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# Comparison the Effectiveness of Psychological Empowerment Package Based on Experiences of Divorced Women and Reality Therapy on Sexual Self-Esteem in Women Seeking Divorce

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## ABSTRACT

**Objective**: The current investigation sought to evaluate the efficacy of a psychological empowerment intervention grounded in the lived experiences of divorced women alongside reality therapy in relation to the sexual self-esteem of women pursuing divorce.

**Methods**: This study adopted a quasi-experimental framework characterized by a pre-test and post-test design incorporating a control group. The statistical population encompassed all women seeking divorce who accessed the dispute resolution services in Lar city during the year 2019, from which a sample of 45 individuals was drawn. The instrument employed for data collection was the Sexual Self-Esteem Scale. Both univariate and multivariate analyses of covariance were utilized to assess the research hypotheses.

**Results**: The mean scores pertaining to sexual self-esteem across the three investigational groups exhibited a statistically significant difference. Findings from the Tukey test revealed a notable effectiveness of both training methodologies at the 0.05 significance level. Nevertheless, no statistically significant difference was detected regarding the comparative efficacy of the two approaches.

**Conclusions**: Consequently, imparting the aforementioned skills to couples may prove beneficial and effective in mitigating and preventing numerous conflicts that arise between partners.

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## Introduction

One of the prevalent issues confronting contemporary familial structures, which has garnered the interest of marital therapists, is the phenomenon of divorce. Some scholars characterize divorce as a liberating circumstance (Amato & Previti, 2003). Empirical evidence indicates that the incidence of divorce is escalating, and its ratio relative to marriage has alarmingly increased over the previous year. Divorce represents a multifaceted occurrence, wherein the disintegration of familial foundations engenders both short-term and long-term financial, legal, individual, and societal ramifications for both children and adults (Bolhari et al., 2015). Over time, divorce has emerged as a crisis that engulfs the familial nucleus, consequently precipitating a multitude of economic, social, and psychological challenges for families, particularly for the younger population (Chen et al., 2007). According to official statistics in Iran, approximately 200 out of every 1000 marriages culminate in divorce, positioning Iran as the fourth nation globally with respect to the divorce-to-marriage ratio (Addelyan Rasi & Jalali, 2016). Nonetheless, divorce serves as a catalyst for the disintegration of society's most fundamental unit, the family, and possesses the potential to undermine the emotional and psychological equilibrium of family members, whilst also fostering severe stress that may lead to various mental health disorders, particularly among women (Azizi & Ghasemi, 2017). Counseling can furnish a more suitable intervention aimed at preserving the marital bond while concurrently striving to enhance the overall enjoyment of the marriage; specialized assistance can facilitate improved functioning for couples within their marital context. In this regard, the theory of choice, which accentuates individual accountability, empowers married women. This theoretical framework eschews an analysis of past shortcomings of the individual, instead eagerly anticipating transformative changes in the future. Indeed, one of the advocated strategies for mitigating and addressing challenges associated with marital relationships is the implementation of Glasser's group reality therapy method. This therapeutic approach endeavors to assist individuals in resolving their challenges by contemplating the constructs of reality, responsibility, and moral discernment within life (Glasser, 2014). Choice theory posits that when individuals fail to fulfill their needs, they resort to behaviors that serve as choices aimed at potentially satisfying those needs. While all general behaviors are subject to selection, direct control is exclusively exercised over actions and thoughts, with feelings and physiological states being governed indirectly through these actions and thoughts (Corey, 2017). In a research inquiry

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involving couples who sought treatment at clinics, Elsayed and Elyas (2016) demonstrated that Glasser's reality therapy program for couples exerts a positive influence on internal control, self-esteem, and marital satisfaction. Sodani et al. (2021), in a study titled “The Effectiveness of Counseling with an Emphasis on Choice Theory in Reducing Emotional Divorce in Couples,” revealed that the therapeutic methodology of counseling, underpinned by choice theory, is effective in diminishing emotional divorce, thereby providing couple therapists with a viable model to enhance emotional intimacy among couples. Another methodology that has garnered significant scholarly attention in contemporary research, yet remains underexplored regarding its ramifications on marital dynamics, is the enhancement of individual competencies, or, more precisely, their empowerment. In this context, scholars are increasingly dedicating their efforts to the development of strategies that promote constructive interactions post-marriage, with one noteworthy approach being the implementation of educational and counseling workshops aimed at fostering the psychological empowerment of couples (Moayedimehr et al., 2023). Research conducted by Fishbane (2011) has demonstrated that programs focusing on psychological empowerment yield improvements in the relational quality of couples and mitigate their dissatisfaction.

Among the various factors influencing couples' relational dynamics and increasing their propensity for divorce, sexual self-esteem emerges as a critical variable. Self-esteem is conceptualized as an individual's positive or negative appraisal of themselves (Kernis, 2003). A specific dimension of self-esteem is sexual self-esteem, which significantly influences sexual conduct. Furthermore, an essential aspect of women's experiences is the multifaceted nature of their lives, which transcends their perceptions of their ability to attract a sexual partner; indeed, sexual self-esteem is characterized as an overarching sentiment regarding one’s sexuality that operates independently from interpersonal sexual encounters or performance (Hannier et al., 2018). It also constitutes an emotional reaction to the self-evaluation of one's sexual thoughts, feelings, and behaviors (Visser et al., 2010). There exists considerable consensus among researchers asserting that sexual self-esteem is a pivotal facet of women's overall well-being. A degradation in sexual self-esteem adversely impacts an individual's self-perception, life satisfaction, capacity for pleasure, willingness to engage with others, and ability to cultivate intimate relationships (Mayers et al., 2003). In instances where sexual self-esteem is profoundly compromised, a disability may arise

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that substantially disrupts the individual's functional capabilities (Calogero & Thompson, 2009). Conversely, sexual self-esteem pertains to an individual's competence in satisfying or deriving satisfaction from a sexual partner, as well as the opportunities for sexual engagement, alongside their self-assessment of sexual allure, irrespective of external perceptions (Farokhi & Shareh, 2014). Empirical evidence indicates a correlation between sexual self-esteem and marital discord, with women exhibiting diminished sexual self-esteem experiencing heightened marital conflicts (Asadpour & Veisi, 2017). A study conducted by Amato and Previti (2003) on families undergoing divorce revealed that a principal factor contributing to divorce is sexual reluctance and ignorance, wherein one partner exhibits minimal or absent sexual desire, ultimately culminating in the couple's dissatisfaction. In light of the aforementioned considerations and the imperative to emphasize counseling methodologies for individuals contemplating divorce, particularly women, as well as recognizing the significance of sexual self-esteem within marital relationships, the present investigation was undertaken to compare the efficacy of a psychological empowerment framework, informed by the experiences of divorced women, with reality therapy concerning the enhancement of sexual self-esteem among women pursuing divorce.

## Material and Methods

The current research methodology employed was of a semi-experimental nature, characterized by a pre-test-post-test framework inclusive of a control group. The objective of the researcher was to ascertain the influence exerted by the independent variable, specifically the psychological empowerment package alongside reality therapy training, on the dependent variable concerning the sexual self-esteem of women pursuing divorce. The demographic population pertinent to this investigation consisted of women seeking divorce who approached the Lar County Dispute Resolution Council in the year 2019, from which 45 participants were voluntarily recruited and subsequently allocated randomly into three distinct groups (psychological empowerment consisting of 15 individuals, reality therapy comprising 15 individuals, and a control group encompassing 15 individuals). The inclusion criteria for participation in the study encompassed: the absence of any psychiatric disorders as diagnosed by a qualified psychiatrist or clinical psychologist, no prior engagement in counseling or psychotherapy courses, personal consent for participation in the study, age range between 20 and 40 years, and possession of at least a high

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school diploma, while the exclusion criteria were defined as: absence from more than two sessions and a lack of willingness to persist in the educational-therapeutic program. The mean age of participants within the psychological empowerment group was 29 years, within the reality therapy group was 32 years, and within the control group was 30 years. Furthermore, across all three groups, individuals possessing a bachelor's degree exhibited the highest frequency, while those with a diploma or lower educational attainment demonstrated the lowest frequency. Data analysis was conducted utilizing both univariate and multivariate analysis of covariance via SPSS software.

**Instrument**

The Sexual Self-Esteem Questionnaire (SSEQ) constitutes an 18-item instrument designed to assess women's emotional responses to their subjective evaluations of sexual thoughts, feelings, and behaviors. This instrument was originally developed by Buzwell and Rosenthal (1996) and is applicable on a Likert scale. The instrument is comprised of five subscales: skill and experience, attractiveness, control, moral judgment, and adaptability. The internal consistency coefficient of this instrument, as reported by the authors in 1996, ranged from 0.85 to 0.94. In this context, the reliability coefficients for the respective subscales were reported as follows: attractiveness at 0.94, control at 0.88, adaptability at 0.85, moral judgment at 0.85, and skill and experience at 0.93. In the Iranian context, Farokhi and Shareh (2014) reported the aggregate reliability coefficient of the tool as 0.76. The reliability of this scale in the present investigation was determined to be 0.76 utilizing the Cronbach's alpha method, and the validity coefficient was ascertained to be 0.78 through factor analysis.

**Psychological empowerment framework derived from the lived experiences of divorced women**: To establish a comprehensive women's empowerment initiative, preliminary interviews were conducted with a selective group of divorced women to elucidate the critical priorities for the psychological empowerment program. In light of the saturation point reached during the interviews, a total of 11 participants were engaged. The salient themes emerging from these interviews encompassed issues such as; experiences of depression and existential ennui, reluctance to engage in diverse social activities and contexts, challenges in sexual relationships and the articulation thereof, sentiments of inadequacy and inferiority, strategies for managing interpersonal relationships with family, children, or former spouses (due to shared offspring), apprehensions regarding societal stereotypes and external evaluations, difficulties in financial

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management and income generation, as well as anxieties concerning an unpredictable future. Drawing upon Adler's theoretical framework of personal development and relevant scholarly sources. A concise overview of the psychological empowerment sessions is delineated as follows: Session One: Introduction of group members. Administration of a pre-test, familiarization with the concept of empowerment, particularly its significance for women contemplating divorce and separation, along with its interplay with various individual, social, and familial dimensions. Session Two: Exploration of the myriad emotions and feelings encountered during separation, which may be experienced internally or precipitated by external influences. Introduction to coping strategies; including problem-focused and emotion-focused methods, alongside an examination of their applicability in varying circumstances, and a discussion of their respective advantages and disadvantages through a question-and-answer format. Session Three: Analysis of societal stereotypes that may adversely affect divorced women or confront them. Strategies for confronting these stereotypes. Session Four: Mastery of effective communication skills, the establishment of a secure and dependable social network, and the utilization of counseling or dialogue with trusted individuals within this support network, when necessary, alongside a discussion of the application of these solutions in a question-and-answer format. Session Five: Exploration of the concept of meaning in life, emphasizing that women, despite navigating a challenging emotional landscape, must persist in pursuing their goals, beliefs, roles, or responsibilities across various domains of existence. Session Six: The objective of this session was to enhance participants' understanding of self-efficacy and the influence exerted by individuals on events occurring within their surrounding environment. Session Seven: This session introduced the notion of self-determination as a critical element within the framework of individual developmental theory. The discussion focused on the significant role of individual autonomy and agency in the processes of selection, follow-up, regulation, and management of events, as well as in the organization of their inherent meanings. Session Eight: The session aimed to deliver training and elucidation concerning both physical and mental health, with the intent of enhancing individual well-being. In this context, training sessions centered on relaxation techniques were provided to participants. The significance and interrelationship of maintaining physical health with mental well-being were thoroughly examined. Session Nine: The focus of this session was to cultivate understanding regarding the concept of self-esteem and its correlation with the components discussed in the preceding session.

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The importance of acquiring knowledge and skills and their potential impact on self-worth and the enhancement of interpersonal respect was emphasized. Strategies for identifying, nurturing, and effectively utilizing one's talents and skills were explored, along with the consequential effects on one's self-perception. Session Ten: In the concluding session, a succinct review of the training content was conducted, followed by the administration of questionnaires pertaining to the post-test evaluation phase.

**Reality Therapy Package**: The outline of reality therapy sessions, as delineated by the therapeutic package, is presented as follows:

First Session: The primary aim of this session is to facilitate the introduction of group members to one another. Relevant explanations are provided to ensure familiarity with the concept of reality therapy. Second Session: This session seeks to educate members on the importance of accepting personal responsibility for their behaviors and to underscore the necessity of accountability in their lives. Session Three: Participants are introduced to the concepts of adaptation and empathy through the lens of therapeutic reality, alongside the training of these essential skills. Session Four: This session aims to familiarize members with fundamental and significant needs in real-life contexts and to explore the influence of these basic needs on their lives, as well as their capacity to make optimal choices for fulfilling these needs. Session Five: The objective of this session is to guide members in devising strategies for problem-solving and planning in relation to their current and immediate life situations. Sixth Session: The focus of this session is to equip members with the methodologies necessary for committing to the execution and implementation of personal plans and programs. Seventh Session: Participants are educated on the importance of rejecting excuses regarding the execution of selected plans, programs, and the assumption of responsibility. Eighth Session: This session aims to provide individuals with insights into general behavior and to articulate the components of each behavior on an individual basis. Ninth Session: The session involves familiarization with the concept of the desired world, coupled with discussions and exchanges of perspectives on this topic. Tenth Session: This session encompasses a comprehensive overview of the training content and the administration of questionnaires related to the post-test phase.

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## Results

Before performing the covariance analysis, the assumptions related to the assumption of homogeneity of variance of the variables and normality of the distribution of scores were examined. Given that these assumptions were not statistically significant at the 0.05 level, the relevant assumptions were met and it was possible to use the analysis of covariance. Table 1 shows the results of the analysis of covariance related to the comparison of self-esteem in women applying for divorce.

**Table 1**. Analysis of covariance related to comparison of self-esteem in women seeking divorce

| Source | SS | DF | MS | F | P | Power |
|---|---|---|---|---|---|---|
| **Pretest** | 1591.56 | 1 | 1591.56 | 1.12 | 0.001 | 0.24 |
| **Group** | 1809.75 | 2 | 904.87 | 8.73 | 0.001 | 0.64 |
| **Total** | 763.19 | 45 | - | - | - | - |

As can be seen, after removing the effect of the pretest and analysis of covariance, the value of F = 8.73 at the statistical level of $p < 0.05$ was statistically significant, and thus the null hypothesis was rejected and the alternative hypothesis was accepted. Therefore, it can be said that there is a significant difference between the psychological empowerment, reality therapy, and control groups. Tukey's post hoc test was used to compare the psychological empowerment, reality therapy, and control groups in pairs, and the results are reported in Table 2.

**Table 2**. Tukey's post hoc test results for pairwise comparison of groups

| Group | | Mean difference | P |
|---|---|---|---|
| **Psychological empowerment** | Reality therapy | 1.20 | 0.19 |
| | Control | 24.67 | 0.001 |
| **Reality therapy** | Psychological empowerment | -1.20 | 0.19 |
| | Control | 25.87 | 0.001 |

The results of Tukey's post hoc test showed that there was a significant difference at the 0.05 level between the psychological empowerment group and the control group and the reality therapy group and the control group. However, this difference was not observed between the two psychological empowerment and reality therapy groups.

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Next, the sexual self-esteem subscales were compared among the groups. Also, the Box's M test was used to examine the assumption of homogeneity of the variance-covariance matrix of the self-esteem subscales. The Box's M test statistic was 37.38 and the F statistic was 2.10 at the 0.12 level. This finding means that the variance-covariance matrix of the population and the sample are consistent in this case. Table 3 shows the results of multivariate tests of sexual self-esteem.

**Table 3**. Results of multivariate tests of sexual self-esteem

| Statistic indices | F | P |
|---|---|---|
| **Pillai's Trace** | 14.11 | 0.001 |
| **Wilks' Lambda** | 14.11 | 0.001 |
| **Hotelling's Trace** | 14.11 | 0.001 |

According to the table 3 and the value of F = (33, 5) 11.14 for the Wilks' Lambda, Pillai's Trace, and Hotelling's Trace are significant at a significance level of 0.05. It can be said that there is a difference between the values of the dependent variables in the self-esteem subscales in the groups. Table 4 shows the multivariate analysis of covariance related to the self-esteem subscales in women seeking divorce.

**Table 4**. Multivariate analysis of covariance related to the self-esteem subscales in women seeking divorce

| Source of changes | SS | DF | MS | F | P |
|---|---|---|---|---|---|
| **Skill and experience** | 57.37 | 1 | 57.37 | 9.73 | 0.001 |
| **Charm** | 78.69 | 1 | 78.69 | 6.70 | 0.001 |
| **Control** | 50.08 | 1 | 50.08 | 15.65 | 0.001 |
| **Moral judgment** | 78.52 | 1 | 78.52 | 9.81 | 0.001 |
| **Adaptability** | 152.16 | 1 | 152.16 | 9.19 | 0.001 |

Based on the results of Table 4, the F values in all 5 self-esteem subscales are at an acceptable significance level, and this finding means that there is a significant difference between the groups in the field of 5 self-esteem subscales. In order to compare the self-esteem subscales in the groups, the Tukey post hoc test was used and the results are reported in Table 5.

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**Table 5**. Tukey's post hoc test results for comparing self-esteem subscales in groups

| Variable | Group | | Mean difference | P |
|---|---|---|---|---|
| Skill and experience | Psychological empowerment | Reality therapy | 1.06 | 0.12 |
| | | Control | 3.17 | 0.001 |
| | Reality therapy | Psychological empowerment | -1.06 | 0.12 |
| | | Control | 2.41 | 0.001 |
| Charm | Psychological empowerment | Reality therapy | -0.23 | 0.65 |
| | | Control | 5.78 | 0.001 |
| | Reality therapy | Psychological empowerment | 0.23 | 0.65 |
| | | Control | 6.01 | 0.001 |
| Control | Psychological empowerment | Reality therapy | -0.03 | 0.91 |
| | | Control | 5.74 | 0.25 |
| | Reality therapy | Psychological empowerment | 0.03 | 0.91 |
| | | Control | 5.77 | 0.63 |
| Moral judgment | Psychological empowerment | Reality therapy | -0.03 | 0.15 |
| | | Control | 6.01 | 0.36 |
| | Reality therapy | Psychological empowerment | -0.03 | 0.15 |
| | | Control | 7.31 | 0.001 |
| Adaptability | Psychological empowerment | Reality therapy | -0.55 | 0.12 |
| | | Control | 3.82 | 0.001 |
| | Reality therapy | Psychological empowerment | 0.55 | 0.12 |
| | | Control | 4.37 | 0.01 |

The results of Tukey's post hoc test for comparing the psychological empowerment, reality therapy, and control groups by two showed that there was a significant difference at the 0.05 level between the psychological empowerment group and the control group and the reality therapy group and the control group. Thus, there was a significant difference between the subjects' scores on the psychological empowerment subscales and the control group in each variable. At the same time, there was a significant difference between the subjects' scores on the self-esteem subscales in reality therapy compared to the control group with a 0.95 level of confidence. However, there was no significant difference between the treatment groups at the 0.05 level in any of the subscales.

## Discussion

The results derived from both univariate and multivariate covariance analyses pertaining to sexual self-esteem and its respective subscales indicated a statistically significant disparity among the psychological empowerment, reality therapy, and control cohorts. Specifically, a marked distinction was evident between the psychological empowerment and control cohorts as well as between the reality therapy and control cohorts. Nevertheless, such a distinction was not detected between the two groups of psychological empowerment and reality therapy.

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The empirical findings in this domain align with the outcomes of the studies conducted by Amato and Previti (2003), Ethier et al. (2006), Law and Guo (2017) and Mirzania et al. (2018) concerning the efficacy of psychological interventions, particularly those emphasizing reality therapy, on sexual self-esteem.

Sexual self-esteem is defined as an individual's capacity to gratify or derive gratification from a sexual partner and the opportunities to partake in sexual activities; it encapsulates an individual's perception of their sexual desirability, independent of their self-assessment (Farokhi & Shareh, 2014). Sexual self-esteem significantly influences an individual's sexual conduct and manifests as a positive emotional reaction to the self-evaluation of their sexual thoughts, feelings, and behaviors (Visser et al., 2010). Sexual skill and experience pertain to the capacity to derive pleasure from a sexual partner. In essence, an individual's capability to gratify or be gratified by a sexual partner and the opportunities to engage in sexual activities are regarded as sexual competencies. Sexual attractiveness denotes the belief held by partners in the aesthetic and appealing nature of their sexual intimacy. Sexual control encompasses the capacity to regulate the thoughts, feelings, and sexual actions of both partners. Moral judgment refers to the ability to assess one's own thoughts, feelings, sexual behaviors, and ethical standards. Adaptability signifies the ability to adjust sexual experiences to align with other personal objectives (Daspit et al., 2018). Research indicates that sexual self-esteem is a pivotal determinant in the emergence of marital discord and, at times, marital satisfaction. Specifically, the presence of sexual issues between partners is among the contributing factors to incompatibility, conflict, and an increased probability of divorce among couples (Daspit et al., 2018).

Considering the aforementioned observations, in elucidating the results obtained concerning the efficacy of reality therapy and psychological empowerment on the sexual self-esteem of marital partners, it can be posited that, on one hand, reality therapy compels the individual to confront the truths of their circumstances, embrace accountability, identify fundamental needs, engage in ethical evaluations regarding the appropriateness of their actions, concentrate on the present moment, exert internal control over their circumstances, and ultimately cultivate a distinct identity, cognitive framework, and personality that are intrinsically linked to the enhancement of self-esteem across all dimensions, including sexual self-esteem. To articulate this in another manner, reality therapy underscores that it is the individual and their actions that influence the quality of

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their experiences, thereby affecting myriad facets of life, including the individual's self-perception in diverse realms, notably those pertaining to sexual matters. The principal challenge faced by many individuals seeking therapy is their entanglement in a dissatisfactory relationship or their deficiency in what could be characterized as an intimate connection (Wubbolding, 2015). In the context of reality therapy, efforts are directed towards ameliorating the relational dynamics between partners, whereby the individual scrutinizes both their constructive and detrimental behaviors, accepts accountability for their actions, rectifies them when warranted, and consequently experiences an enhanced emotional state progressively (Law & Guo, 2017). Moreover, reality therapy facilitates the cultivation of empathy, intimacy, and the enhancement of effective communication and problem-solving competencies among couples. This aspect is particularly salient, as one of the principal motivations for individuals to enter into matrimony is to fulfill their fundamental and essential needs. In instances where an individual lacks the requisite capability to address their own and others' sexual needs, they may develop a pessimistic outlook towards their marriage, resulting in an increased propensity for divorce. However, reality therapy, by assisting individuals in recognizing and acknowledging their own needs and the means to articulate them, fosters the establishment of intimate emotional and sexual bonds between spouses and can significantly mitigate the inclination towards divorce (Mirzania et al., 2018).

Simultaneously, psychological empowerment entails providing individuals with training that enhances their sense of competence and adequacy, thereby enabling them to surmount feelings of powerlessness. In other words, it activates their intrinsic motivations, and through a more precise recognition of their emotions and needs, they learn how to articulate and fulfill these needs, resulting in heightened effectiveness across various domains, including sexual self-esteem (Shirafkan-Kopkan & Mahmoudi, 2019).

In essence, by equipping women with the knowledge, skills, and resources necessary for their personal and familial development, such training empowers them to seek solutions to their challenges and difficulties through an emphasis on problem-solving strategies. Among the advantages of acquiring this capability is the enhancement of their relationship with their spouses, which is likely to culminate in increased sexual satisfaction and self-esteem.

The study has several limitations that should be considered. First, the sample size was relatively small (45 participants) and restricted to women seeking divorce in Lar city, which may limit the

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generalizability of the findings to broader populations, including women from different cultural or socioeconomic backgrounds. Additionally, the quasi-experimental design, while practical, lacks the rigor of a randomized controlled trial, potentially introducing biases such as selection bias or unaccounted confounding variables. The reliance on self-reported measures (e.g., the Sexual Self-Esteem Scale) may also introduce response bias, as participants might underreport or overreport due to social desirability. Lastly, the study did not assess long-term effects, leaving uncertainty about the durability of the intervention's impact.

Future research should address these limitations by employing larger, more diverse samples and incorporating randomized controlled designs to enhance validity. Longitudinal studies could assess the sustained effects of psychological empowerment and reality therapy on sexual self-esteem over time. Mixed-method approaches, combining quantitative measures with qualitative interviews, could provide deeper insights into participants lived experiences and the mechanisms underlying the interventions' effectiveness. Additionally, exploring the interventions' efficacy in different cultural contexts and with varying demographic groups (e.g., married couples, different age groups) could broaden applicability. Finally, integrating follow-up sessions or booster interventions might help maintain positive outcomes, offering practical strategies for real-world implementation in marital counseling and conflict resolution settings.

## Data availability statement

The original contributions presented in the study are included in the article/supplementary material, further inquiries can be directed to the corresponding author.

## Ethics statement

The studies involving human participants were reviewed and approved by ethics committee of Islamic Azad University.

## Author contributions

All authors contributed to the study conception and design, material preparation, data collection and analysis. All authors contributed to the article and approved the submitted version.

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## Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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