



## Predicting Marital Conflicts based on Alexithymia with the Mediating Role of Emotion Regulation

Atefeh Sedaghatkhah<sup>1</sup>, Hadi Kajbafnejad<sup>2\*</sup>, Mahboubeh Chinaveh<sup>1</sup>, Sajad Aminimanesh<sup>3</sup>

1- Department of Psychology, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran

2- Department of Psychology, Behbahan Branch, Islamic Azad University, Behbahan, Iran

3- Department of Psychology, Shiraz Branch, Islamic Azad University, Shiraz, Iran

\* Corresponding author's Email: [hkajbaf@yahoo.com](mailto:hkajbaf@yahoo.com)

**Abstract:** Research has consistently highlighted the association between alexithymia and various challenges in personal and marital life. Consequently, the primary objective of this study was to predict marital conflicts with Alexithymia as the predictor, while considering the mediating role of emotion regulation. This study adopted a descriptive correlational design, employing structural equation modeling to examine the relationships between the variables. The study's statistical population encompassed all couples seeking assistance at counseling centers in Shiraz during the winter of 2021, particularly those grappling with marital conflict issues. The sample size consisted of 394 individuals, selected through cluster random sampling. Data collection involved the utilization of several questionnaires, including the Sanai Marital Conflict Questionnaire, the Toronto Alexithymia Questionnaire and Garnefski Cognitive Emotion Regulation Questionnaire. The results of this investigation demonstrated that the proposed model exhibited a favorable fit with the data, as indicated by various fit indices. Furthermore, both direct and indirect coefficients between alexithymia and marital conflicts were deemed statistically significant ( $p < 0.05$ ). In essence, this implies that alexithymia can contribute to the escalation of marital conflicts, and emotion regulation plays a mediating role in this relationship. Overall, the findings of this study have valuable implications for family counselors and psychologists, offering insights into the development of effective interventions aimed at mitigating marital conflicts among couples.

**Keywords:** Marital conflicts, alexithymia, emotion regulation, conflicted couples

## Introduction

On one hand, the family serves as a sanctuary of tranquility and solace for couples, while on the other hand, it serves as the foundation for the proper upbringing of children (Dai & Wang, 2015). Consequently, it is imperative that the family unit remains shielded from conflicts and detrimental actions between partners. Couples must strive to resolve their conflicts with a comprehensive understanding of life, rooted in the teachings of psychology (Canu et al., 2014). The examination of the precursors and outcomes of marital conflicts represents an immensely significant area of study within the realm of couples' psychology (Fincham et al., 2004).

Marital conflicts are influenced by a multitude of closely intertwined factors known as close antecedents, which possess the capacity to impact the quality and quantity of conflicts experienced within a marriage (Islami, 2017).

Given that conflicts are intrinsically linked to emotions, an individual's inability to effectively regulate and manage their emotions can result in the escalation of conflicts between partners (Bloch et al., 2014).

The ability to regulate emotions is associated with various indicators of positive social functioning, including heightened levels of interaction and emotional expression, a broader social support network, enhanced intimacy with others, greater interpersonal sensitivity, proclivity towards social engagement, establishment of mutual friendships, and the cultivation of more fulfilling interpersonal relationships with strangers ([Lopes et al., 2011](#)). Consequently, any disturbances or deficiencies in emotional regulation can yield adverse consequences, particularly in relation to couples' communication ([Frye et al., 2020](#)). Difficulties in emotion regulation are characterized by issues pertaining to the awareness, comprehension, and acceptance of emotions, the absence of adaptive strategies when confronted with diverse emotional states, or an inability to control one's behavior when faced with intense emotional arousal ([Gratz & Roemer, 2004](#); [Pandey et al., 2011](#)). When confronted with highly negative emotional events, couples often resort to a primordial and survival-oriented mode of interaction. Within this mode, couples frequently attempt to justify their own behavior by demeaning or criticizing their spouse ([Gutman et al., 2006](#)), or by highlighting and emphasizing their spouse's negative attributes. Hence, the lack of emotional management skills engenders impulsive and inconsistent behaviors, consequently intensifying conflicts between partners. Extant research provides a solid foundation for establishing a significant correlation between emotion regulation and marital satisfaction ([Mazzuca et al., 2019](#); [Omid & Talighi, 2017](#); [Shahid & Kazmi, 2016](#)).

The regulation of emotions assumes an intermediary role in the intricate interplay between ineffective cognitive, emotional, and behavioral variables, ultimately influencing marital conflicts within the context of these interconnected constructs. As previously posited, following activation, dysfunctional attitudes instigate a pattern of information processing that is marked by a negative cognitive bias and characterized by erroneous negative thinking ([Xu et al., 2016](#)). These maladaptive thoughts engender negative emotions and trigger the activation of negative affect, subsequently precipitating unhealthy behaviors during conflict resolution among couples, thereby exacerbating conflicts. Conversely, individuals with alexithymia, defined as a difficulty in recognizing and expressing emotions, exhibit higher levels of interpersonal conflicts compared to their non-alexithymia counterparts.

As aforementioned in previous scholarly investigations, individuals exhibiting elevated levels of dyslexia possess a proclivity to regulate their emotions in a maladaptive or dysfunctional manner, exemplified by behaviors such as avoidance, violence, and aggressiveness, among others. These deleterious actions detrimentally impact the well-being of others, as they are often met with indifference, absence of support, and a lack of empathy. Consequently, such actions precipitate an exacerbation of marital conflicts, further intensifying the strain experienced within the relationship. It is important to recognize that the dynamics of a marital relationship are intrinsically intertwined with the emotional

realm, as the successful navigation of this intricate landscape necessitates the ability to effectively regulate and express emotions. This being said, it is imperative to acknowledge that emotional dyslexia, coupled with challenges in regulating and expressing emotions, can serve as the core underlying source of numerous conflicts experienced by couples. Adopting a systemic approach, it becomes evident that linear causality is rendered inadequate, and instead, emphasis is placed upon circular causality, which posits that conflicts are not solely attributable to a single specific issue, but rather, arise as a consequence of the accumulation of various factors, ultimately culminating in dissatisfaction and conflict within the context of a romantic partnership. Consequently, it is plausible to surmise that emotional dyslexia can engender a sense of unfulfillment in terms of marital expectations, thereby precipitating conflict. In light of this, it becomes imperative to direct attention to the adaptive and maladaptive strategies employed in cognitive emotion regulation, as they play a pivotal role in shaping the overall trajectory of a couple's emotional well-being and relational satisfaction.

In the context of the subject matter being investigated in the current research, [Guvensel et al. \(2018\)](#) conducted an empirical study to explore the intricate relationship between gender role conflict, normative emotional dyslexia in men, differences in friendships among men, and psychological well-being. The researchers arrived at a significant conclusion, which indicated a noteworthy correlation among all four variables. It was revealed that elevated levels of emotional ataxia and inconsistencies in friendships were regarded as the most influential predictors of men's psychological well-being. Furthermore, the results exhibited that gender role played a significant moderating role in the impact of men's emotional ataxia on their scores of psychological well-being. In a similar vein, [Xu et al. \(2016\)](#) conducted a study aimed at examining the association between cognitive impairment, emotional ataxia, and marital conflicts. The study revealed a positive and significant relationship between cognitive impairment, emotional ataxia, and marital conflicts. Building upon this, [Lumley \(2004\)](#) conducted a research study to examine primary maladaptive schemas and emotional dyslexia in women facing marital conflicts. The findings of the study indicated that women with lower levels of primary maladaptive schemas and emotional dyslexia experienced lower levels of conflicts in their marriages. This established a significant inverse relationship between these variables.

Considering that marital conflicts are predominantly influenced by psychological dimensions, particularly those that involve emotional incompatibility, it is of utmost importance to investigate and analyze the relationship of these dimensions, such as emotional ataxia. Such investigation not only facilitates a more accurate identification of the factors that contribute to couples' conflicts but also enables the adjustment of these factors to mitigate marital conflicts. Consequently, comprehending the relationship between emotional dyslexia and marital conflicts can play a pivotal role in diagnosing and

enhancing couples' relationships. In this regard, understanding the direct and indirect relationship of this variable can significantly contribute to the application of family counseling.

Moreover, the findings of this research study, apart from enriching the existing research background, can offer valuable guidance to researchers and scholars in selecting relevant structures pertaining to marital conflicts, as well as considering other factors associated with such conflicts. The wealth of information derived from this research can be instrumental in guiding future research endeavors and assisting researchers in their quest to shed light on the complexities of marital conflicts.

Based on the aforementioned literature, the researcher of this study has undertaken a comprehensive analysis to predict marital conflicts based on emotion dyslexia, with the mediating role of emotion regulation. The operational model of this research endeavor, encapsulating the intricate relationship between emotion dyslexia, emotion regulation, and marital conflicts.

## **Material and Methods**

The current research is a description of the type of correlation in which the relationship of the variables was studied without any interference and using the model of structural equations. In this way, the variable of emotional ataxia as an exogenous variable, cognitive regulation of emotion as a mediating variable, and marital conflicts as an endogenous variable were investigated and analyzed. In terms of the data collection method, the current research was a field research type and the data collection tool was a questionnaire. All the required information were collected at the same time, so the current research is cross-sectional research.

The statistical population of this research included all the couples who referred to counseling centers in Shiraz city in the winter of 2019, who had referred to counseling centers licensed by the psychological system or welfare organization due to marital conflicts or the need to improve their marital relations. A random cluster sampling method was used to select the sample. In this way, firstly, 15 centers were randomly selected from licensed counseling centers (seven centers from the east and eight centers from the west of the city) and then all the clients whose counseling topic was about common life were invited to Complete the required questionnaires to participate in the research. The required questionnaires were prepared both online and printed, and the researcher attended the counseling centers and sought the cooperation of the counselors and office officials of the counseling centers to collect the required information. The minimum required sample size was determined based on the suggested method of [Schumacker and Lomax \(2004\)](#), which suggests the number of 20 participants for each parameter in structural equation modeling and path analysis, which was equal to 280 people. However, in order to ensure the complete coverage of the studied society and to ensure the generalizability of the findings,

the sampling continued until reaching the number of 394 people. Therefore, the final sample size was 394 people.

Descriptive and inferential statistics methods were used to analyze the obtained information. In the descriptive part, the mean and standard deviation, minimum and maximum scores were used. In the inferential part, in addition to the correlation matrix of research variables, structural equation modeling was used to examine the research hypothesis. In order to investigate the significance of indirect paths, the bootstrap method was used. Data analysis was done using SPSS and AMOS software version 24.

In order to collect the data of this research, the following questionnaires were used:

The Sanai questionnaire (2008) was used to examine the variable of marital conflicts. The revised version of this questionnaire has 42 items that measure seven dimensions of marital conflicts: decrease in cooperation, decrease in sexual relations, increase in emotional reactions, increase in getting support for children, increase in personal relationship with relatives, decrease in family relationship with relatives and Spouse's friends and separating financial affairs from each other. This questionnaire is structured as a five-point Likert scale, in which the answer never equals 1 and the answer always equals 5. In this questionnaire, a higher score indicates more conflict (Sanai, 2008). [Dehghan \(2010\)](#) regarding the reliability of the questionnaire, in the study of a group of 30 people, the value of Cronbach's alpha coefficient for the whole questionnaire was 0.71 and for the components of cooperation decrease, sexual relationship decreases, emotional reactions increase, child support increase, relationship increase. A person with his relatives has obtained a decrease in the family relationship with his wife's relatives and friends, 0.73, 0.60, 0.74, 0.81, 0.65, 0.81 and 0.69, respectively. The validity of this questionnaire in the present study was confirmed using factor analysis, and its reliability was in the range of 0.55 to 0.80 using Cronbach's alpha method.

The Toronto Emotional Dyslexia Scale ([Parker et al., 1992](#)) is a 20-item scale that is used to measure three subscales: difficulty in recognizing emotions, difficulty in describing emotions, and (difficulty) in objective thinking. Answers to the items of this scale are recorded in the form of a 5-point Likert spectrum (1 is equivalent to completely disagree and 5 is equivalent to completely agree). Obtaining a higher score in this scale means more emotional dysphoria, and the scoring of items No. 4, 5, 10, 18 and 19 is done in reverse ([Besharat, 2007](#)). In order to examine the validity of the scale, [Bagby et al. \(1994\)](#) have examined the correlation between emotional narcissism scores with personality traits and other constructs that are theoretically related or unrelated to emotional narcissism (big five personality factors, need for cognition and mindfulness ). In addition, they have calculated the relationship between the scale scores and the observers' ratings of the level of emotional apathy in the studied sample as another validity index. The results of this research indicated the existence of a negative relationship between the

dimensions of emotional non-verbal communication with mindfulness and the need for recognition. In the study of the relationship between emotional narcissism and personality traits, it was found that neuroticism has no significant relationship with the components of emotional narcissism scale, positive relationship, extroversion and openness to experiences, negative relationship, agreeableness, and conscientiousness. The factorial structure of the questionnaire was also investigated using confirmatory factor analysis and the presence of three factors: difficulty in identifying emotions, difficulty in describing emotions and objective thinking was confirmed. In the present study, confirmatory factor analysis was used to examine the validity of the emotional dysphoria scale, and Cronbach's alpha coefficient was used to examine its reliability. In order to examine the construct validity of the scale, confirmatory factor analysis was used in AMOS software. It should be mentioned that items with a factor load less than 0.3 (items No. 5, 8, 10, 18 and 19) were excluded from the analysis. In the present study, the values of factor loadings of the items were relatively strong and the lowest value of factor loading is 0.35. Examining the t values also indicated the significance of all factor loadings.

Emotion regulation questionnaire ([Garnefski et al., 2001](#)) was used to examine the emotion regulation variable. The structure of this questionnaire is multidimensional and it is used to identify cognitive coping strategies after an unfortunate experience. This questionnaire has 36 items that are graded on a 5-point Likert scale, where 1 is equivalent to never and 5 is equivalent to always. Using this questionnaire, 2 positive cognitive strategies (including positive refocusing/planning and positive evaluation/broader perspective) and 5 negative strategies (including self-blame, blaming others, rumination, catastrophizing and acceptance) are measured. High scores in each subscale indicate the greater use of the mentioned strategy in dealing with stressful events. The strategies of self-blame, blaming others, rumination, catastrophizing, and acceptance are collectively negative emotion regulation strategies, and positive refocusing/planning and positive evaluation/broader perspective strategies together represent positive emotion regulation strategies ([Garnefski et al., 2001](#)). The creators of the questionnaire have reported its reliability by examining the Cronbach's alpha coefficient of 0.91 for positive strategies and 0.87 for negative strategies ([Garnefski et al., 2001](#)). The validity of this questionnaire in the present study was confirmed using factor analysis, and its reliability was in the range of 0.68 to 0.89 using Cronbach's alpha method.

**Ethical considerations:** Clients were reminded that participation in the research is voluntary. However, by explaining the objectives of the research, an effort was made to encourage them to participate in the research. Also, the clients were reminded that there is no need to mention their names and family names, and their personal information will not be available to any person or institution, and the information will not be collected. will be analyzed as a group. In order to avoid any harm to the clients, all aspects related



to the health protocols related to the Covid-19 epidemic were observed. In communicating with the clients, he focused only on the research objectives and avoided inquiring into other fields and interfering in the affairs of counseling centers. The clients were welcomed with openness and thanked and appreciated for their participation in the research.

## Results

In this section, the descriptive findings of the research variables are first reported. For this purpose, the mean, standard deviation, minimum and maximum scores of the variables are reported. Table 1 shows the mean, standard deviation, minimum and maximum score of the research variables.

**Table 1.** Mean, standard deviation, minimum and maximum scores of research variables

Variable	Components	Mean	SD	Min.	Max.
Alexithymia	Difficulty identifying emotions	18.80	6.99	7	35
	Difficulty describing feelings	13.36	4.50	5	25
	Difficulty in objective thinking	9.65	2.82	3	15
Emotion regulation	Positive refocusing/planning	38.08	6.87	10	50
	Positive evaluation/broader perspective	21.07	4.36	6	30
	Blame yourself	8.33	2.33	3	15
	Blame others	10.49	3.34	4	20
	rumination	16.79	3.31	5	25
	Catastrophe	11.58	3.22	4	20
	reception	12.89	2.83	4	20
	Reduction of cooperation	7.65	2.83	4	20
Marital conflicts	Decreased sexual intercourse	8.46	3.26	4	20
	Increasing emotional reactions	16.38	5.23	8	38
	Increasing child support	10.21	3.50	5	23
	Increasing personal relationship with your relatives	10.08	4.06	6	30
	Reduction of family relationship with relatives, spouse and friends	10.38	4.52	6	30
	Separating financial affairs from each other	12.43	4.23	6	26

In the following, first the assumptions of structural equation modeling have been verified and then the proposed research model has been implemented and after removing the non-significant paths, the direct, indirect and total effects for the remaining paths were calculated and reported.

Before testing the model, it was necessary to ensure the establishment of the basic assumptions of structural equation modeling. For this purpose, multiple co-linearity of predictor variables was investigated using tolerance or tolerance statistic and variance inflation factor. The results of the research showed that the values of the tolerance values for the emotional non-verbal communication variable were between 0.54 and 0.80 and the range of the variance inflation index was between 1.25 and 1.92. The tolerance value for the cognitive regulation variable of excitement was equal to 1 and the variance inflation index was equal to 1.04. These findings indicate multiple non-collinearities between predictor variables. The normality of a single variable was determined by examining the skewness and stretch

indices and their critical values. The results of this study indicated that the values of skewness and elasticity of all variables are less than one. The normality of multivariable was evaluated by examining the multivariable stretching index (Merdia coefficient) and its critical value. The results of this study also indicated that the multivariate stretching value is 6.5 and its critical value is 1.94, which confirms the normality of the multivariate distribution. Therefore, data analysis using structural equation modeling with the maximum accuracy estimation method seems appropriate.

In the following, according to the research hypothesis, the direct and indirect paths of the assumed model have been investigated and the relevant coefficients have been reported in Tables 2 and 3.

**Table 2.** Direct path coefficients between research variables

Predictor variable	Criterion variable	B	$\beta$	S.E	T value	p
Unable to express excitement	Marital conflicts	0.01	0.02	0.03	0.35	0.72
Positive strategies for cognitive regulation of emotion	Marital conflicts	-0.11	-0.29	0.02	-5.5	0.001
Negative strategies of cognitive regulation of emotion	Marital conflicts	0.56	0.33	0.09	6.14	0.001
Alexithymia	Positive strategies for cognitive regulation of emotion	-0.23	-0.20	0.07	-3.58	0.001
Alexithymia	Negative strategies of cognitive regulation of emotion	0.06	0.09	0.02	1.40	0.16

In order to investigate the mediating role of cognitive regulation of emotion in the relationship between emotional dyslexia and marital conflicts, bootstrap command available in Amos software was used. Table 3 shows the results of bootstrap analysis to investigate the significant indirect effect of emotion dyslexia on marital conflicts with the mediation of cognitive emotion regulation strategies.

**Table 3.** Results of bootstrap analysis to investigate the significance of the indirect effect

Predictor	Criterion	$\beta$	Low limit	High limit	p
Alexithymia	Marital conflicts	0.09	0.06	0.12	0.04

As seen in Table 3, the mediating role of emotion regulation cognitive strategies is significant in the relationship between emotion alexithymia and marital conflicts. Therefore, the research hypothesis is confirmed. Table 4 shows the fit indices of the research model after removing non-significant paths along with the optimal values of each index based on Klein's criteria (2016).

**Table 4.** Fit indices of the research model

Indices	$X^2/DF$	GFI	AGFI	TLI	CFI	RMSEA	PCLOSE
Obtained value	2.37	0.93	0.90	0.95	0.92	0.07	0.13
Desirable value	< 3	> 0.90	> 0.90	> 0.90	> 0.90	< 0.08	> 0.05



According to the results in the table, the result of dividing the two by the degree of freedom was 2.37. The value of goodness of fit index (GFI) and adjusted goodness of fit (AGFI), which indicates the amount of variance and covariance explained by the model, was 0.93 and 0.90, respectively. The comparative fit index (CFI), which compares the target model with the independent model, was 0.92. The value of Toker-Lewis's index (TLI) as an unstandardized fit index was 0.95. The mean squared error of approximation (RMSEA) and the p-value close to it (PCLOSE) are 0.07 and 0.13, respectively. All the fit indices of the model are at an acceptable level and the model has a good fit.

## Discussion

The findings of the study indicate that emotional dyslexia can be used as a predictor of marital conflicts, with cognitive emotion regulation playing a mediating role in this relationship. It is noteworthy that the direct impact of emotional dyslexia on marital conflicts does not exhibit statistical significance. However, it is important to highlight that emotional dyslexia do exert a significant effect on conflicts through the mediation of cognitive emotion regulation. This finding underscores the notion that emotional dyslexia does not have a positive impact on conflicts, as positive cognitive regulation strategies fully account for this relationship. The results of this research align with the prior investigations conducted by [Soltanizadeh and Bajelani \(2020\)](#), [Besharat et al. \(2017\)](#) and [Zebardast and Shafieetabar \(2019\)](#).

In order to elucidate the outcomes of this study, it is essential to acknowledge that individuals with emotional ataxia encounter difficulties in accurately perceiving and interpreting emotions from facial expressions of others. The establishment of interpersonal relationships necessitates a comprehensive understanding of one's own emotions as well as those of others. Failure to accurately recognize emotions can give rise to various challenges in numerous domains, including interpersonal relationships and communication ([Besharat et al., 2017](#)). For instance, the development of intimate relationships, a characteristic feature of interpersonal communication that fortifies social bonds, is unattainable without a proper identification of one's own emotions and the emotions of others. Individuals who face limitations in emotion recognition due to emotional dyslexia also encounter obstacles in this realm of interpersonal relationships. Consequently, emotional dyslexia may elevate the likelihood of interpersonal conflicts by impeding the recognition and comprehension of emotions and affective states. This suggests that individuals with emotional dyslexia struggle to adequately process, perceive, and evaluate emotional information. Over time, this issue renders individuals psychologically and emotionally vulnerable, disrupting their emotional well-being and cognitive processes, which inevitably impacts their interactions in interpersonal settings. Insufficient interaction within the context of married

life and a lack of mutual understanding can result in problems that eventually manifest as marital conflicts.

Emotional dysphoria engenders negative moods and emotional states due to the deficiency in accurate cognitive processing. In other words, the ability to identify and label emotions facilitates the regulation of emotional responses. Consequently, individuals who possess the capacity to recognize, assess, and employ positive strategies in emotional encounters exhibit a greater likelihood of engaging in positive emotional cognitive regulation ([Zebardast & Shafieetabar, 2019](#)). Consequently, couples who struggle with recognizing and comprehending their emotions also encounter difficulties in implementing positive emotional cognitive regulation. Typically, these individuals engage in a process of introspection and actively strive to address their negative moods. Additionally, these individuals develop stronger social relationships, possess higher levels of self-esteem, experience greater satisfaction with life, and exhibit lower levels of depression.

Also, due to the fact that the management of emotions ultimately leads to the regulation of emotions and the possession of effective skills for controlling positive emotions ultimately results in positive adaptation and overall success in life, it becomes evident that emotion control plays a significant and pivotal role in the lives of individuals as well as in their marital relationships. Thus, it can be inferred that the development and enhancement of emotion control skills can greatly contribute to the emotional well-being and satisfaction within marital relationships. In fact, the ability to effectively manage and regulate emotions enables couples to establish a healthy and fulfilling sexual relationship, rather than simply engaging in a relationship solely for the purpose of procreation. Consequently, the control of emotions can lead to positive psychological outcomes, such as an increased sense of inner tranquility and emotional responsiveness, which in turn can greatly improve behavioral communication between partners. As a result, the overall satisfaction and contentment within the marital union is significantly enhanced ([Aldao et al., 2010](#)).

However, it is important to acknowledge that there are certain limitations associated with conducting research projects under the current circumstances, where the world is grappling with the widespread impact of the COVID-19 pandemic. One of the most significant limitations is the lack of direct communication between the project manager and the participants. This lack of face-to-face interaction has necessitated the adoption of online platforms and the utilization of websites like PORSLINE for sampling purposes. Unfortunately, this shift to online methods has resulted in a decrease in the respondents' desire and motivation to complete the questionnaires, leading to a drop in the overall sample size. Moreover, it is crucial to exercise caution when interpreting the results of the study, as the path analysis method used to assess the fit of the model may not provide a conclusive causal analysis. This

means that drawing cause-and-effect conclusions should be done with prudence and careful consideration.

Furthermore, it is important to note that the research in question lacks control over various intervening variables, such as the social, economic, cultural status, and educational level of the participants. This limitation poses challenges when attempting to generalize the findings to other statistical communities. Therefore, it is essential to approach the generalization of the results with caution and recognize the potential limitations imposed by the lack of control over these intervening variables.

In light of these considerations, it is recommended that pre-marriage counseling sessions be extended in duration and enriched in content. By providing couples with longer and more comprehensive counseling sessions, they will have the opportunity to acquire the necessary skills for a successful married life. Additionally, these sessions can offer couples the tools to make informed and wise choices when it comes to their relationships. Recognizing the significant impact that dysfunctional attitudes can have on individuals' emotions and the potential for these attitudes to exacerbate conflicts, it is suggested that psychological sessions be conducted in schools. These sessions should involve the presence of experienced and trained psychologists who can guide and support parents in teaching their children the essential skills needed to navigate emotions effectively. By implementing these strategies, we can aspire to cultivate a future generation of emotionally healthy and hopeful individuals.

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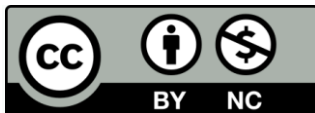
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