.org/10.1016/j.jesp.2015.01.006>
- Okabayashi H. (2020). Self-Regulation, Marital Climate, and Emotional Well-Being among Japanese Older Couples. *Journal of cross-cultural gerontology*, 35(4), 433–452. <https://doi.org/10.1007/s10823-020-09409-5>
- Ottu, I. (2011). Predicting marital satisfaction from the attachment styles and gender of a culturally and religiously homogenous population. *Gender and Behaviour*, 9, 3656-3679. <https://doi.org/10.4314/gab.v9i1.67466>
- Ourang, S., Hashemi Rezini, H., & Abdollahi, M. (2017). The relationship between early maladaptive schemas with meaning in life and psychological well-being among the elderly. *Iranian Journal of Aging (Salmand)*, 12(3), 326–345.
- Qi, Y., Abdul Razak, A. Z., & Hoque, K. E. (2024). The impact of female university teachers' marital satisfaction on teaching ability: Moderated by managerial positions. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 9(7), e002893. <https://mail.msocialsciences.com/index.php/mjssh/article/view/2893>
- Sadoughi, Z., Aguilar-Vafaei, M., Rasoulzadeh Tabatabaei, K., & Esfahaniyan, N. (2008). Factor analysis of the short form of the Young Schema Questionnaire in an Iranian non-clinical sample. *Iranian Journal of Psychiatry and Clinical Psychology*, 14(2), 214–219.
- Scott, L. N., Levy, K. N., & Pincus, A. L. (2009). Adult attachment, personality traits, and borderline personality disorder features in young adults. *Journal of Personality Disorders*, 23(3), 258-280.
- Solat Patlu, A., Vaziri, Sh., & Lotfi Kashani, F. (2022). The effect of self-regulation-based couples therapy on marital satisfaction: A quasi-experimental study. *Payesh*, 21(4), 399–407.
- Wilson, K., Charker, J., Lizzio, A., Halford, K., & Kimlin, S. (2005). Assessing how much couples work at their relationship: The behavioral self-regulation for effective relationships scale. *Journal of Family Psychology*, 19(3), 385-393.
- Xiong, L., Zhou, C., Yan, L., Zhao, P., Deng, M., & Hu, Y. (2022). The impact of avoidant attachment on marital satisfaction of Chinese married people: Multiple mediating effect of spousal support and coping tendency. *Acta Psychologica*, 228, 103640. <https://doi.org/10.1016/j.actpsy.2022.103640>
- Young, J. E. (1990). *Cognitive therapy for personality disorders: A Schemas- focused approach*. Professional Resource Exchang Inc.
- Yu, Y., Wu, D., Wang, J.-M., & Wang, Y.-C. (2020). Dark personality, marital quality, and marital instability of Chinese couples: An actor-partner interdependence mediation model. *Personality and Individual Differences*, 154, 109689. <https://doi.org/10.1016/j.paid.2019.109689>
- Zadeh Mohammadi, A., & Kordestanchi Aslani, H. (2020). The mediating role of cognitive emotion regulation in the relationship between early maladaptive schemas and spouse abuse. *Iranian Journal of Psychiatry and Clinical Psychology (Formerly Andisheh & Raftar)*, 4(103), 502–523.
- Steers, M. L., Quist, M. C., Bryan, J. L., Foster, D. W., Young, C. M., & Neighbors, C. (2016). I Want You to Like Me: Extraversion, Need for Approval, and Time on Facebook as Predictors of Anxiety. *Translational issues in psychological science*, 2(3), 283–293. <https://doi.org/10.1037/tps0000082>
- Hemming, L., Taylor, P., Haddock, G., Shaw, J., & Pratt, D. (2019). A systematic review and meta-analysis of the association between alexithymia and suicide ideation and behaviour. *Journal of affective disorders*, 254, 34–48. <https://doi.org/10.1016/j.jad.2019.05.013>
- Basiri Fard, E., & Salameh Zavareh, F. (2025). Prediction of marital disaffection based on early maladaptive schemas with the mediation of cognitive emotion regulation in working women. *Iranian Journal of Organizational psychology*, 2(4), 7–16. <https://doi.org/10.22111/ijop.2025.52636.1058>
- Zhang, C., & Liang, Y. (2023). The impact of education level on marital satisfaction: Evidence from China. *Social Sciences & Humanities Open*, 7(1), 100487. <https://doi.org/10.1016/j.ssaho.2023.100487>