



Predicting Tendency Towards Extramarital Relationships Based on Primary Maladaptive Schemas and Attachment Styles in Women Applying for Divorce

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A B S T R A C T

The purpose of this study was to investigate the relationship between primary maladaptive schemas and attachment styles with a tendency toward extramarital relationships in women seeking divorce. The present study was a descriptive correlation and regression type in terms of its basic purpose and data collection method. Data analysis in this study was done using correlation coefficient and regression analysis. The current research population was all the women applying for divorce who referred to counseling centers in Ardabil city, out of which 214 people were selected with the help of random sampling method and answered the research questionnaires as the sample group. In the present study, the questionnaire of inclination to extramarital relationships ([Drigotas, Safstrom, & Gentilia, 1999](#)), Young's primary maladaptive schemas questionnaire (YSQ-SF) and Collins and Reed's adult attachment styles questionnaire (RAAS) were used to collect information. The findings of this research showed that the three variables of primary maladaptive schemas and attachment styles had a significant relationship with the tendency towards extramarital relationships and together accounted for about 17% of the changes in the tendency towards extramarital relationships of women seeking divorce. explained. These results also showed that primary maladaptive schemas explain about 16%, and attachment styles explain about 9% of changes in extramarital relationship tendencies.

Keywords: Primary Maladaptive Schemas, Attachment Styles, Tendency to Extramarital Relationship.

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To cite this article: Salehi, M., Sadri Damirchi, E., Akhavi Samarein, Z. (2024). Predicting Tendency Towards Extramarital Relationships Based on Primary Maladaptive Schemas and Attachment Styles in Women Applying for Divorce. *Academic Journal of Psychological Studies*, 13 (2), 37-46.

INTRODUCTION

A healthy marriage is one of the most important prerequisites for the success and health of the society and the individual. However, in some cases, this link is not only not able to implement the functions predicted for it, but it can be considered a threat to the health of the individual and the society ([Sarmadi & Ahmadi, 2021](#)). The most important of these conditions can be considered the phenomenon of extramarital relations ([Sweeney & Horwitz, 2001](#)). In fact, extramarital relationships are mentioned as the most important cause of divorce and one of the most important and main causes of family murders ([Malik et al., 2014](#)). In addition to the destructive effects of cheating on the person, extramarital relationships can also have many negative effects on the cheating person. Rejecting family and friends, reducing job quality, feeling guilty and guilty, etc. are among the destructive effects of betrayal on the betrayer ([Sarmadi & Ahmadi, 2021](#)). Also, extramarital relationships have destructive effects on children, effects that in some cases can make the children hate the cheating parent. Finally, most of the effects of extramarital relations are directed at the society and will bring a lot of costs to the society.

Regardless of the meaning attributed to extramarital relationships, statistics indicate a relatively high prevalence of this phenomenon among men and women. Although the expansion of cyberspace and the ease of access to cheating opportunities has also spread its prevalence among women, however, the statistics of the World Health Organization indicate that the prevalence of extramarital relationships is 7 times higher than that of women in men ([Kamalju, Narimani, Atadokht, & Abolghasami, 2017](#); [Riahifar, Abdollahi, & Vakili, 2024](#)). It should be noted that all available statistics of this phenomenon, which indicate its increasing spread in modern societies, are only official statistics and do not include unofficial statistics and cases of betrayal that have never been reported or even discovered. However, failure to report or discover infidelity does not hide its destructive effects, even though some studies indicated that behavioral changes in cheating individuals are clearly visible after 1 to 3 months even if their infidelity is not discovered. and these changes can cause irreparable damage to the family ([Sarmadi & Ahmadi, 2021](#)).

Today, it can be said that extramarital relationships are one of the most important factors of separation in more than 160 different cultures ([Pronk, Karremans, & Wigboldus, 2011](#)). This issue shows the fact that the consequences of extramarital relations are beyond cultural and even national borders and in almost every society extramarital relation and the tendency towards them can have destructive effects. For example, research indicates that in the United States of America, the prevalence of this phenomenon is between 26 and 70% among women and between 33 and 75% among men ([Negash, Sheppard, Lambert, & Fincham, 2016](#)). These statistics are expanding day by day and over time and with the expansion of this phenomenon, the damage to the family and society will increase.

Even though the statistics of other cultures are presented in an unrealistic way, they indicate the extent of this phenomenon in different cultures. This issue has caused extramarital relationships to be considered one of the most important factors and reasons for divorce and the breakup of families and marriages ([Malik et al., 2014](#); [Messripour, Etemadi, Ahmadi, & Jazayeri, 2016](#)). Extramarital relationships bring with them the most severe mental and emotional damage for the betrayed person, and it is possible that the marital relationship will never be the same as before ([Charny & Parnass, 1995](#); [Messripour et al., 2016](#)). The same problem has caused the society to incur a lot of costs every year to deal with problems arising from extramarital relationships ([Bakhtiari, Hosseini, Arefi, & Afsharinia, 2021](#); [Messripour et al., 2016](#); [Smith, 2012](#)). As a result, it can be said that extramarital relations are one of the most destructive issues that couples may face during their years together. In addition, marital problems related to extramarital relationships are one of the

most difficult issues to treat ([Atkinson, 2012](#); [Atwood & Seifer, 1997](#); [Humphrey, 2013](#); [Yarhouse, Kays, Poma, Atkinson, & Ripley, 2011](#)).

Another concept related to family environments that research has shown has undeniable effects on couples' tendency to extramarital relationships is attachment styles ([Bakhtiari et al., 2021](#); [Hendiani, Aghayousefi, & Khalatbari, 2023](#)). Yash has a positive relationship with extramarital relationships. In other words, these researchers stated that the anxious attachment style can strengthen the tendency to extramarital relationships. In addition, Hendiani et al. (2023), in a research titled the relationship between primary maladaptive schemas and attachment styles with the tendency to Extramarital relationships stated that both variables of primary maladaptive schemas and attachment styles can significantly predict the tendency to extramarital relationships. These researchers stated that initial maladaptive schemas explain about 55% of changes in extramarital relationship tendencies and attachment styles predict about 59% of changes in this variable and thus play an important role in this variable. Mohammadi et al. (2023), also conducted research titled determining the role of DSM-5 pathological traits, attachment styles, and defense mechanisms in formulating a model of attitude towards extramarital relationships. The results show a negative relationship between secure attachment style and developed defense mechanisms with a positive attitude towards extramarital relationships, a positive relationship between anxious-ambivalent attachment style, irritable and underdeveloped defense mechanisms, and traits of hostility and disengagement with a favorable attitude towards extramarital relationships and lack of communication. Between the avoidant attachment style and the morbid traits of negative affect, detachment and psychopathy with an attitude towards relationships outside of the marital framework. Also, the analysis of the data showed that the pathological trait of negative affect with the mediation of anxious-ambivalent attachment style and the defense mechanisms of irritated and underdeveloped psychosis predicts a positive attitude towards extramarital relationships, and the pathological trait of detachment with the mediation of anxious-ambivalent and avoidant attachment styles and the mechanism Defensiveness predicts positive attitude toward extramarital relationships. The pathological traits of hostility and detachment inhibition with the mediation of anxious-ambivalent attachment style and underdeveloped and neurotic defense mechanisms have shown a positive attitude towards extramarital relationships, as well as psychopathy with the mediation of anxious-ambivalent attachment style and neurotic defense mechanisms and underdeveloped positive attitude. It predicts relationships outside the marital framework.

In another comparative study, Ghiasi, Rasoal, Haseli, and Feli (2024), Haseli, Shariati, Nazari, Keramat, and Emamian (2019), attachment styles and extramarital relationships: a systematic review and meta-analysis stated that avoidant and anxious attachment is related to the tendency to extramarital relationships. These researchers stated that the studies found a very strong relationship between avoidant and anxious attachment style with the tendency to have extramarital relationships. In their research, Akrami, Mohsenzadeh, and Zaharakar (2022), emphasized the role of attachment styles in the tendency towards extramarital relationships and stated that attachment styles are one of the most important predictors of the tendency towards extramarital relationships. These researchers stated that insecure attachment styles are a factor for more tendencies towards extramarital relationships, while secure attachment style is known as an obstacle to this tendency.

METHODOLOGY

The current research is a descriptive correlation and regression type in terms of its basic purpose and data collection method. Since the current research was conducted with the purpose

of testing a hypothesis and a theoretical model, it sought to explain the relationships between the underlying variables of extramarital relationships, and the application of its results is not primarily relevant in a specific field, and therefore it is considered a part of fundamental research.

In this research, the variable of tendency towards extramarital relations is known as the criterion variable; A variable that is predicted using other variables. Also, the variables of attachment styles and early maladaptive schemas play a role as predictive variables; The variables through which the researcher tries to predict the criterion variable (tendency to extramarital relations).

The statistical population of the current research is all women applying for divorce who refer to counseling centers and psychological services in Ardabil city. 214 people were selected from among the research community using random sampling method and entered the study as participants in the research and answered the research questionnaires.

In the following, we will briefly introduce each of these questionnaires.

Research tools were:

Questionnaire of desire for extramarital relationships: Questionnaire of desire for extramarital relationships is an 11-item questionnaire that was created by Drigotas et al. (1999). The main purpose of this questionnaire is to evaluate the intensity of a person's relationship with another person outside the marital relationship, or in other words, the intensity of physical, cognitive and emotional extramarital relationships. This questionnaire has three subscales; Sexual infidelity subscale, emotional infidelity subscale and cognitive infidelity subscale. Scoring in this questionnaire is done using an 8-point Likert scale. In the research conducted by Drigotas et al. (1999), the reliability of this questionnaire was obtained by Cronbach's alpha method for 0.93. In this research, the correlation coefficient of this questionnaire with the cheating behavior questionnaire was equal to 0.8, which indicates its favorable validity. In Iran, this questionnaire was standardized by Sami, Nazari, Mohsenzadeh, and Taheri (2014), in which the Cronbach's alpha coefficient of 0.86 indicated the good reliability of this tool for the Iranian population.

Questionnaire of incompatible schemas Yang's Primary R (YSQ-SF): The initial maladaptive schemas questionnaire is a short form of a 75-item questionnaire that was created by Young and Brown (2005), to evaluate 15 primary maladaptive schemas, which are placed in 5 domains corresponding to the primary developmental domains. to use a 5-point Likert scale for their answer (Schmidt et al., 1995; quoted by Lalzadeh, 2014). Cronbach's alpha of the Young Schema Questionnaire for the whole test is 96% and for the subscales is reported to be higher than 80%. Cronbach's alpha of the Persian version of Young's schema questionnaire was 90% to 62% and its internal consistency was 94%.

Collins and Reed Adult Attachment Styles Questionnaire (RAAS): The adult attachment style questionnaire was designed and built by Collins and Read (1990), based on Hazen and Shaver's theory. This questionnaire initially consisted of 21 items, which later became an 18-item questionnaire by removing three items (Collins & Read, 1990). The current questionnaire consists of three sub-scales of anxiety style, closeness style and safe style, and its scoring is done using the 5-point Likert scale. This questionnaire has been standardized in Iran, in which Cronbach's alpha for secure (0.74), avoidant (0.52) and anxious (0.28) attachment styles indicated its favorable reliability in Iranian society.

The researcher used two categories of descriptive and inferential statistics indicators to analyze the data in the present study. In the descriptive statistics section, the variables of the research were analyzed using tables and graphs and indicators of central tendency and dispersion. In the inferential part, with the aim of providing an inferential analysis of the data to investigate the relationship between the studied variables and with the aim of determining the a priori strength of the tendency to extramarital relations based on the variable of primary incompatible

schemas using the Spss-22 program and through the linear regression method of calculations. It was necessary. In addition, in this section, the researcher, relying on various tests, first checked the assumptions related to the linear regression method, and after making sure that these assumptions are in place, he proceeded to implement the linear regression.

RESULTS

In the following, the descriptive data related to the research variables are presented:

Table 1: Descriptive indices (mean, standard deviation, skewness, and kurtosis) of research variables

| Variable | Component | Mean | Std. Deviation | skewness | elongation |
|---|-------------------------------|-------|----------------|----------|------------|
| Tendency to extramarital relationships | | 25.37 | 12.99 | 0.561 | 0.561 |
| attachment style | safe | 12.26 | 2.97 | 0.273 | 0.273 |
| | anxiety | 11.23 | 5.37 | -0.039 | -0.039 |
| | Avoidance | 12.61 | 2.74 | -0.006 | -0.006 |
| Initial inconstence schema | Emotional deprivation | 14.78 | 6.77 | 0.383 | 0.383 |
| | Abandonment / Instability | 14.46 | 6.24 | 0.428 | 0.428 |
| | Distrust / misbehavior | 14.27 | 5.98 | 0.425 | 0.425 |
| | Social isolation / loneliness | 12.95 | 6.33 | 0.44 | 0.44 |
| | Defect / Shame | 10.63 | 5.99 | 0.976 | 0.976 |
| | Break | 12.11 | 6.64 | 0.748 | 0.748 |
| | Dependence / incompetence | 10.9 | 6.04 | 0.906 | 0.906 |
| | Vulnerability | 12.85 | 6 | 0.494 | 0.494 |
| | Trapped/untransformed self | 11.91 | 5.81 | 0.653 | 0.653 |
| | obedience | 13.53 | 5.8 | 0.48 | 0.48 |
| | Sacrifice | 18.46 | 5.62 | -0.189 | -0.189 |
| | Emotional inhibition | 13.44 | 5.88 | 0.252 | 0.252 |
| | Strict standard | 17.88 | 5.61 | 0.037 | 0.037 |
| | Eligibility/ Grand Secretary | 16 | 5.08 | 0.073 | 0.073 |
| Insufficient self-control/self-discipline | 15.57 | 5.57 | 0.061 | 0.061 | |

In this section, the mean and standard deviation of each of the variables along with skewness and kurtosis are stated. Skewness and kurtosis are one of the indicators for calculating the normality of the distribution of scores in each of the research variables. If the value of skewness and elongation is between ± 2 , it can be said that the data distribution in that variable is normal. Since the skewness and kurtosis in all the variables and components of each of the variables in the current research are declared within the range, it can be said that the distribution of scores for all the variables and their components was normal.

In this section, linear regression was used to test the research hypotheses. The use of this test requires compliance with the presuppositions that have been checked in the following and before discussing each of the hypotheses. The first and second assumption of using linear regression is the existence of independent (predictor) and dependent (criterion) variables. In the present study, all the independent variables (attachment styles and primary maladaptive schemas) as well as the dependent variable (tendency to extramarital relationships) were measured in distance comparisons, and therefore this assumption was met. The assumption of the absence of outlier data was also checked using a box plot, and the results indicated the absence of outlier data in predictor and criterion variables. The results of Durbin Watson's test (2.023) also, considering that it was in the range between 1.5 and 2.5, indicated the independence of the observations from each other, so the assumption of the independence of the observations was also met. Considering that the presuppositions of using linear regression analysis have been observed in this study, using this method to answer the research questions is a high barrier.

In order to investigate the first hypothesis of the research, according to the presuppositions of using parametric statistics, Pearson's correlation coefficient and multiple regression were used. The correlation coefficients between the primary incompatible schemas and the tendency to extramarital relations are presented in Table 2.

In the following, the results related to the regression analysis of predicting the tendency to extramarital relations based on each of the primary incompatible schemas are presented (Table 2). In the regression analysis conducted for the present hypothesis in a simultaneous way, none of the components related to the initial incompatible schemas were removed and all possible components were kept in the equation. The results of the analysis indicated that in the first sub-hypothesis of the research, the only component that was able to make a meaningful prediction of extramarital relationships was the component of emotional deprivation. This analysis also showed that the components of the primary maladaptive schemas in total predict nearly 17% of the variable variance of the tendency to extramarital relations ($f=3.760$, $Df=(198,15)$, $P<0/0\ 001$).

Table 2. The results of the multiple regression analysis tests in a simultaneous way to predict the variable of tendency to extramarital relations based on the initial incompatible schemas.

| variable | predictor variables | Beta | T | P | R ² | f | df | P |
|------------------------------------|-------------------------------|--------|--------|------|----------------|-------|--------|-------|
| Initial inconsistence schema | Emotional deprivation | 0.203 | 2.488 | 0.01 | 0.163 | 3.760 | 198.15 | 0.001 |
| | Abandonment / Instability | -0.005 | -0.056 | 0.9 | | | | |
| | Distrust / misbehavior | 0.068 | 0.678 | 0.4 | | | | |
| | Social isolation / loneliness | -0.106 | -0.839 | 0.4 | | | | |
| | Defect / Shame | 0.068 | 0.559 | 0.5 | | | | |
| | Break | 0.046 | 0.362 | 0.7 | | | | |
| | Dependence / incompetence | 0.061 | 0.490 | 0.6 | | | | |
| | Vulnerability | -0.148 | -1.315 | 0.1 | | | | |
| | Trapped/untransformed self | -0.149 | 1.466 | 0.1 | | | | |
| | obedience | 0.039 | 0.328 | 0.7 | | | | |
| | Sacrifice | -0.102 | -1.189 | 0.2 | | | | |
| | Emotional inhibition | 0.088 | 0.973 | 0.3 | | | | |
| | Strict standard | -0.013 | -0.151 | 0.8 | | | | |
| | Eligibility/ Grand Secretary | 0.132 | 1.495 | 0.1 | | | | |
| Insufficient self-discipline | 126/0 | 1.422 | 0.1 | | | | | |

In order to investigate the second sub-hypothesis of the research, according to the presuppositions of using parametric statistics, Pearson's correlation coefficient and multiple regressions were used. Correlation coefficients between attachment styles and tendency to extramarital relationships are presented in Table No. 3. As it is clear from the information presented in this debate, the relationship between anxious attachment style and tendency to extramarital relationships is direct and meaningful. In other words, the higher the person's score in the avoidant attachment style, the more likely he is to have extramarital relationships. On the other hand, the relationship between avoidant attachment style and tendency towards extramarital relationships is inverse and significant. In other words, the higher a person's score in avoidant attachment style is, the less likely he is to have extramarital relationships; And finally, no significant relationship was found between secure attachment style and tendency towards extramarital relationships.

In the following, the results related to the regression analysis of predicting the tendency to extramarital relationships based on attachment styles are presented (Table 3). In the regression analysis conducted for the present hypothesis in a simultaneous way, none of the components related to attachment styles were removed and all possible components were kept in the equation. The results of the analysis indicated that in the second sub-hypothesis of the research, avoidant and anxious attachment styles are able to significantly predict the tendency towards extramarital

relationships. The results of this analysis also showed that the components of attachment styles in total predict nearly 8% of the variance of the variable tendency to extramarital relationships ($f=7.328$, $DF = (210.3)$, $P < 0.001$).

Table 3. Results of simultaneous multiple regression analysis to predict the variable of tendency towards extramarital relationships based on attachment styles

| predictor variables | | Beta | t | p | R ² | f | df | p |
|---------------------|-----------|--------|--------|-------|----------------|-------|-------|-------|
| Variable | Component | | | | | | | |
| Attachment Styles | safe | -0.002 | -0.032 | 0.9 | 0.082 | 7.328 | 210.3 | 0.001 |
| | anxiety | 0.206 | 2.823 | 0.005 | | | | |
| | Avoidance | -0.164 | -2.311 | 0.02 | | | | |

CONCLUSION

As mentioned, the results of the data analysis indicated that the initial maladaptive schemas together explained about 16% of the variation in the tendency to engage in extramarital relationships. These results also showed that among the primary maladaptive schemas, only the emotional deprivation schema alone is able to significantly predict the tendency towards extramarital relationships. The results obtained in this part of the research are similar to those of Mehdizadeh and Darekordi (2020), Bakhtiari et al. (2021), Khayat, Attari, and Koraei (2018), are aligned.

In fact, initial incompatible schemas may create fear of extreme abandonment in people, especially married people, and one of the strategies to deal with such fear in women is to use schema avoidance mechanism. This mechanism prevents them from anxiety caused by the activation of different schemas. In fact, as a result of schema avoidance, women usually avoid companionship and dependence on their spouses in order to prevent the activation of different schemas in this way, conditions that lead to marital conflicts, and marital conflicts also in the case of couples' inattention to solving them. It endangers the health of the family and creates positive attitudes towards extramarital relations in couples ([Bakhtiari et al., 2021](#)). Marital conflicts created as a result of schema avoidance in adult relationships arise as a result of the activation of primary incompatible schemas, schemas that lead to instability in thoughts, behavior and information processing incorrectly in marital relationships, and this issue leads to a feeling of rejection. There is insecurity and mistrust in these relationships, a fear that is not based on the real origin but on the unreal origin arising from incompatible schemas. In fact, it should be said that according to the results of various researches, initial incompatible schemas are usually associated with biases in the interpretation of reality and events, which are the basis of feelings of insecurity and mistrust in people. These biases are known in psychopathology as misunderstandings, distorted attitudes, false assumptions, unrealistic goals, etc. in spouses, misperceptions that greatly affect the perception and subsequent evaluations of couples. This issue expresses the fact that incompatible schemas will continue in people's lives and will affect their subsequent relationships ([Mehdizadeh & Darekordi, 2020](#)).

In such a situation, women who are faced with activated incompatible schemas, instead of managing their marital relationships and in the path of searching for security and understanding empathy and acceptance, tend to people outside of their marital relationships, people who give them a sense of security and understanding empathy. and as a result, they enter into extramarital relationships ([Khayat et al., 2018](#)). On the other hand, it should be said that women who have active primary maladaptive schemas and especially experience emotional deprivation also feel low self-control. Self-control, which is considered one of the most important pillars of commitment in

close relationships, including marital relationships, if it is faced with a problem, the probability of the breakdown of marital relationships and the lack of commitment in couples increases.

In general, it can be said that the existence of primary incompatible schemas and especially emotional deprivation as the only schema that the results of the present study indicated had a significant predictive power for the tendency towards extramarital relations, can increase the tendency towards extramarital relations in two ways. On the one hand, these schemas affect marital relationships by creating false and unrealistic perceptions and make them difficult, and on the other hand, by reducing self-control, they reduce commitment in marital relationships and lead to an increase in the possibility of extramarital relationships.

Among the other findings of the present study was the relationship between the attachment styles of women seeking divorce and the tendency towards extramarital relationships. According to the results obtained in this research, attachment styles were able to predict about 9% of the changes in the tendency towards extramarital relationships. Although this level of explanatory power seems low at first, its statistical significance shows the significant influence of attachment styles on the tendency to extramarital relationships of women seeking divorce. On the other hand, the results of this research showed that among the three attachment styles, avoidant attachment style and anxious attachment style as two insecure attachment styles are able to provide a meaningful prediction of the tendency to extramarital relationships alone. These results indicate that the tendency to have extramarital relationships is more influenced by insecure attachment than by secure attachment. The results related to this part of the research with many studies such as Akrami et al. (2022), Bakhtiari et al. (2021), were in agreement.

In explaining these findings, it should be said that insecure attachment styles, including the anxiety attachment style, cause the husband and wife to feel imbalanced in the emotions and conflicts they experience in their marital relationships. In such a situation, these people are not sure about the love and interest of others due to the clinginess and anxiety they experience in the relationship, and they constantly worry about whether they are considered lovable by others. They have doubts whether they will be successful or not, a problem that makes them unable to be stable in their relationships and try to experience this certainty in other relationships. In other words, it can be said that people who experience an insecure attachment style are unable to establish intimate and deep relationships with others due to their weak self-concept, which is considered a characteristic of insecure people, that is why these people, when disagreements and conflicts arise, in marriage, instead of trying to resolve conflicts, they try to go beyond the framework of marital relationships and experience marital relationships by engaging in other relationships (Allen, 2004).

On the other hand, it should be noted that people who experience an avoidant attachment style, through their childhood experiences, have learned to suppress their attachment needs when they do not expect to receive a favorable emotional response from their primary caregivers. avoid trying to engage emotionally with manifestations of attachment and limit their emotions and emotions as a result, a problem that is not unlike the experience of an incompatible schema of emotional deprivation. As a result of such avoidance, people who have an avoidant attachment style probably do not experience negative emotions and experience much more unresolved conflicts than other women. In such a situation, the high experience of unresolved conflicts can make women's attitudes towards their husbands and their marital relationships negative, and as a result, they turn to extramarital relationships with the aim of experiencing satisfaction.

In general, it can be said that the insecure attachment style as a meaningful predictor of extramarital relationship tendencies may be involved in the creation of extramarital relationship experiences in two ways. On the one hand, the anxious attachment style causes women to tend to extramarital relationships in order to experience being loved and to gain assurance of being loved,

and on the other hand, the avoidant attachment style may cause the accumulation of unresolved marital conflicts along with the suppression of negative emotions, which over time creates a lot of negative feelings towards marital relations and spouses in women, and therefore creates the desire in women (or men) to turn to extramarital relationships to obtain marital satisfaction.

Considering the limitations of the research community, it seems that conducting research with larger communities will provide a stronger explanation of the tendency to extramarital relationships; therefore, one of the research suggestions for future researches is to use larger and more diverse communities. In addition, the limitations related to the tools and especially the self-assessment questionnaires state the fact that if researchers can use more diverse tools in future research, they will probably achieve stronger results and explanations. Inclusion of more variables than those used in the present study to explain the tendency towards extramarital relationships, for better understanding and the possibility of providing stronger explanations in future studies, is another research proposal presented by the researcher. Finally, due to the confidential nature of people's tendency towards extramarital relations, it is emphasized that in future researches, at least other tools or even questionnaires that indirectly refer to the tendency towards extramarital relations can be used to measure this construct, the results are expected to be positive.

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