



# The Effectiveness of Spirituality-Based Cognitive -Behavioral Therapy on Psychological Well-Being and Emotional Self-Regulation of Women with Addicted Spouses

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The purpose of this research was to investigate effectiveness of spirituality-based cognitive-behavioral therapy on psychological well-being and emotional self-regulation of women with addicted spouses. The research method was semi-experimental and the statistical population in this research included women with drug-addicted spouses, and the data collection was based on a sample which included 30 respondents. The research tools for collecting information in this research were standard questionnaires of cognitive behavioral therapy based on spirituality, psychological well-being and emotional self-regulation. The results showed that cognitive behavioral therapy based on spirituality has positive effect on psychological well-being and emotional self-regulation. The results obtained were discussed in detail in the section of findings and discussion.

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## Introduction

The evil effect of addiction is widespread in all countries and its scope is widening day by day. In this era, it is one of the most important problems that threaten the world community. (Haji Zadeh Mei mandi and colleagues, 1389, Haidari sarban and saeb, 1400). Addiction is also the most common concern of governments, with the United Nations estimating that one in every 200 people worldwide have a substance use disorder. (ghafarizam and colleagues, 1400). Ahadi and colleagues, (1400). They stated that addiction is a disease that is considered as a deadly and destructive phenomenon in any society. Therefore, by destroying motivations and desirable cultural patterns in the production of knowledge and thought, addiction creates a disturbance and endangers the continuity of society's life. (kikhosravani and colleagues, 1394). and especially in the family, it causes family disputes and eventually leads to divorce. It also causes a lot of economic and cultural losses. (alavi langroudi and Nikzad Moghadam, 1394, sheikh pour and colleagues, 1397). Addiction not only affects the life of the addicted person, but also exposes his family and relatives, especially his wife, to harm and causes crises in marital relations such as marital exhaustion, emotional and legal divorce and it reduces the quality of life significantly. (Nickname, 1398). With the addiction of the man in the family, the family's economic situation is disrupted and the supporting role of the man in the family is reduced. (Taheri and colleagues, 1399). Often, conflicting family roles and duties lead to the fact that most of the responsibilities of the family in terms of social, economic and children are placed on the women and puts her under pressure. (Uttarakhand Jani. 1399, latifi and colleagues 1398 Ronel and levy- cahana, 2011). Therefore, in such a situation, a woman in the role of a wife in the safest social institution, the family, faces serious harm. In this regard, Arman panna and her colleagues (1400), stated that the spouses of addicts are usually involved in solving the daily tensions of the family and dealing with the challenges related to the harmful behaviors of the addict and the effects of her addiction on the family. Which often leads to a severe decrease in self – confidence and an increase in their sense of helplessness (nori, 1396). Psychological well-being has always been the focus of psychologists in scientific environments, which means optimal human performance. (Yacoubian colleague, 1398), Abdul ghaffari and colleague, (1399). They emphasized the connection between psychological well-being and happiness. Also, khazai and colleague, (1397). also stated that with the increase of psychological problems of people, the level of happiness, well-being

and as a result the overall satisfaction with life decreases in them.

Emotional self- regulation includes all external and internal processes responsible for monitoring, evaluating and correcting emotional reactions, especially their intense and fleeting states in order to achieve on goals. (asadzadeh and colleague, 1396) baba khaini and Rahimi and magnesia, (1397). They pointed out that the ability of emotional self- regulation leads to the reduction of perceived stress. (Riahi and colleague, 1399). They pointed out that although conceptual progress has been made in the field of couple studies, the identification of basic mechanisms, including the role of emotional self- regulation, requires further investigation.

Cognitive behavioral therapy is a treatment method that seeks to change the attitudes of behaviors that have arisen from inadequate and wrong learning and also seeks to change attitude, beliefs and irrational beliefs. (Nateghi and sohrabi. 1400). sado The method of cognitive behavioral therapy is based on the theory that the determining factor of human behavior is the way she thinks about herself and her role in the world. (Sadock et al, 2015). In this regard, the spirituality and spiritual growth of man has attracted the attention of psychologists and mental health specialists more and more in the past few decades, in such a way that the world health organization, in defining the dimensions of human existence, refer to the physical, mental, social and spiritual dimensions, and also raises the fourth dimension, that is the spiritual dimensions, in the growth and development of man (Rezaei, 1396). Therefore, it seems that women with drug-addicted spouses suffer from psychological problems and complications, which indicates the need for adopting a useful psychological treatment method for these women.

For this reason, the most effective therapeutic approach can be considered cognitive behavioral therapy based on spirituality. Today, from the point of view of psychology, drug addiction or dependence is considered as a mental disorder (sarvandani et al., 2021). The harmful effects of drugs not only the user but also her family and friends are exposed to its negative effects, the negative effects are not one – sided but gradually become an exchange between the drug user and those around her. (ghasemi, 1395). undoubtedly, the victims of these problems are primarily the family members and relatives of the suffers, such as them spouses, who will your unwillingly face these consequences. In this regard, Amir rad and colleague, (1399). emphasized that The most prominent family harm of drug addictions on the emotional and psychological relationships of the spouse. Psychological well-being requires understanding the existential challenges of life, which affect the spouses

of addicts due to The problems they have their lives. Therefore, the psychological well- being approach examines the observed growth and Development against the existential challenges of life and strongly emphasizes on human development. (Azimpour samsami, Colleagues, 1397). also, emotional self-regulation allows spouses to adapt themselves to the social and physical environment, And if using this treatment, emotional self- regulation increases. (kordmirza and mohammad alizad , 1394 ) .

Due to the prevalence of drug use, especially from adolescence to middle age, which leads to turning this problem into one Of the most important social harms and increase mortality and infectious diseases. and subsequently, it leads to decrease in People's life span. he is trying to help the wives of addicted people so that they can help these people by improving them Emotional Self- regulation, psychological well- being and satisfaction with their lives on the one hand, so that in this way, reduce The Family problems of people suffering from addiction and provide a relatively heal their environment for their children, who Are The future makers of tomorrow, and to do this important, cognitive behavioral therapy based on spirituality will be used? Now the question is whether cognitive behavioral therapy based on spirituality is effective on the psychological well being and Emotional self – regulation of women with addicted spouses? (Mashak & colleagues, 1400). Investigated the effective ness of religion-based cognitive behavioral therapy and positive therapy on self-compassion and Perception of suffering in infertile women.

The statistical population of this study included infertile women who referred for infertility treatment to hospitals and infertility Treatment centers in Ahvaz city. Examining the results of the data showed that in the post – test and follow – up stages, positive And religion – oriented cognitive behavioral therapy was effective in reducing self- compassion and the perception of suffering (Physical, psychological, spiritual, existential) Also, in the post-test and follow- up stages, no difference was observed between the effectiveness of the two interventions on Self-compassion and perception of suffering. The results support the effect of religion based cognitive behavioral therapy and Positive therapy on increasing self-compassion and reducing the perception of suffering. Also, in research, (Mazloumi, et al, 1398). Investigated the effectiveness of an intervention based on positive psychology and emotion regulation training on Character capabilities of the Narcotic anonymous family group. the statical population of this research included the families Of drug addicts, members of drug addicts' anonymous family groups in omidiye city. Examining the

results of the research shored that the difference in the scores of the two trained groups compared to the control Group was significant in both the post-test and follow up stages. Also, the difference between the two experimental group was significant and the intervention based on positive psychology Was more effective. The result of the study was that considering the effectiveness of these intervention methods, they can be Used to improve the character capabilities of addicted people and their families. in research, Nemati and solitude, (1397) Investigated the effect of spiritual therapy with emphasis on the teachings of Islam on self – esteem and resilience on drug Addicts.

The statistical population of this research consisted of addicts from Niko health addiction treatment center of Qorve city. The findings indicated that the average scores of self- esteem and resilience of the experimental group in the post-test phase Were significantly higher than the average scores of the control group. the result was that spiritual therapy is effective in Improving self-esteem and resilience of addicts by emphasizing the teachings of Islam. Also, Nikbakht et al, ( 1395 ) . organized a phenomenological study titled the experience of living with an addicted spouse. The purpose of this qualitative study was to gain experiences and the meaning of life from the words of the wives of addicted Men. this study has been done using one of the qualitative research methods called kalizi descriptive phenomenology. The data collection method in this study was a semi-structured interview with 10 female participants, with a one – year Experience of their spouse's addiction, from districts 2, 10 and 18 of Tehran. The interviews were based on the question of What is your experience of living with an addicted spouse? and the main concepts extracted from the experiences of the Participants in the research included long – term involvement with challenges, the need to be placed under a protective Umbrella, isolating harms and shields to deal with vulnerability. The findings of the study indicated that the families, especially the wives of addicted men, need understanding and all-round Support due to being exposed to extreme personal and social vulnerability and the so- called silent victim. in this regard, A qualitative study was conducted by Puti et al, (2021). To investigate the experience of therapists and clients of cognitive Behavioral therapy and provide a model of cultural. Competence of cognitive behavioral therapy for drug addiction rehabilitate in Thailand. This study used focus group and in-depth interview method. The results of this study showed that clients have a desire to participate in cognitive behavioral therapy if their therapist has criteria a such as trust, similar religion, and similar language. therefore, this study pointed out that culture, religion,

and trust can have a significant impact on have a therapeutic relationship. Other studies have also examined the effectiveness of spirituality in the filed of mental health, but usually researcher s that investigates the effectiveness of spiritual therapy on variables such as psychological well- being and emotional self- regulation have been observed less-and most of them have investigated the effectiveness of spirituality in the fields of diseases as well as mental and psychological problems, and so far, no research has directly investigated the effectiveness of cognitive behavioral therapy based on spirituality on the psychological well -being and emotional self-regulation of women with addicted spouses. Therefore, in this research, the researchers are trying to investigate the effectiveness of cognitive behavioral therapy based on Spirituality. on the psychological well- being and emotional self-regulation of women with addicted spouses. By conducting This research and examining its effect, the role and impact of cognitive behavioral therapy based on spirituality in promoting Psychological well-being and emotional self-regulation can also be understood. The hypotheses proposed in this research are:

1. cognitive behavioral therapy based on spirituality is effective on the psychological well-being of women with addicted spouses
2. cognitive behavioral therapy based on spirituality is effective on the emotional self-regulation of women with addicted spouses

## Methodology

The current research method was a semi-experimental type and a pre-test -post-test design with a control group. the statistical Population of the present study consist of all women whose husbands are drug addicts and have referred to the specialized Addiction treatment clinic of Payam health in Tehran to quit addiction. Using the available method, a sample of 30 people will be Selected from among these women, who were randomly assigned to two experimental and control groups (15 people in each Group). after that, the members of the experimental group, after a full explanation about the research and declaration of Consent, were implemented for 8 sessions of 90 minutes, the optical spirituality training Nori, (1391) package and cognitive Behavioral therapy protocol of Marlatt and Donovan, (2005). the control group remained without intervention in this stage. In the post – test stage, the sample subjects answered the research questionnaires again.

Entry criteria of sample group people

1. having an addicted spouse who went to a treatment center to quit (according to the type of substance consumed)

2. being literate in reading and writing

3. be between 35 and 55 years old

Exclusion criteria of sample group people

1. absence of more than 2 sessions in treatment sessions will cause people to leave the experimental groups
2. unwillingness to continue the research causes people to leave the experiment

## Measurement

*The tools used in this research include two tools:*

1. psychological well – being scale : It was an emotional self- regulation questionnaire, which is explained below for each Of these tools. Psychological well -being scale; The psychological well-being questionnaire was designed and built by (Rif,1989). to measure psychological well-being, and the Main form of this questionnaire has 120 items, but in subsequent investigation, shorter forms with 84 items, 54 items, and 18 \_Items were also suggested to measure the psychological well-being variable, they use the 18 – question short – form Psychological well-being questionnaire. After sometime, it became clear that the short form of 18 questions has been used the Most in various researches- based on the conceptual definition of the different dimensions of this model, they designed a scale To measure and operationalize each of these dimensions in the form of a self-report form. the results obtained from the review Of the 18 -question version indicated a relatively high correlation between (%70 & %89) factors of both versions. Clark, Marshall, Riff and Wheaton, in order to investigate the factor structure of Riffs 18 question scale on a number of adults, showed that the six- factor model fits the data best. Despite the evidence confirming the validity of the 18 – question version, There are also evidences disconfirming this version. For example, van Dynerdruk came to the conclusion that the six-factor model fits best in all versions, but in the 18 questions Version, it has relatively low internal consistency compared to other versions (van Dirnduck,2004). the internal consistencyOf this scale is obtained using Cronbach’s alpha in 6 factors of self- acceptance, environmental mastery, positive relationshipWith others, having a purpose in life, personal growth, and independence.

2. Cognitive emotion regulation questionnaire: Cognitive emotion regulation questionnaire was developed by (Garnefski & kraaij , 2006 ) . in the Netherlands, it has two English and Dutch versions. Cognitive emotion regulation questionnaire it is a multi dimensional questionnaire that is used to Identify cognitive coping strategies of people after experiencing negative events or situations. unlike other coping questionnaires That done clearly distinguish between a person’s thoughts and real

and negative actions, this questionnaire evaluates a persons Thoughts after facing a negative experience or traumatic events. This questionnaire is a self-report tool and has 36 items. This questionnaire is composed of 9 subscales to examine the validity and reliability of the short form of the cognitive emotion Regulation of emotion questionnaire which include the cognitive strategy of self – blame, acceptance, rumination, positive Refocusing, refocusing on planning positive reappraisal, perspective – taking. catastrophizing and blaming others. The range of Scale scores is from (1) almost never to (5) almost always. in examining the psychometric

characteristics of the test, the Reliability of the test was obtained using coefficient equal to %91 and %81 respectively. the reliability of this scale has been Confirmed in Iran and its reliability has been reported using crone Bach’s alpha coefficient for each of the subscales in the range Of %64 to %82. after evaluating the subjects for their participation in the research, the absence of more than 2 sessions in the Treatment sessions and the lack of desire to continue the research, the training sessions were conducted, which is shown in Table (1).

**Table 1.** Summary of the meetings and the general frame work and structure of the meetings

Treatment session	The title and process of the meetings
First session	Preparation determining the goals and rules of the group, familiarizing the group members with each other, familiarizing with addiction, familiarizing with cognitive behavioral therapy based on spirituality, counseling and discussion about spirituality and addiction, familiarity with the impact of psychological factors on mental illnesses and addiction, the concept of God, the implementation of the pre-test.
Second session	Reviewing homework, worship and religious rituals, stating the problem, getting to know the antecedents of drug use, discussing addiction and its impact on the family, knowing one’s strengths and weaknesses, abilities desires, fears, desires, and awareness of one’s own role in solving marital problems, understanding the multidimensionality of human existence, identity different dimensions.
Third session	Informing people about the signs of anxiety, depression and identifying thoughts related to these symptoms, familiarizing and controlling expectant thoughts, facilitators and cognitive distortions and training to stop thinking, familiarizing with the role of spiritual self-awareness in solving problems and marital conflict, knowing the goals of life and complying with the moral standards of life, familiarity with divine judgment and destiny and faith in a higher power. the presence of God in parts of life, finding the sources of fear and anxiety and solving
Fourth session	The topic of interaction with God – categorizing beliefs distinguishing between thought sand feelings and determining the relationship between thought and feelings , emotions and behaviors and paying attention to your feelings ,getting to know positive and negative emotions , recognizing common conflicts -recognizing negative interaction cycles teaching how to stop negative thoughts and challenging negative thoughts, providing relaxation exercises and identifying possible resistances .
Fifth session	Homework review familiarity with the concept of confrontation and various methods of confrontation in dealing with marital issues – familiarity with irrelevant and healthy decisions familiarity with the real concept of trust and how and when to use trust and a awareness of the role of trust in reducing
Sixth session	Finding meaning in suffering, Quran story, getting to know the real concept of patience and how and when to use patience , and knowing the role of patience in reducing conflicts , getting to know the correct concept of forgiveness and its difference from illogical forgiveness, and knowing the very positive impact of forgiveness on mental health and reduce tension
Seventh session	Getting to know the steps of problem solving with a spiritual approach, practicing in the meeting with role playing, explaining and explaining the

benefits of participating in religious ceremonies, repentance, forgiveness and divine mercy, believing that the creator is the best helper (based on the interventions of Richard and Bergin, 2005).

#### Eighth session

Trust – increasing self- control -hope and expectation helping members to better communicate with themselves and God and achieve hope and inner peace, expressing the effects and benefits of prayer and its role in reducing anger, final summary, post -test implementation.

### Findings

To analyze data of the current research, descriptive statistics, descriptive statistics methods such as mean, standard deviation And inferential statistics methods such as univariate covariance (Ancova) analysis were used. In order to check the statistical significance of the differences created in the post-test averages of each of the subscales, Univariate covariance analysis was used. also,

before using the analysis of covariance test, the assumptions of this test, Including normality of distribution, homogeneity of regression line slope and homogeneity of variances, were examined. And after making sure that these assumptions were established, covariance analysis was used to check the statistical significance Of the difference in psychological well- being and emotional self-regulation questionnaires scores.

**Table 2.** mean and standard deviation of psychological well- being and emotional self- regulation

Scale	Group	Number	Stages	Average	Standard deviation
Psychological well-being	Control	15	Pre-test	23/27	%15
		15	Post-test	24/31	%22
	Experimental	15	Pre- test	24/71	%17
		15	Post-test	41/27	%28
Emotional self- regulation	Control	15	Pre- test	210/45	%29
		15	Post-test	217/37	%31
	Experimental	15	Pre-test	196/58	%26
		15	Post- test	136/07	%19

As shown in table No. (2), there is no significant difference in the psychological well- being and emotional self- regulation Variables in the pre- test stage in the control and experimental groups, but the psychological well- being variable in the post-test Stage in the

experimental group significantly increased compared to be control group has been found. and the variable of Emotional self- regulation decreased in the post-test stage in the experimental group compared to the control group.

**Table 3.** Covariance analysis test findings for psychological well-being and emotional self – regulation

Variables	Sources of changes	Sum of squares	Degrees of freedom	Average of squares	Fisher	Significance level	Effective intensity
Psychological well-being	Group and pre-test	1/466	1	%733	4/49	%001	%453
Emotional self- regulation	Group and pre-test	1/157	1	%578	8/02	%001	%389

As can be seen in table (3), cognitive behavioral therapy based on spirituality has an effect on the psychological well-being And emotional self-regulation of women with addicted spouses. considering the intensity of the effect, cognitive behavioral Therapy based on spirituality has a greater effect on psychological well – being than emotional self- regulation of women with Addicted spouses. Therefore, hypothesis number (1) of the research is confirmed and this result is the result of a

strong Relationship in the difference between the two experimental and control groups that existed in terms of psychological well-being In women with addicted spouses. in other words, cognitive and behavioral therapy based on spirituality has been able to Increase the psychological well- being of married women. Also, hypothesis number (2) of the research is confirmed and this result was the result of a strong relationship in the difference Between the two experimental and control

groups in terms of emotional self-regulation in women with addicted spouses after The intervention. in other words, cognitive behavioral therapy based on spirituality has been able to improve and increase Emotional self-regulation in patients and women with addicted spouses.

### Conclusion

The general purpose of this research was to investigate the effectiveness of cognitive behavioral therapy based on spirituality On psychological well-being and emotional self-regulation. by conducting this research and examining its effects, the role and Impact of cognitive behavioral therapy based on spirituality in promoting psychological well-being and emotional self-regulation Can also be understood. in general, the results of the present research regarding the first hypothesis indicated that cognitive Behavioral therapy based on spirituality increased psychological well-being of women with addicted spouses. the results of this Research is in line with the results of (Ruggeri et al ,2020) cognitive therapy is method of psycho therapy that is based on the Theory of emotional disorders, clinical and experimental studies, as well as certain therapeutic techniques. This therapy is an organized form of psychotherapy that is designed to reduce symptoms and help clients learn more effective Ways to deal with problems that cause them distress in this treatment, all efforts are aimed at solving the problem. the term Cognitive therapy is used because therapeutic techniques are used to change the cognitive errors and biases of clients. among Other things, it is tried to change the way the client evaluates situations and psychological pressure, his views on himself, The world, the future, and those beliefs and attitudes that apparently increase his vulnerability to emotional disorders.

Cognitive therapists tend to deal with beliefs, attitudes and types of automatic thinking that create clients' problems and Aggravate them. the goal of therapists is to improve the client's perception of their current cognitions, not to do dwell on Past cognitions. also, cognitive therapists try to directly change maladaptive cognitions to reduce negative emotions they Provide more accurate perceptions of themselves and others and guide clients to solve their problems. using cognitive Behavioral therapy, women with addicted spouses can help themselves to improve their abilities and future work, look At the bright side of issues and have a proper understanding of stress, and choose more effective strategies against perceived Harm. And overcome risky situations and increase their well- being. in interventions to promote mental health an and positive Well-being cand bring benefits to the individual as well as to society in terms of economic well- being and cohesion through Improving mood and psychological performance. In

theory, an approach using cognitive behavioral therapy principles to Encourage heal their patterns of thinking and behavior may provide an individual level intervention to promote positive Psychological well-being cognitive – behavioral therapy is a psychotherapy approach that targets dysfunctional emotions, Behaviors processes, and maladaptive cognitive themes through systematic, explicit, and goal – oriented methods.

Incorporating spirituality into the treatment setting is important because, specifically, by integrating clients' spiritual beliefs And practices into therapy, the practice may accelerate recovery. Increase treatment compliance and reduce treatment Disparities by providing more spiritually compatible services. Due to the fact that the followers of the cognitive behavioral Approach believe that the existence of some common mental errors can use problems in our interpretation and perception of Reality. and after those inappropriate attitudes and behaviors appear, therefore it can improve well-being cognitive behavioral Therapy can help increase success and improve well-being indicators by strengthening self-efficacy thinking and reducing

Negativity. Also, spiritual tendencies can keep a person patient and patient against problems and have a better sense of life Spirituality is known as a significant indicator for positive health outcomes and quality of life. spirituality and religiosity Can be useful as positive strategies to increase meaning in life, hope and social interactions in people, as well as to deal With psychological diseases such as depression, loneliness. The results of the current research regarding the second hypothesis Indicated that cognitive behavioral therapy based on spirituality increase emotional self-regulation women with addicted spouses The results of the above research with the researches of (Mobasher, Bagheri, Abasi,1400) & (Mazloomi et al, 1398).

The research findings showed that cognitive behavioral therapy significantly changes emotional regulation and its components Cognitive behavioral therapy is an approach to psychological problems that emphasizes the casual role of thought processes And the changeability of those thought processes. cognitive behavioral therapy is a type of psychological therapy that helps A person to learn how to identify and change destructive or disturbing thought patterns that have a negative impact on her Behavior and emotions. The emphasis of cognitive behavioral therapy is on changing automatic negative thoughts, and in Contenance, which causes and aggravates emotional problems. The techniques used in cognitive behavioral therapy help People regulate their emotions by teaching them skills to control dysfunctional emotions and maladaptive behaviors, processes, And cognitive themes, that people acquire beliefs, behaviors and values in life

that can maintain their emotion when negative And unpleasant emotions occur and have more awareness and management of their emotions and can regulate their emotions Constructively and effectively. Learning these techniques leads to constructive and useful confrontation with stressful situations And increases the persons activities in response to stressful situations. and they gain higher ability to regulate and control Their emotions (Mobasher, Bagheri, Abbasi,1400).

Based on the results obtained from the current research, it is suggested That the researchers in future researches should carry out this study in other groups, including industrial and traditional drug Addicts, and compare the results and also using the qualitative method and objective observation of data collection to make The results more generalizable. It is also suggested to the officials of the fight against drugs to help the families of addicts in increasing their psychological Well-being by implementing cognitive behavioral therapy based on spirituality. And psychologists are also recommended to use this treatment method to help women regulate their emotions and help prepare The conditions for leaving their spouses.

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