



**UNIVERSITI PUTRA MALAYSIA**

***EFFECTS OF SCHEMA THERAPY AND SCHEMA-FOCUSED  
MINDFULNESS THERAPY ON MARITAL SATISFACTION, MARITAL  
COMMUNICATION AND CONFLICT RESOLUTION AMONG IRANIAN  
WOMEN IN MALAYSIA***

**NOOSHIN NOORONEY**

**FPP 2018 3**



**EFFECTS OF SCHEMA THERAPY AND SCHEMA-FOCUSED  
MINDFULNESS THERAPY ON MARITAL SATISFACTION, MARITAL  
COMMUNICATION AND CONFLICT RESOLUTION AMONG IRANIAN  
WOMEN IN MALAYSIA**

**By**

**NOOSHIN NOORONEY**

**Thesis Submitted to the School of Graduate Studies, Universiti Putra  
Malaysia, in Fulfillment of the Requirements for the Degree of  
Doctor of Philosophy**

**September 2017**

## **COPYRIGHT**

All material contained within the thesis, including without limitation text, logos, icons, photographs and all other artwork, is copyright material of Universiti Putra Malaysia unless otherwise stated. Use may be made of any material contained within the thesis for non-commercial purposes from the copyright holder. Commercial use of material may only be made with the express, prior, written permission of Universiti Putra Malaysia.

Copyright © Universiti Putra Malaysia



I'd dedicate this thesis to:

My Loving Parents, and

My Beloved Husband



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in  
fulfilment of the requirement for the degree of Doctor of Philosophy

**EFFECTS OF SCHEMA THERAPY AND SCHEMA-FOCUSED  
MINDFULNESS THERAPY ON MARITAL SATISFACTION, MARITAL  
COMMUNICATION AND CONFLICT RESOLUTION AMONG IRANIAN  
WOMEN IN MALAYSIA**

By

**NOOSHIN NOORONEY**

**September 2017**

**Chairman: Wan Marzuki Wan Jaafar, PhD**  
**Faculty: Educational Studies**

This study aimed to investigate the effectiveness of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution of Iranian married women who lived in Malaysia during 2015-2016. Some studies reported that a significant number of Iranian immigrants in Malaysia have a considerable concern about their marriage and show low marital satisfaction and weak conflict resolution ability because of the new situation, which they encounter after moving to Malaysia. It has also been discussed and ascertained that low marital satisfaction and lack of constructive communication cause a lot of difficulties and problems among couples that may finally lead to divorce. However, couple therapy and educational interventions are not quite satisfying to help couples and prevent distress. Therefore, psychologists and counsellors have to do more research in this field and increase their knowledge about couples' issues to find new and fresh methods, skills and strategies. Accordingly, schema therapy and schema-focused mindfulness therapy are two new methods that can be examined to help psychologists and counsellors to prevent divorce and enhance the quality of marriage.

This study is an experimental design to investigate the effectiveness of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution. In this research, population refers to all married Iranian women who lived in Malaysia in 2015-2016 and were interested in participating the treatment sessions and increasing the quality of their relationship. The qualified participants included 96 women who were assigned randomly into three groups: two experimental groups and a control group with 32 women in each group. The first experimental group received schema therapy

and the second group received schema-focused mindfulness therapy while the control group did not receive any treatment. The instruments used in this research included marital satisfaction, marital communication and conflict resolution subscales from the ENRICH questionnaire, a demographic questionnaire and Young's schema questionnaire. Post-tests were administered after 18 sessions of treatments, and then follow-up tests were completed two months after the post-tests. Descriptive and inferential statistical analyses were used in this research and, two-way repeated measures ANOVA and ANCOVA were applied.

In general, it can be derived from the statistical analysis of the two-way repeated measures ANOVA test that the findings of this study are acceptable. The findings showed that both schema therapy and schema-focused mindfulness therapy had significant effects on marital satisfaction, marital communication and conflict resolution. The results were almost the same among schema therapy group and schema-focused mindfulness therapy group in the post-test. However, after two months follow-up, the differences revealed that the results in the second group, i.e. schema-focused mindfulness therapy group, have significantly improved during the time, while the results in the first group, i.e. schema therapy group, have remained constant. It means that mindfulness strategies gradually affected and the results of the second group were improved after a period. The findings of this study ascertained the fact that there are many advantages in schema therapy and schema-focused mindfulness therapy for couple therapists and they can use them more to increase the quality of marriages. It means that counsellors can use schema therapy and schema-focused mindfulness therapy in work with clients in order to improve their adjustment and function in the marriage, which are the main concerns of guidance and counselling.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia  
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**KESAN TERAPI SKEMA DAN TERAPI MINDFULNESS BERFOKUSKAN  
SKEMA TERHADAP KEPUASAN PERKAHWINAN, KOMUNIKASI  
PERKAHWINAN DAN PENYELESAIAN KONFLIK WANITA IRAN DI  
MALAYSIA**

Oleh

**NOOSHIN NOORONEY**

**September 2017**

**Pengerusi: Wan Marzuki Wan Jaafar, PhD**  
**Fakulti: Pengajian Pendidikan**

Kajian ini bertujuan untuk menyiasat keberkesanan terapi skema dan terapi *mindfulness* berfokuskan skema ke atas kepuasan perkahwinan, komunikasi perkahwinan dan penyelesaian konflik dalam kalangan wanita Iran yang tinggal di Malaysia pada tahun 2015-2016. Sesetengah kajian mendapati penduduk Iran yang bermigrasi ke Malaysia mempunyai kepuasan perkahwinan yang rendah disebabkan persekitaran yang baharu. Kepuasan perkahwinan yang rendah dalam kalangan masyarakat Iran di Malaysia boleh mengancam komuniti teresebut kerana kepuasan perkahwinan yang rendah boleh mengundang kepada perceraian. Oleh itu, ahli psikologi dan kaunselor berusaha untuk membantu pasangan meningkatkan kepuasan perkahwinan mereka bagi menghalang berlakunya perceraian. Namun begitu, terapi pasangan dan intervensi berbentuk pendidikan masih kurang berkesan untuk membantu pasangan. Model dan pendekatan sedia ada masih tidak memadai dan mencukupi untuk membantu isu yang dihadapi oleh pasangan. Dapatan-dapatan kajian berkaitan pasangan menunjukkan limitasi dalam pelbagai skop seperti corak komunikasi dan resolusi konflik. Oleh itu, ahli psikologi dan kaunselor perlu melakukan kajian untuk meningkatkan pengetahuan sedia ada terhadap isu-isu yang dihadapi oleh pasangan bagi mencari kaedah, kemahiran dan strategi baru bagi membantu mereka. Terapi skema dan *mindfulness* merupakan kaedah terkini yang digunakan untuk membantu ahli psikologi dan kaunselor mengatasi masalah perceraian dan meningkatkan kualiti perkahwinan.

Kajian ini menggunakan reka bentuk kajian eksperimen bagi menyiasat keberkesanan terapi skema dan terapi *mindfulness* berfokuskan skema terhadap kepuasan perkahwinan, komunikasi perkahwinan dan penyelesaian

konflik. Dalam kajian ini, penduduk merujuk kepada semua wanita Iran yang tinggal di Malaysia pada 2015-2016, dimana mereka berminat untuk menyertai sesi rawatan bagi meningkatkan kualiti hubungan mereka. 96 orang wanita dipilih secara rawak dan dibahagikan kepada tiga kumpulan iaitu dua kumpulan eksperimen dan satu kumpulan kawalan dengan 32 wanita dalam setiap kumpulan. Pertama, kumpulan eksperimen menerima terapi skema dan kumpulan kedua menerima terapi *mindfulness* berfokuskan skema. Manakala kumpulan kawalan tidak menerima sebarang rawatan. Instrumen yang digunakan dalam kajian ini termasuk kepuasan perkahwinan, komunikasi dan penyelesaian konflik sub skala perkahwinan daripada soal selidik ENRICH, soal selidik demografi responden dan soal selidik Young's Schema. Ujian pasca rawatan telah dijalankan selepas responden melalui 18 sesi rawatan, dan kemudian ujian susulan dilaksanakan dua bulan selepas ujian pasca rawatan. Analisis statistik deskriptif dan inferensi telah digunakan dalam kajian ini dan *two-way repeated measures* ANOVA dan ANCOVA digunakan bagi tujuan penganalisan data. Secara umumnya, analisis statistik inferensi menggunakan *two-way repeated measures* ANOVA menunjukkan hasil kajian diterima.

Dalam kajian ini, matlamat utama adalah untuk mengkaji kesan terapi skema dan terapi *mindfulness* berfokuskan skema terhadap kepuasan perkahwinan. Dapatan kajian menunjukkan bahawa terapi skema mempunyai kesan yang besar ke atas kepuasan perkahwinan, komunikasi perkahwinan dan penyelesaian konflik. Keputusan kajian menunjukkan keputusan hampir sama antara kumpulan terapi skema dan kumpulan terapi *mindfulness* berfokuskan skema dalam ujian pasca. Walau bagaimanapun, rawatan susulan selepas dua bulan menunjukkan perbezaan mendedahkan bahawa kumpulan terapi *mindfulness* berfokuskan skema telah meningkat dengan ketara pada masa itu, manakala keputusan dalam kumpulan skema kumpulan terapi, kekal malar. Ini bermakna bahawa strategi *mindfulness* secara beransur-ansur memberi kesan kepada dan boleh menjadi amat berkesan selepas beberapa tempoh masa. Malah, kajian telah menunjukkan bahawa terapi skema menunjukkan kesan yang baik ke atas kemurungan, keresahan, gangguan personaliti dan masalah-masalah lain, serta sangat berkesan dalam menyelesaikan isu-isu pasangan dan boleh meningkatkan kepuasan perkahwinan antara pasangan lebih-lebih lagi melalui pengintegrasian terapi *mindfulness*. Ini bermakna kaunselor boleh menggunakan terapi skema dan terapi *mindfulness* berasaskan skema untuk membantu meningkatkan keselarasan dan kefungsi klien dalam rumah tangga, dimana hal ini amat ditekankan dalam bimbingan dan kaunseling.



## ACKNOWLEDGEMENTS

Firstly, I would like to express my deepest appreciation to my supervisory committee chair Dr. Wan Marzuki Wan Jaafar for the continuous support of my PhD study and related research, for his patience, motivation, and immense knowledge. He continually and convincingly conveyed a spirit of adventure in regard to research, and an excitement in regard to improving. Without his guidance and persistent help, this thesis would not have been possible.

In addition, I would like to thank the rest of my supervisory committee members, Assoc. Prof. Dr. Siti Aishah Hassan and Prof. Dr. Sidek Mohd Noah, for their insightful comments and encouragement, which incited me to widen my research from various perspectives.

My sincere gratitude also goes to my examination committee members, Assoc. Prof. Dr. Tajuiaripin bin Sulaiman, Assoc. Prof. Dr. Mansor Abu Talib and Assoc. Prof. Dr. Salleh Amat for their brilliant comments and suggestions. They let my defense be a pleasant moment.

Last but not the least, I would like to thank my parents for supporting me spiritually throughout writing this thesis and my life in general. Most importantly, I wish to appreciate my beloved and supportive husband who provides unending inspiration.

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

**Wan Marzuki Wan Jaafar, PhD**

Senior Lecturer  
Faculty of Educational Studies  
Universiti Putra Malaysia  
(Chairman)

**Siti Aishah Hassan, PhD**

Associate Professor  
Faculty of Educational Studies  
Universiti Putra Malaysia  
(Member)

**Sidek Mohd Noah, PhD**

Professor  
Faculty of Educational Studies  
Universiti Putra Malaysia  
(Member)

---

**ROBIAH BINTI YUNUS, PhD**

Professor and Dean  
School of Graduate Studies  
Universiti Putra Malaysia

Date:

## Declaration by graduate student

I hereby confirm that:

- this thesis is my original work;
- quotations, illustrations and citations have been duly referenced;
- this thesis has not been submitted previously or concurrently for any other degree at any other institutions;
- intellectual property from the thesis and copyright of thesis are fully-owned by Universiti Putra Malaysia, as according to the Universiti Putra Malaysia (Research) Rules 2012;
- written permission must be obtained from supervisor and the office of Deputy Vice-Chancellor (Research and Innovation) before thesis is published (in the form of written, printed or in electronic form) including books, journals, modules, proceedings, popular writings, seminar papers, manuscripts, posters, reports, lecture notes, learning modules or any other materials as stated in the Universiti Putra Malaysia (Research) Rules 2012;
- there is no plagiarism or data falsification/fabrication in the thesis, and scholarly integrity is upheld as according to the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) and the Universiti Putra Malaysia (Research) Rules 2012. The thesis has undergone plagiarism detection software.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name and Matric No.: Nooshin Nooroney (GS38362)

## Declaration by Members of Supervisory Committee

This is to confirm that:

- the research conducted and the writing of this thesis was under our supervision;
- supervision responsibilities as stated in the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) are adhered to.

Signature: \_\_\_\_\_

Name of Chairman of  
Supervisory Committee: Dr. Wan Marzuki Wan Jaafar

Signature: \_\_\_\_\_

Name of Member of  
Supervisory Committee: Associate Professor Siti Aishah Hassan

Signature: \_\_\_\_\_

Name of Member of  
Supervisory Committee: Professor Sidek Mohd Noah

## TABLE OF CONTENTS

	<b>Page</b>
<b>ABSTRACT</b>	i
<b>ABSTRAK</b>	iii
<b>ACKNOWLEDGEMENTS</b>	v
<b>APPROVAL</b>	vi
<b>DECLARATIONS</b>	viii
<b>LIST OF TABLES</b>	xiv
<b>LIST OF FIGURES</b>	xvi
<b>LIST OF ABBREVIATIONS</b>	xvii
 <b>CHAPTER</b>	
<b>1 INTRODUCTION</b>	<b>1</b>
1.1 Introduction	1
1.2 Background of Study	1
1.3 Statement of the Problem	4
1.4 Significance of the Study	7
1.5 Research Questions	9
1.6 Main Objective	10
1.7 Sub Objectives	10
1.8 Research Hypotheses	11
1.9 Limitations of the Study	12
1.10 Definition of Terms	13
1.10.1 Conceptual Definitions	13
1.10.2 Operational Definition	14
 <b>2 LITERATURE REVIEW</b>	 <b>16</b>
2.1 Introduction	16
2.2 Marital Satisfaction	16
2.2.1 Introduction	16
2.2.2 Marital Satisfaction Theories	16
2.2.3 Factors Affecting Marital Satisfaction	19
2.2.4 Marital Satisfaction and Iranians in Malaysia	25
2.3 Marital Communication	26
2.3.1 Introduction	26

2.3.2	Cognitive Issues and Marital Communication	27
2.3.3	Marital Communication Process and Satisfaction in Marriage	31
2.3.4	Factor Affecting Marital Communication	33
2.4	Conflict Resolution	34
2.4.1	Introduction	34
2.4.2	Conflict Resolution Styles	35
2.4.3	Marriage and Conflict Resolution	36
2.4.4	Factor Affecting Conflict Resolution	39
2.4.5	Conflict Resolution Programs	40
2.5	Theoretical Background	41
2.5.1	Schema Therapy	41
2.5.2	Schema-Focused Mindfulness Therapy	59
2.6	Theoretical Framework	62
<b>3</b>	<b>METHODOLOGY</b>	<b>65</b>
3.1	Introduction	65
3.2	Research Design	65
3.3	Research Framework	67
3.4	Validity of Research Design	68
3.4.1	Internal Validity Threats	68
3.4.2	External Validity Threats	71
3.4.3	Summary of Internal and External Validity Threats	72
3.5	Population and Sampling	73
3.6	Determining the Sample Size	74
3.7	Screening and Selection	75
3.8	Data Collection Tools	77
3.8.1	ENRICH Questionnaire	77
3.8.2	Persian Version of ENRICH	79
3.8.3	Young's Schema Questionnaire	81
3.9	Data Collection Procedure	81
3.10	Data Analysis	82
3.10.1	Descriptive Statistics	82
3.10.2	Inferential Statistics	83
3.11	An Exploration of the Training Strategy	83
3.12	Description of the SCBT-g	84
3.13	Protocol of Treatment	84

3.13.1	Welcome Session	85
3.13.2	Educational Sessions	86
3.13.3	Awareness Sessions	91
3.13.4	Management Sessions	95
3.13.5	Experiential Sessions	101
3.13.6	Mindfulness Therapy Sessions	104
3.13.7	The Pilot Study of Protocol	107
<b>4</b>	<b>RESULTS AND DISCUSSIONS</b>	<b>109</b>
4.1	Overview	109
4.2	Statistical Assumptions	109
4.2.1	Normality	109
4.2.2	Homogeneity of Error Variance	110
4.2.3	Sphericity	111
4.3	Purposes Requiring Descriptive Statistics	112
4.4	Purposes Requiring Inferential Statistics	112
4.5	Descriptive Statistics	112
4.5.1	Correlations between Demographic Variables and Dependent Variables	115
4.5.2	Summary of the Two-way Repeated Measures ANOVA Test	116
4.6	Inferential Statistics	118
4.6.1	Hypothesis 1	118
4.6.2	Hypothesis 2	121
4.6.3	Hypothesis 3	122
4.6.4	Hypothesis 4	124
4.6.5	Hypothesis 5	126
4.6.6	Hypothesis 6	128
4.6.7	Hypothesis 7	129
4.6.8	Hypothesis 8	129
4.6.9	Hypothesis 9	131
4.6.10	Hypothesis 10	132
4.6.11	Hypothesis 11	132
4.6.12	Hypothesis 12	134
4.6.13	Hypothesis 13	135
4.6.14	Hypothesis 14	135
4.6.15	Hypothesis 15	137
4.7	Discussion	138
4.7.1	Discussion on Marital Satisfaction	140

4.7.2	Discussion on Marital Communication	144
4.7.3	Discussion on Conflict Resolution	148
<b>5</b>	<b>CONCLUSIONS AND RECOMMENDATIONS</b>	<b>151</b>
5.1	Overview	151
5.2	Summary of the Treatment	151
5.2.1	Schema Therapy Sessions (1-5)	151
5.2.2	Schema Therapy Sessions (6-10)	152
5.2.3	Schema Therapy Sessions (11-18)	152
5.2.4	Mindfulness Therapy Sessions	153
5.3	Summary of the Research	153
5.4	Summary of Findings	154
5.5	Conclusion	156
5.5.1	Conclusion on Marital Satisfaction	157
5.5.2	Conclusion on Marital Communication	157
5.5.3	Conclusion on Conflict Resolution	158
5.6	Implications of the Study	159
5.6.1	Theoretical Implications	159
5.6.2	Practical Implications	161
5.7	Recommendations	164
5.7.1	Recommendations on Marital Satisfaction	165
5.7.2	Recommendations on Marital Communication	166
5.7.3	Recommendations on Conflict Resolution	166
	<b>REFERENCES</b>	<b>168</b>
	<b>APPENDICES</b>	<b>192</b>
	<b>BIODATA OF STUDENT</b>	<b>207</b>
	<b>LIST OF PUBLICATIONS</b>	<b>208</b>



## LIST OF TABLES

Table	Page
2.1	45
3.1	72
3.2	80
4.1	110
4.2	111
4.3	111
4.4	113
4.5	113
4.6	114
4.7	114
4.8	115
4.9	116
4.10	117
4.11	119
4.12	123
4.13	126

4.14	Marital Satisfaction Mean Difference between Experimental Groups and Control Group at Pre-test, Post-test and Follow-up Test	130
4.15	Marital Communication Mean Difference between Experimental Groups and Control Group at Pre-test, Post-test and Follow-up Test	133
4.16	Conflict Resolution Mean Difference between Experimental Groups and Control Group at Pre-test, Post-test and Follow-up Test	136
4.17	Number of Detected Schemas	138
4.18	Summary of Hypotheses, Methods and Results	139

## LIST OF FIGURES

Figure		Page
1.1	Conceptual Framework	9
2.1	Schema Modes	48
2.2	Phase of Treatment	49
2.3	Theoretical Framework	64
3.1	Randomized Subject, Pre-test, Post-test, Follow-up Control Experimental Design	66
3.2	Research Framework	67
3.3	Population and Sampling	74
3.4	Stages of Sampling and Selection	77
3.5	Protocol of Treatment	85
4.1	Mean of Marital Satisfaction across the Time for Three Groups	120
4.2	Mean of Marital Communication across the Time for Three Groups	124
4.3	Mean of Conflict Resolution across the Time for Three Groups	127

## LIST OF ABBREVIATIONS

CBCT	Cognitive-Behavioural Couple Therapy
CBT	Cognitive Behavioural Therapy
DFST	Dual-Focused Schema Therapy
DP	Detached Protector Mode
EFT	Emotionally Focused Therapy
HA	Healthy Adult Mode
IBCT	Integrative Behavioural Couple Therapy
MBCT	Mindfulness-Based Cognitive Therapy
MBSR	Mindfulness-Based Stress Reduction
MMP	Mode Management Plan
OCPD	Obsessive-Compulsive Personality Disorder
PMR	Progressive Muscle Relaxation
PTSD	Post-Traumatic Stress Disorder
SCBT	Short-Term Schema Cognitive-Behavioural Therapy
SCBT-g	Short-Term group Schema Cognitive-Behavioural Therapy
STE	Schema Therapy Education
TBCT	Traditional Behavioural Couple Therapy
UM	University of Malaya
UPM	Universiti Putra Malaysia
YSQ-SF	Young Schema Questionnaire Short-Form

## CHAPTER 1

### INTRODUCTION

#### 1.1 Introduction

This chapter discusses the background of the study, statement of the problem, and significance of the study. It also describes the research objectives, research questions and research hypotheses. Finally, the limitation of the study, and the theoretical as well as operational definition of key terms are presented.

#### 1.2 Background of Study

Marriage is a comprehensive bond between couples, which is about sharing bodies, property, children and their time. In addition, it is a durable and exclusive permission for having sexual relationship just with that person and not anyone else. Marriage is a historical, social, and personal concept, which is related to commitment, mortality and euphoria (Girgis, Anderson & George, 2012).

The purpose of marriage has changed totally during last decades. Ahead of time the reasons for marriage were different factors such as political, economic and cultural motives, whereas, today they have been fundamentally revolutionized to the emotional and affecting reasons (Campbell & Wright, 2010).

For example, Manap, Kassim, Hoesni, Nen, Idris and Ghazali (2013) stated that there are three reasons, which play essential roles in motivating Malaysian youths for marriage. The most important reason is religious motives; in fact, they get married because marriage is one of the most important pillars of their religion and strongly recommended in Islam. Another significant reason is biological motives, which consist of having sexual relationship for procreation and reproduction purposes. Likewise, it provides a secure environment for raising children and forming a family structure. The last reason is socio-psychological motives, indicating that partners marry together because of their need for love and intimacy. Moreover, couples would like to stay away from loneliness, which is one of the biggest existential anxieties of human beings.

It is obvious that the reasons of marriage can be completely different for different people but there is a common goal for all couples, which is success in marriage. In fact, a successful marriage can easily guarantee the achievement to the main reasons of the marriage. One of the most important criterions, which should be examined to determine the level of success in marriage, is marital satisfaction (Fowers & Olson, 1989). Marital satisfaction refers to the notion that a person

upholds about the relationship that he/she has with his/her partner (King, 2016). "Marital satisfaction is a complex process that has over time been thought to be influenced by many factors, including education, socio-economic status, love, commitment, marital communication, conflict, gender, length of marriage, the presence of children, sexual relations and the division of labor" (Hendrick & Hendrick, 1997). Marital communication and conflict resolution as also two important concepts which play key roles in a healthy relationship. As long as the couples can communicate politely and settle the conflicts properly, they experience higher satisfaction in their marital life (Gottman & Silver, 2015).

ENRICH marital satisfaction scale has provided a proper criteria for researchers to evaluate the level of couples' satisfaction in their marriages by calculating several components which are known as some factors that have negative or positive effect on marital satisfaction. Fowers and Olson (1989) determined and listed several fundamental factors, which affect the quality of marriage based on the various studies in this regard. However, this list has undergone some changes for using in different countries after the developers' approval and the components of each version vary due to the cultural differences.

The Persian version of ENRICH questionnaire was developed in 2010 by Asoodeh according to the Iranian culture. Obviously, it has been checked and approved by the main developers to be used in the Iranian society. This version contains four components, which three of them, i.e. marital satisfaction, marital communication and conflict resolution have been measured in this study. The first important component of this questionnaire is marital satisfaction, which appears as a calculable sub-scale in this part. Marital satisfaction is the attribute that shows the couples' evaluation of their marital values. The more partners find their relationship happy, the more they are satisfied with that. In other word, as long as they benefit of their marriage, they assess it desirable (Stone & Shackelford, 2007). Since meeting the basic needs of a marital relationship leads to a broader and general understanding of marital satisfaction in life, this sub-scale has been considered to carry the initial meaning of this expression.

One of the most impressive factors related to marital satisfaction is good communication. Actually, there is a direct link between a constructive, satisfying and happy marriage and efficient communication. Findings showed there is a strong correlation between marital satisfaction and an effective communication skill. Consequently, for having efficient communication, couples need to discuss about problems clearly, spend time with each other, listen to their partner patiently and give constructive comments (Alayi, Ahmadi Gatab & Babaei Zad Khamene, 2011). Thus, an efficient communication skill can provide strong ability to solve problems, prevent conflict, increase respect, trust and effective understanding between couples (Gottman & Silver, 2015).

Conflict resolution is another important component of this instrument. Actually, conflict is an inevitable part of human life and it is a common occurrence between

people in different situations both in personal life and in the community. Conflict has a dual role in close relationships; in fact, it can be effective and play a positive role or be negative and cause argument and stress in close relationships (Cummings, Kouros & Papp, 2007). To be precise, how couples act in situation of conflict is more important than the area and frequency of conflict (Stanley, Markman & Whitton, 2002). Using a logical method of conflict resolution can have a remarkable effect on decreasing marital difficulties and solving problems among couples (Cummings et al., 2007). Conflict resolution also has a significant relationship with marital satisfaction and plays an important role in intact marriage (Kurdek, 1995; Schneewind & Gerhard, 2002). Actually, constructive conflict resolution style lead to enrichment and success in marital life while destructive style such as avoidance and competition can damage healthy relationships among couples (Christensen & Shenk, 1991; Zeidner & Kloda, 2013).

After the evaluation and assessment phase, the therapist and the client need to enter the treatment phase. There are many different treatment methods that more or less have shown their effects on marital quality regarding the changes that appear in the underlying factors after the intervention. In fact, there are some underlying factors, which cause difficulties and distress among couples and finally affect marital quality. These include cognitive distortion, early maladaptive schemas, attachment styles and behavioural problems (Atkinson, 2012; Epstein & Baucom, 2002; Riso, Du toit, Stein & Young, 2008). Schema therapy is a new treatment method developed by Young and colleagues that its core concept consists of these factors (Young, 1990, 1999; Young, Klosko & Weishaar, 2003). Thus, the significant effect of schema therapy on marital satisfaction, marital communication and conflict resolution can be expected as the main objective for this study.

Young et al. (2003) defined schema as “a cognitive prepositional construct which represent generalities themes, or patterns of cognitive content”. Schema includes two concepts: assumptions and standards. “Assumptions are beliefs about the nature of close relationships in general as well as specific people” (Epstein & Baucom, 2002; Riso et al., 2008). “Standards are beliefs about the way relationships should be or the way partners should behave”. Consequently, assumptions and standards have inflexible and irrational features, which control the manners, feelings and also navigate marriage trough conflict and distress (Young et al., 2003).

Young et al. (2003) developed schema therapy for changing maladaptive schemas and mode. It was very impressive in helping couples by reducing difficulties and problems in marital relationship. Amani and Behzadi (2012) found that schema therapy is effective in increasing commitment and self-esteem of couples. Ziaee, Sepehri, Shamloo and Mashhadi (2013) revealed that there is a significant correlation between negative automatics thought and cognitive schemas, and marital satisfaction. Bahmani, Refahi and Ghaderi (2011)



indicated that schema therapy improved couples' functional relationship, especially expressing emotions and increasing problem-solving abilities.

Recent studies on couple therapy have revealed that early maladaptive schemas have underlying effects on conflicts and distress between couples. Therefore, schema therapy will be very useful in reducing couple's problems. Schema therapy increases awareness of couples about partners' needs and chronic difficulties, which lead to a repetitive and unhealthy cycle. Individual schema therapy and couple schema therapy are both effective in resolving couples' distress and conflict but schema couple therapy can accelerate the process of healing schemas as well as increasing forgiveness and acceptance abilities of couples (Atkinson, 2012).

Moreover, these days, schema therapists integrate mindfulness with different schema techniques to reinforce the process of treatment (Bricker & Labin, 2012). Actually, mindfulness is a mental state that involves observing and allowing one's thoughts and feelings as they arise in the present. It can be learned through directed attention exercises, and can be integrated with existing therapy methods and training programs for use with many psychological problems (Van Vreeswijk, Broersen & Schurink, 2014).

### **1.3 Statement of the Problem**

Studies show that moving to other countries has negative effects on the quality of marriages because of different kinds of issues such as adjusting with new conditions and dealing with sociocultural and psychological problems (Myers-Walls, Frias, Kwon, Ko & Lu, 2011). In fact, low marital quality is a common concern among immigrants and international students, and those Iranian couples who have immigrated are not excluded from this concern. According to some research findings, moving to other countries is associated with divorce and low marital quality among Iranian couples (Asadinik, as cited in Madanian et al., 2013; Darvishpour, 2002; Naghdi, 2010; Shirpak, Maticka-Tyndale & Chinichian, 2011).

Darvishpour (2002) and Naghdi (2010) conducted accurate researches in Sweden to survey the Iranians' living condition and concluded that the divorce rate is high among Iranian couples due to the conflicts that appear after the immigration. They mentioned that in spite of the welcoming culture, women have shown more adaptation potential compared to men. In fact, the immigration process uncovers some hidden differences and triggers the negative attitudes regarding them. As the result, having different feelings to the new place and its features causes serious conflicts, which result in divorce.



Shirpak et al. (2011) revealed that there are different reasons for the increase in divorce rate among Iranian couples after moving to other countries. Markedly, effective factors include changing roles of women from traditional to modern and increasing their awareness about their rights and social supports. Another significant factor is women's employment, which plays a key role in causing conflicts among couples because of changing marital roles and gender ideologies. Consequently, women do not accept authority and domination of men at home easily. Other important factors include the lack of family support, loneliness, loss of adjusting abilities, spending less time with family and language problems, which have negative effects on marital relationship and can eventually lead to divorce.

Malaysia has been chosen as a desirable country for many immigrants in this decade. Most of them are international students from different countries coming to Malaysia for education and seeking better life conditions (Madanian, Syed Mansor & Bin Omar, 2013). Many of these students are from Iran with one of the highest rates of international students in Malaysia (UNESCO Bangkok, 2013). According to the Iranian Embassy in Malaysia, more than 8000 Iranian students were studying in Malaysia in 2013. Certainly, Malaysia, as an appealing country in the case of immigration especially for Iranians, is not excluded from the other target countries. In this regard, some studies showed that international students and immigrants more or less deal with different adjustment problems in Malaysia (Ghoroghi, Hassan & Baba, 2012; Habil, 2002; Malakloulunthu & Selan, 2011).

Madanian et al. (2013), Salehy, Mahmud and Amat (2013) and Mosavi and Mahmud (2016) reported that a significant number of Iranian students in Malaysia have a considerable concern about their marriage and show low marital satisfaction because of a new situation, which they encounter after moving to Malaysia. This negative change has been observable in their communication patterns and conflict resolution styles as well. Notably, the most important issue affecting marital life is financial pressure. Based on these studies, this happens due to lack of work permits and funds for international students in Malaysia. In addition, commitment and sexual desire is declined after moving to other countries and has negative effects on marital satisfaction, marital communication and conflict resolution. It seems that there is a major problem here, which needs to be addressed more. Any increasing in the rate of the immigrants who are not satisfied with their marriage may threaten the family basis and can affect the education of the Iranian community in Malaysia. To be precise, since it has been discussed and ascertained that low marital quality causes a lot of difficulties and problems among couples and can lead to divorce (Gottman, 2014), a huge impact ambushes the mental health of those immigrants who seek a peace and quiet place to live or study. Therefore, psychologists and counsellors basically try to prevent divorce through the appropriate interventions that can help couples to increase the quality of their relationships.

But, Bradbury and Lavner (2012) revealed the couple therapy and educational interventions are not quite satisfying to help couples and prevent distress. The

current models and approaches are incomplete and inadequate to solve couples' issues in all areas. The findings showed limitations and deficiencies in many scopes such as communication patterns and the conflict resolution. The study revealed that different relationship education programs and interventions have a moderate effect on improving couples relationships and decreasing distress among them particularly at 3- or 6-month follow-up assessments (Bradbury & Lavner, 2012; Gupta, Coyne & Beach, 2003; Hawkins, Blanchard, Baldwin & Fawcett, 2008). Although many studies in this field claim that the current interventions are effective in reducing the marital distress, some further researches show that a significant number of clients failed to improve their relationships particularly at follow-up. Based on these researches, only in half of the cases, both partners could increase their marital satisfaction after treatments while around one third of couples showed deterioration in this regard (Snyder & Castellani, 2006). In addition, there are some weaknesses on existing interventions such as lack of workable and useful training skills and low ability of couples in implementing new skills in hard situations and also keeping their relationships in optimal condition after a period of time (Bradbury & Lavner, 2012). Consequently, psychologists and counsellors have to do more research in this field and increase their knowledge about couples' issues to develop new and fresh methods, skills, and strategies to help resolve these issues.

Snyder and Castellani (2006) have recommended the therapists to go beyond and try to use the "integrative" models, which are formed by the combination of different aspects and components of the initial methods. They believe that it may contribute to the best solution for couple therapy.

For this purpose, some components of existing therapies (CBT and Psychoanalysis) along with some important factors, which have significant effects on marital quality, including early maladaptive schemas, cognitive errors, emotional deprivation and dysfunctional modes have constituted the core structure of schema therapy as a new, innovative and integrative method in work with couples (Atkinson, 2012; Young et al., 2003).

Integrating mindfulness with different psychological approaches has been very common in recent years too. Segal, Williams and Teasdal (2002) predicted that mindfulness dramatically affects psychological treatment in future. Notably, mindfulness-based cognitive behavioural therapy and mindfulness-based stress reduction and also interventions mindfulness-related are very effective, applicable and prevalent these days. Informal surveys revealed that many schema therapists use mindfulness techniques in treatment protocols (Bricker & Labin, 2012).

There are many researches, which show a positive relationship between schema therapy and resolving depression, personality disorder, eating disorder and posttraumatic disorder (Malogiannis, Arntz, Spyropoulou, Tsartsara, Aggeli, Karveli, Vlavianou, Pehlivanidis & Papadimitriou, 2014; Napel-Schutz, Abma,

Bamelis & Arntz, 2011; Yarmohamadi Vassel, BorjLi, Golzari & Delavar, 2011). However, there is a lack of research in this field especially on couples and their marital issues, whereas the researcher expects that these two treatment methods would show significant effect in improving the marital quality of couples due to the observed effects of them on the underlying factors. As a result, the gap contributes to the scope for research about the effects of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution, which have been defined in ENRICH questionnaire. Regarding the above discussion and aforementioned gap, this research will try to fill the research gap by determining the effects of mentioned therapies on marital satisfaction, marital communication and conflict resolution of Iranian women living in Malaysia.

#### **1.4 Significance of the Study**

Marriage has been known as a public legal action and it is not just a secret romantic relationship between couples (Kertzer & Barbagli, 2001). It is a common phenomenon and usual occurrence happening in every society and each period of history (Wardle, 2011). Actually, intact and healthy marriage has many advantages that will be explained in detail here. First, it contributes to a safe environment to nurture children because children who live with their parents get higher marks in school and generally achieve more success in education (Elliott & Richards, 1991; Bernardi & Radl, 2014). Children who live with their parents are more likely to finish their school, go to university, take good jobs and show high life satisfaction. On the other hand, children whose parents have divorced encounter many economic problems such as unemployment, low income and poverty. Children of divorce are highly prone to addiction and substance abuse as teenagers and adults (Amato, 2014; Kelly & Emery, 2003; Sweeting, West & Richards, 1998). Second, from an economic standpoint, married couples make more money in comparison to single or cohabitant people (Lupton & Smith, 2002). Third, married people are healthier mentally and physically in comparison with single or divorced individuals, maybe because of more care and support they receive from their partners (Amato & Keith, 2001; Amato, 2014; Kessing, Agerbo & Mortensen, 2003). Therefore, married people have higher life expectancy in comparison with divorced or single people (Stevenson & Wolfers, 2007).

The Iranian immigrants' mental health has been one of the main concerns of Iranian researchers across over the world and many solutions have also represented for the related issues. But, there are not enough appropriate researches about Iranians immigrated to Malaysia in this regard, despite the significant population of them. The few conducted researches on Iranian couples living in Malaysia indicated that the level of their marital quality is not satisfactory and a potential crisis threatens their families, which can be harmful for them and their children. As stated in Introduction, good marriage has many advantages for individuals and society while divorce devitalizes them and has destructive effects

on their lives. In order to maintain the Iranian immigrants' family life and improve couples' relationship more research in this field is necessary.

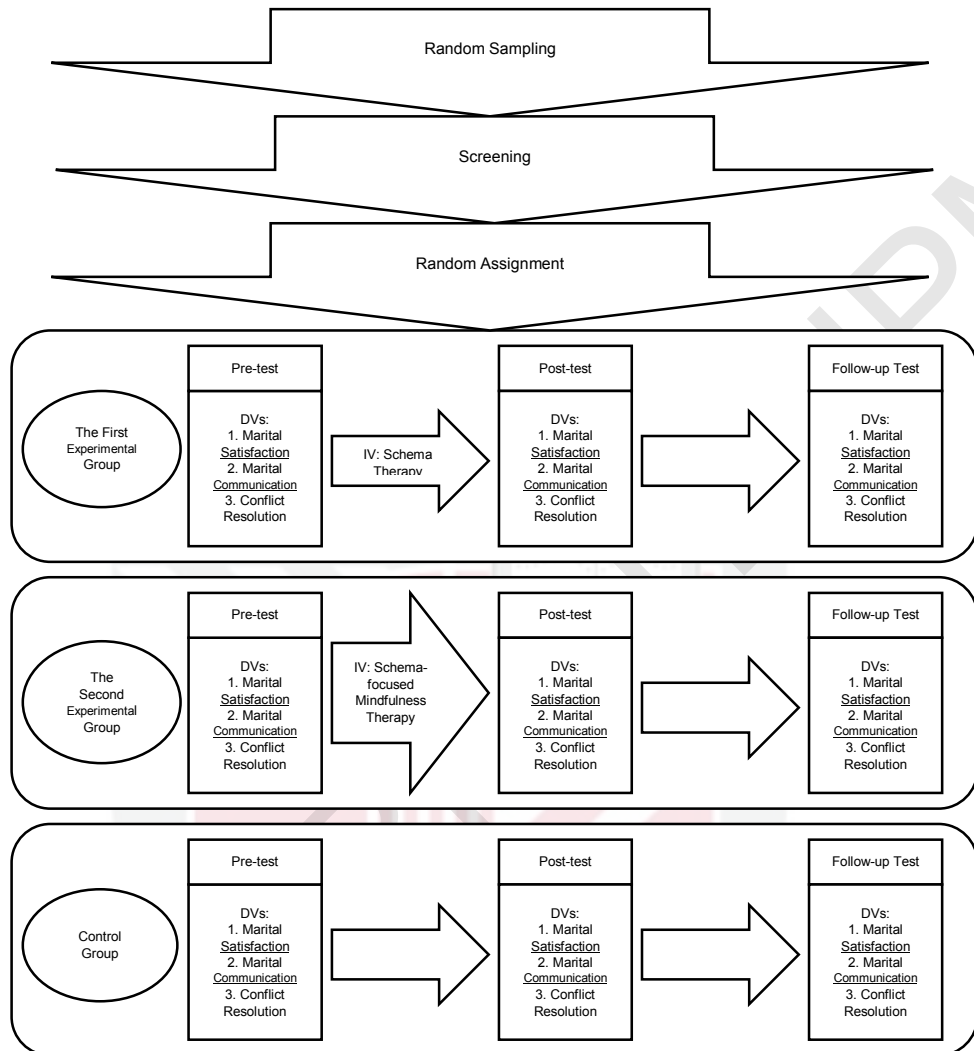
Since the majority of Iranians living in Malaysia are students, the negative effect of problematic marriage on their education is also expected. To the researcher as an Iranian student of UPM, the mental health and the educational success of Iranians in Malaysia matters and this study has been conducted in a way to improve marital quality of Iranian women, which can be beneficial for Iranian context of Malaysia mentally and educationally.

On the other hand, with increasing knowledge about communication, conflict resolution, and also marital satisfaction, the quality of marriage would be improved considerably. However, there seems to be a gap in investigating new methods and finding applied protocols to improve the quality of marriage and interactional skills. As mentioned before, maladaptive schemas and core beliefs play a significant role in causing couples' problems. Schema therapy can be very useful and efficient in solving couples' problems because it can be effective on wide ranges of mental problems such as anxiety, depression, eating disorders, addiction, and difficulties of romantic relationship (Young et al., 2003). Each of these problems can cause marital distress.

Mindfulness is also a traditional method, which is used to relieve the stress, anxiety and pressures. It has shown a significant effect on mental health (Brown & Ryan, 2003) and certainly can be considered as a reliable treatment method for marital issues, especially low marital satisfaction (Burpee & Langer, 2005). In fact, new methods such as schema therapy and mindfulness have provided some strong techniques for psychologists and counsellors to prevent divorce and enhance the quality of marriages.

As it was stated above, the different aspects of schema therapy have been integrated with mindfulness techniques as another method (schema-focused mindfulness therapy) to improve the effectiveness of the treatment phase. However, there is no study in this regard to compare the effects of these two methods on a case and represent the suitable solutions.

To evaluate the effects of the mentioned combination and fill the research gap, the present study has used both method (as shown in Figure 1.1) to determine the effects of them on marital satisfaction, marital communication and conflict resolution, which result in higher quality of marriage. To be precise, any change in each of these components is a strong evidence for the change in marital quality and provides sufficient information to compare the effects of mentioned therapies. From this point of view, this research is very new, pragmatic and practical, and will have constructive recommendations for psychologists and counsellors doing couple therapy.



**Figure 1.1: Conceptual Framework**

## 1.5 Research Questions

The questions of this study are:

- Is there any effect of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution of Iranian women in Malaysia?
- Is there any difference between schema therapy, schema-focused mindfulness therapy and control group on marital satisfaction, marital communication and conflict resolution at (T1) of Iranian women in Malaysia?



- iii. Is there any difference between schema therapy, schema-focused mindfulness therapy and control group on marital satisfaction, marital communication and conflict resolution at (T2) of Iranian women in Malaysia?
- iv. Is there any difference between schema therapy, schema-focused mindfulness therapy and control group on marital satisfaction marital communication and conflict resolution (T3) of Iranian women in Malaysia?

## **1.6 Main Objective**

The main objective of this study is to ascertain the impact of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution of Iranian women in Malaysia.

## **1.7 Sub Objectives**

The specific objects of this study include:

- i. To assess the effect of schema therapy on marital satisfaction, marital communication and conflict resolution of Iranian women in Malaysia
- ii. To find out the effect of schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution of Iranian women in Malaysia
- iii. To assess the differences between schema therapy and schema-focused mindfulness therapy and control group on marital satisfaction of Iranian women in Malaysian at (T1)
- iv. To find out the differences between schema therapy and schema-focused mindfulness therapy and control group on marital satisfaction of Iranian women in Malaysian at (T2)
- v. To examine the differences between schema therapy and schema-focused mindfulness therapy and control group on marital satisfaction of Iranian women in Malaysian at (T3)
- vi. To assess the differences between schema therapy and schema-focused mindfulness therapy and control group on marital communication of Iranian women in Malaysia at (T1)
- vii. To examine the differences between schema therapy and schema-focused mindfulness therapy and control group on marital communication of Iranian women in Malaysia at (T2)
- viii. To find out the differences between schema therapy and schema-focused mindfulness therapy and control group on marital communication of Iranian women in Malaysia at (T3)
- ix. To assess the differences between schema therapy and schema-focused mindfulness therapy and control group on conflict resolution of Iranian women in Malaysia at (T1)

- x. To find out the differences between schema therapy and schema-focused mindfulness therapy and control group on conflict resolution of Iranian women in Malaysia at (T2)
- xi. To assess the differences between schema therapy and schema-focused mindfulness therapy and control group on conflict resolution of Iranian women in Malaysia at (T3)

## **1.8 Research Hypotheses**

The hypotheses include:

H1: There is a significant difference in marital satisfaction between pre-test, post-test and follow-up test (T1, T2, T3) in the schema therapy experimental group.

H2: There is a significant difference in marital satisfaction between pre-test, post-test and follow-up test (T1, T2, T3) in the schema-focused mindfulness therapy experimental group.

H3: There is a significant difference in marital communication between pre-test, post-test, and follow-up test (T1, T2, T3) in the schema therapy experimental group.

H4: There is a significant difference in marital communication between pre-test, post-test and follow-up test (T1, T2, T3) in the schema-focused mindfulness therapy experimental group.

H5: There is a significant difference in conflict resolution between pre-test, post-test, and follow-up test (T1, T2, T3) in the schema therapy experimental group.

H6: There is a significant difference in conflict resolution between pre-test, post-test and follow-up test (T1, T2, T3) in the schema-focused mindfulness therapy experimental group.

H7: There are significant differences among three groups in marital satisfaction at pre-test (T1).

H8: There are significant differences among three groups in marital satisfaction at post-test (T2).

H9: There are significant differences among three groups in marital satisfaction at two-month follow-up (T3).

H10: There are significant differences among three groups in marital communication at pre-test (T1).

H11: There are significant differences among three groups in marital communication at post-test (T2).

H12: There are significant differences among three groups in marital communication at two-month follow-up (T3).

H13: There are significant differences among three groups in conflict resolution at pre-test (T1).

H14: There are significant differences among three groups in conflict resolution at post-test (T2).

H15: There are significant differences among three groups in conflict resolution at two-month follow-up (T3).

## **1.9 Limitations of the Study**

In this study, the researchers just assess the effectiveness of schema therapy and schema-focused mindfulness therapy on marital satisfaction, marital communication and conflict resolution. However, there are many different factors, which may have effects on these variables such as educational programs on TV or internet and other media.

In addition, all of the participants in this study are women, so it will cause lack of comparison between genders. Actually, finding a lot of Iranian couples in Malaysia who both were interested in participating in and continuing long-term group therapy was very difficult and woman showed more interest to participate. It is probably because of this fact that men are not interested to participate in psycho-educational programs and seek help to handle the situation generally (Mahalik, Good & Englar-Carlson, 2003). Anyway, it cannot be overlooked as a limitation.

Further, the sample of the study is small; therefore, the outcomes cannot be generalized without errors. Finally, follow-up sessions could suffer participant



inaccessibility since some students may travel to Iran during the course of the study.

## **1.10 Definition of Terms**

### **1.10.1 Conceptual Definitions**

#### **1.10.1.1 Schema Therapy**

“Schema therapy is an innovative, integrative therapy developed by Young and colleagues that significantly expands on traditional cognitive-behavioural treatments and concepts (Young, 1990, 1999). The therapy blends elements from constructivist and psychoanalytic schools into a rich, unifying conceptual and treatment model”. Schema therapy integrates some strategies including lifelong patterns, affective change techniques and the therapeutic relationship, which were already focused separately in cognitive-behavioural therapy in order to help the clients to change their negative patterns (Young et al., 2003).

#### **1.10.1.2 Schema-focused Mindfulness Therapy**

Schema-focused mindfulness therapy is the integration of mindfulness strategies with schema therapy as an organized and systematic protocol (Van Vreeswijk et al., 2014). Basically, mindfulness does not play a treating role in this method and it is combined in order to improve the effectiveness of the therapy. In fact, mindfulness techniques help the clients to be careful, diligent and patient during the treatment sessions (Bricker & Labin, 2012).

#### **1.10.1.3 Mindfulness**

Mindfulness is the “heart, or the core teaching, of Buddhist psychology” (Kabat-Zinn, 2003), and it is “inherently a state of consciousness that involves consciously attending to one’s moment-to-moment experience”. Mindfulness is defined as being aware and conscious of the existing thoughts, feelings and experiences (Brown & Ryan, 2003).

#### **1.10.1.4 Marital Satisfaction**

The term “marital satisfaction” refers to individuals’ subjective evaluation about their marital relationship and “satisfaction” means happiness, lack of distress and good quality (Taylor, Peplau & Sears, 2005). Marital satisfaction reveals general attitudes of partners towards their marriage. Marital satisfaction can be related to different personal factors such as needs, standards and demands of partners

in their relationships. Marital satisfaction is a general and global concept, which is subjective and appraises the marriage quality (Li & Fung 2011). Sometimes, marital satisfaction is interchanged with marital quality, while marital quality is generally used for marital adjustment, marital happiness and marital satisfaction.

#### **1.10.1.5 Marital Communication**

Marital communication included two dimensions, i.e. verbal and nonverbal interaction. The first one is objective which means making what you say clear to other people; and the second one is related to body language which is more impressive than verbal interaction (Gladding, 2006). According to the American psychological Association Dictionary of Psychology (2007), "communication is defined as the transmission of information which may be verbal (oral or written) or nonverbal (nonverbal communication) for humans to relate and exchange ideas, knowledge, feelings, experiences and for many other interpersonal and social purposes."

#### **1.10.1.6 Conflict Resolution**

Hocker and Wilmot (2013) defined conflict as "an expressed struggle between at least two interdependent parties who perceive incompatible goals, scarce rewards, or interference from the other party in achieving their goals". Conflict resolution is trying to seek an effective solution for a conflict (Burton, 1993). It is about finding an alternative solution for incompatibility caused between two parties. This leads to the satisfaction of both sides, who are fulfilled about the desired result. According to the American Psychological Association Dictionary of Psychology (2007), "conflict resolution" is defined as the reduction of discord and fiction between individuals or groups usually through the use of active strategies, such as conciliation, negotiation and bargaining.

### **1.10.2 Operational Definition**

#### **1.10.2.1 Schema Therapy**

In this study, schema therapy includes therapy sessions based on a protocol of treatment, which last for eighteen one-hour and half sessions. The term of therapy refers to giving information, doing exercises and conducting assignments about maladaptive schemas, coping modes and coping styles, which are the patterns of people's psychological problems. In this regard, some cognitive, behavioural and experiential techniques are used to provide the appropriate solution for the participants.

#### **1.10.2.2 Schema-focused Mindfulness Therapy**

In this study, schema-focused mindfulness therapy refers to the combination of schema therapy strategies and mindfulness techniques in eighteen two-hour therapy sessions. The main concept of this therapy includes early maladaptive schemas, coping modes and coping styles, which are addressed through the schema therapy protocol. In addition, the mindfulness trainings such as mindfulness about the environment, mindfulness in breathing or mindfulness of schema coping are done during the sessions.

#### **1.10.2.3 Marital Satisfaction**

The scores of participants' responses to 10 items of a sub-scale of the Persian version of ENRICH questionnaire are the indicators of their marital satisfaction in the present study. In fact, their response to each question is ranked based on the severity and scored from 1 to 5. The total of 10 scores will be the score of participant's marital satisfaction.

#### **1.10.2.4 Marital Communication**

In this study, marital communication refers to the sum scores of 10 items of the sub-scale of the Persian version of ENRICH questionnaire. Similarly, the total score of 10 items will be the score of this sub-scale.

#### **1.10.2.5 Conflict Resolution**

The researcher analyzed the score of participants' conflict resolution, using the conflict resolution sub-scale of the Persian version of ENRICH questionnaire. There are also 10 items for this sub-scale, which must be answered by the participants. The sum of the scores will be the participant's conflict resolution score.

## REFERENCES

- Abramowitz, J. S., Baucom, D. H., Boeding, S., Wheaton, M. G., Pukay-Martin, N. D., Fabricant, L. E., & Fischer, M. S. (2013). Treating obsessive-compulsive disorder in intimate relationships: a pilot study of couple-based cognitive-behavior therapy. *Behavior Therapy*, 44(3), 395-407.
- Ainsworth, M. D. S., & Bowlby, J. (1991). An ethological approach to personality development. *American Psychologist*, 46, 331-341.
- Alayi, Z., Ahmadi Gatab, T., & Babaei Zad Khamene, A. (2011). Relation Between Communication Skills and Marital-Adaptability Among University Students. *Procedia - Social and Behavioral Sciences*, 30, 1959-1963.
- Ali, F. A., Israr, S. M., Ali, B. S., & Janjua, N. Z. (2009). Association of various reproductive rights, domestic violence and marital rape with depression among Pakistani women. *BMC psychiatry*, 9(1), 77.
- Amani, A., & Behzadi, D. (2012). The effectiveness of schema therapy on increasing marriage commitment and couple's self-esteem. *Counseling research & Development*, 41: 117-134.
- Amato, P. R. (2014). The Consequences of Divorce for Adults and Children: An Update. *Društvena istraživanja-Časopis za opća društvena pitanja*, (1), 5-24.
- Amato, P. R., & Keith, B. (2001). The Effects of Several of the Most Common Family Structures on the Academic Achievement of Eighth Graders', Meta-Analysis. *Journal of Family Psychology*, 15, 355-370.
- Amiri, M., Farhoodi, F., Abdolvand, N., Rezaie, A., & Bidakhavidid A. (2011). A study of the relationship between Big-five personality traits and communication styles with marital satisfaction of married students majoring in public universities of Tehran. *Social and Behavioral Sciences*, 30, 685-689.
- Atkinson, T. (2012). Healing Partners in a Relationship. *The Wiley-Blackwell Handbook of Schema Therapy: Theory, Research and Practice*, 323.
- Bahmani, M. Refahi, Zh., & Ghaderi, Z. (2011). Effectiveness of schema therapy on improving couples function. *Journal of Psychological Models and Methods*, 2, 29-45.

- Ball, S. A., Cobb-Richardson, P., Connolly, A. J., Bujosa, C. T., & O'Neill, T. W. (2005). Substance abuse and personality disorders in homeless drop-in center clients: symptom severity and psychotherapy retention in a randomized clinical trial. *Comprehensive psychiatry*, 46(5), 371-379.
- Bangkok, U. N. E. S. C. O. (2013). The international mobility of students in Asia and the Pacific.
- Banise, R. (2004). Adult attachment and marital satisfaction: Evidence for dyadic configuration effects. *Journal of Social and Personal Relationships*, 21, 273-282.
- Barlow, D. H. (2001). Clinical handbook of psychological disorders (3rd ed.). New York: Guilford Press.
- Barnes, S., Brown, K. W., Krusemark, E., Campbell, W. K., & Rogge, R. D. (2007). The role of mindfulness in romantic relationship satisfaction and responses to relationship stress. *Journal of marital and family therapy*, 33(4), 482-500.
- Baucom, D. H., Epstein, N. B., Kirby, J. S., & LaTaillade, J. J. (2010). Cognitive-behavioral couple therapy. *Handbook of cognitive-behavioral therapies*, 411.
- Baucom, D. H., Epstein, N., Daiuto, A. D., Carels, R. A., Rankin, L. A., & Burnett, C. K. (1996). Cognitions in marriage: The relationship between standards and attributions. *Journal of Family Psychology*, 10(2), 209.
- Baucom, D. H., Sayers, S. L., & Sher, T. G. (1988). Expanding behavioral marital therapy. Paper presented at the 22nd Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, New York.
- Baucom, D. H., Shoham, V., Mueser, K. T., Daiuto, A. D., & Stickle, T. R. (1998). Empirically supported couple and family interventions for marital distress and adult mental health problems. *Journal of consulting and clinical psychology*, 66(1), 53.
- Bayrami, M., Babapour Khirodin, J., Hashemi Nosrat Abad, T., Esmali, E., & Bahadori Khosroshahi, J. (2013). Prediction of marital satisfaction on the basis of components of emotional intelligence and conflict resolution styles. *Original Article JQUMS*, 17, 20-27.

Be, D., Whisman, M. A., & Uebelacker, L. A. (2013). Prospective associations between marital adjustment and life satisfaction. *Personal Relationships*, 20, 728-739.

Beck, A. T., Freeman, A., Davis, D. D. & Associates. (2004). Cognitive therapy of personality disorders. New York: Guilford Press.

Behrendt, H., & Ben-Ari, R. (2012). The Positive Side of Negative Emotion: The Role of Guilt and Shame in Coping with Interpersonal Conflict. *Journal of Conflict Resolution*, 56(6), 1116-1138.

Bélanger, C., Laporte, L., Sabourin, S., & Wright, J. (2015). The effect of cognitive-behavioral group marital therapy on marital happiness and problem solving self-appraisal. *The American Journal of Family Therapy*, 43(2), 103-118.

Bernardi, F., & Radl, J. (2014). The long-term consequences of parental divorce for children's educational attainment. *Demographic Research*, 30, 1653.

Berns, S. B., Jacobson, N. S., & Gottman, J. M. (1999). Demand withdraw interaction in couples with a violent husband. *Journal of Consulting and Clinical Psychology*, 67, 666-674.

Bertoni, A., & Bodenmann, G. (2010). Satisfied and Dissatisfied Couples. *European Psychologist*, 15, 175-184.

Bohlander, R. W. (1999). Differentiation of self, need fulfillment, and psychological well-being in married men. *Psychological Reports*, 84, 1274-1280.

Bond, T. (2004). Ethical guidelines for researching counselling and psychotherapy. *Counselling and Psychotherapy Research*, 4(2), 10-19.

Bowen, M. (1978). Family therapy in clinical practice. New York, NY: Jason Aronson.

Brackett, M. A., Warner, R. M., & Bosco, J. S. (2005). Emotional intelligence and relationship quality among couples. *Personal relationships*, 12(2), 197-212.

Bradbury, T. N., & Lavner, J. A. (2012). How can we improve preventive and educational interventions for intimate relationships? *Behavior therapy*, 43(1), 113-122.



Bradbury, T. N., & Weiss, R. L. (Eds.). (2006). The developmental course of marital dysfunction. Cambridge University Press.

Bradbury, T. N., Fincham, F. D., & Beach, S. R. (2000). Research on the nature and determinants of marital satisfaction: A decade in review. *Journal of marriage and family*, 62(4), 964-980.

Bretherton, I., & Munholland, K. A. (2008). "Internal Working Models in Attachment Relationships: A Construct Revisited". In Cassidy J, Shaver PR. *Handbook of Attachment: Theory, Research and Clinical Applications* (2<sup>nd</sup> ed.). New York: Guilford Press.

Bricker, D., & Labin, M. (2012). Teaching Mindfulness Meditation within a Schema Therapy Framework. *The Wiley-Blackwell Handbook of Schema Therapy: Theory, Research, and Practice*, 259-270.

Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

Burleson, B. R. (1992). Taking communication seriously. *Communication Monographs*, 59, 79-86.

Burleson, B. R., & Denton, W. H. (1997). The relationship between communication skill and marital satisfaction: Some moderating effects. *Journal of Marriage and the Family*, 59, 884-902.

Burpee, L. C., & Langer, E. J. (2005). Mindfulness and marital satisfaction. *Journal of Adult Development*, 12(1), 43-51.

Burton, J. (1993). *Conflict: Human needs theory*. UK: Palgrave Macmillan.

Butzer, B., & Campbell, L. (2008). "Adult attachment, sexual satisfaction and relationship satisfaction: a study of married couples, personal relationships". *Personal relationships*, 15, 141-154.

Cabrera Garcia, V., & Aya Gómez, V. (2014). Limitations of evolutionary theory in explaining marital satisfaction and stability of couple relationships. *International Journal of Psychological Research*, 7(1), 81-93.

- Campbell, K., & Wright, D. W. (2010). Marriage Today: Exploring the Incongruence between Americans' beliefs and practices. *Journal of Comparative Family Studies*, 41(3), 329-345.
- Cann, A., Norman, M. A., Welbourne, J. L., & Calhoun, L. G. (2008). Attachment styles, conflict styles and humour styles: Interrelationships and associations with relationship satisfaction. *European journal of personality*, 22(2), 131-146.
- Carr, D., Freedman, V. A., Cornman, J. C., & Schwarz, N. (2014). Happy Marriage, Happy Life? Marital Quality and Subjective Well-being in Later Life. *Journal of Marriage and Family*, 76, 930-948.
- Carter, J. D., McIntosh, V. V., Jordan, J., Porter, R. J., Frampton, C. M., & Joyce, P. R. (2013). Psychotherapy for depression: a randomized clinical trial comparing schema therapy and cognitive behavior therapy. *Journal of affective disorders*, 151(2), 500-505.
- Casillas, A., & Watson, D. (2003). Impact of personality traits and life events on newlyweds' satisfaction. Poster presented at the 111th Annual Meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Caughlin, J. P. (2002). The demand/withdraw pattern of communication as a predictor of marital satisfaction over time. *Human Communication Research*, 28(1), 49-85.
- Christensen, A., & Doss, B. D. (2017). Integrative behavioral couple therapy. *Current opinion in psychology*, 13, 111-114.
- Christensen, A., & Nies, D. C. (1980). The Spouse Observation Checklist: Empirical analysis and critique. *American Journal of Family Therapy*, 8, 69-79.
- Christensen, A., & Shenk, J. L. (1991). Communication, conflict, and psychological distance in nondistressed, clinic, and divorcing couples. *Journal of Consulting and Clinical Psychology*, 59(3), 458.
- Christensen, A., Atkins, D. C., Baucom, B., & Yi, J. (2010). Marital status and satisfaction five years following a randomized clinical trial comparing traditional versus integrative behavioral couple therapy. *Journal of Consulting and Clinical Psychology*, 78(2), 225.



- Christensen, A., Jacobson, N. S., & Babcock, J. C. (1995). Integrative behavioral couple therapy. In N. S. Jacobson & A. S. Gurman (Eds.), *Clinical handbook of couple therapy* (pp. 31-64). New York: Guilford Press.
- Cockram, D. M., Drummond, P. D., & Lee, C. W. (2010). Role and treatment of early maladaptive schemas in Vietnam veterans with PTSD. *Clinical Psychology & Psychotherapy*, 17(3), 165-182.
- Cohen, J. (1988). *Statistical power analysis for the social sciences*. Hillsdale, NJ.
- Cohen, J. (1992). Quantitative Methods in Psychology: A Power Primer. *Psychological Bulletin by the American Psychological Association*, 112(1), 155-159.
- Coolican, H. (2013). *Research Methods and Statistics in psychology* (5th ed.). New York, NY: Routledge
- Corcoran, K., & Mallinckrodt, B. (2000). Adult attachment, self-efficacy, perspective taking, and conflict resolution. *Journal of Counseling & Development*, 78, 473-483.
- Cramer, D. (2000). Relationship satisfaction and conflict style in romantic relationships. *The Journal of psychology*, 134(3), 337-341.
- Cummings, E. M., & Kouros, C.D (2011), Transactional Relations Between Marital Functioning and Depressive Symptoms. *American Journal of Orthopsychiatry*, 81, 128–138.
- Cummings, E. M., Kouros, C. D., & Papp, L. M. (2007). Marital aggression and children's responses to everyday interparental conflict. *European Psychologist*, 12(1), 17-28.
- Dagleish, T. L., Johnson, S. M., Burgess Moser, M., Lafontaine, M. F., Wiebe, S. A., & Tasca, G. A. (2015). Predicting change in marital satisfaction throughout emotionally focused couple therapy. *Journal of Marital and Family Therapy*, 41(3), 276-291.
- Darvishpour, M. (2002). Immigrant women challenge the role of men: How the changing power relationship within Iranian families in Sweden intensifies family conflicts after immigration. *Journal of comparative family studies*, 271-296.

Dattilio, F. M. (2006). Restructuring schemata from family of origin in couple therapy. *Journal of Cognitive Psychotherapy*, 20(4), 359-374.

De Montigny-Malenfant, B., Santerre, M. È., Bouchard, S., Sabourin, S., Lazaridès, A., & Bélanger, C. (2013). Couples' negative interaction behaviors and borderline personality disorder. *The American Journal of Family Therapy*, 41(3), 259-271.

Derlega, V. J. (Ed.). (2013). Communication, intimacy, and close relationships. Elsevier.

Dickerson, V. (2013). Patriarchy, power, and privilege: A narrative/poststructural view of work with couples. *Family Process*, 52(1), 102-114.

Dickhaut, V., & Arntz, A. (2014). Combined group and individual schema therapy for borderline personality disorder: a pilot study. *Journal of behavior therapy and experimental psychiatry*, 45(2), 242-251.

Dildar, S., Sitwat, A., & Yasin, S. (2013). Intimate Enemies: Marital Conflicts and Conflict Resolution Styles in Dissatisfied Married Couples. *Middle-East Journal of Scientific Research*, 15(10), 1433-1439.

Douglas, A. N. (2015). Cognitive Schemas, Adversity, and Interpersonal Functioning: An Exploratory Study within Undergraduate Women. *Journal of Aggression, Maltreatment & Trauma*, 24(4), 466-483.

Du Rocher Schudlich, T. D., Papp, L. M., & Cummings, E. M. (2004). Relations of husbands' and wives' dysphoria to marital conflict resolution strategies. *Journal of Family Psychology*, 18, 171-183.

Dumitrescu, D., & Rusu, A. S. (2012). Relationship between early maladaptive schemas, couple satisfaction and individual mate value: An evolutionary psychological approach. *Journal of Evidence-Based Psychotherapies*, 12(1), 63.

Eberhart, N. K., Auerbach, R. P., Bigda-Peyton, J., & Abela, J. R. (2011). Maladaptive schemas and depression: Tests of stress generation and diathesis-stress models. *Journal of Social and Clinical Psychology*, 30(1), 75-104.

Edwards, D., & Arntz, A. (2012). Schema therapy in historical perspective. *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice*, 3-26.

- Egeci, S., & Gencoz, T. (2011). The Effects of Attachment Styles, Problem-Solving Skills, and Communication Skills on Relationship Satisfaction. *Social and Behavioral Sciences*, 30, 2324-2329.
- Elliott, J., & Richards, M. (1991). Parental Divorce and the Life Chances of Children. *Family Law*, 481-484.
- Epstein, N. B., & Baucom, D. H. (2002). Enhanced cognitive-behavioral therapy for couples: A contextual approach. Washington, DC: American Psychological Association.
- Erol, R. Y., & Orth, U. (2014). Development of self-esteem and relationship satisfaction in couples: Two longitudinal studies. *Developmental Psychology*, 50(9), 2291.
- Etchison, M., & Kleist, D. M. (2000). Review of narrative therapy: Research and utility. *The Family Journal*, 8(1), 61-66.
- Farrell, J. M., Reiss, N., & Shaw, I. A. (2014). *The Schema Therapy Clinician's Guide*. Malden, MA: Willey Blackwell.
- Fincham, F. D. (2004). *Handbook of family communication*. Mahwah, NJ: Erlbaum.
- Fincham, F. D., & Beach, S. R. (1999). Conflict in marriage: Implications for working with couples. *Annual review of psychology*, 50(1), 47-77.
- Fowers, B. J., & Olson, D. H. (1989). ENRICH Marital Inventory: A discriminant validity and cross-validation assessment. *Journal of marital and family therapy*, 15(1), 65-79.
- Fowers, B. J., & Olson, D. H. (1993). ENRICH Marital Satisfaction Scale: A brief research and clinical tool. *Journal of Family psychology*, 7(2), 176.
- Freedman, J. I. L. L., & Combs, G. E. N. E. (2008). Narrative couple therapy. *Clinical handbook of couple therapy*, 229-258.
- Fruzzetti, A. E., & Iverson, K. M. (2004). Mindfulness, acceptance, validation, and "individual" psychopathology in couples. *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*, 168-191.

Galvin, K. M., Braithwaite, D. O., & Bylund, C. L. (2015). Family communication: Cohesion and change. London: Routledge.

Gay, L. R., Mills, G. E., & Airasian, P. W. (2011). Educational research: Competencies for analysis and applications (10<sup>th</sup> ed.). Upper River, New Jersey: Pearson Higher Ed.

George, L., Thornton, C., Touyz, S. W., Waller, G., & Beumont, P. J. (2004). Motivational enhancement and schema-focused cognitive behaviour therapy in the treatment of chronic eating disorders. *Clinical Psychologist*, 8(2), 81-85.

Gherghinescu, R., & Glăveanu, S. M. (2015). The educational Level and the Style of in-couple Communication. *Procedia-Social and Behavioral Sciences*, 187, 67-71.

Ghoroghi, S., Hassan, S. A., & Baba, M. (2012). Function of Family-of-Origin experiences and marital adjustment among married Iranian students of Universiti Putra Malaysia. *International Journal of Psychological Studies*, 4(3), 94.

Girgis, S., Anderson, R. T., & George, R. P. (2012). What Is Marriage?: Man and Woman: A Defense. New York: Encounter Books.

Gladding, S. T. (2006). The counseling dictionary: Concise definitions of frequently used terms (2<sup>nd</sup> ed.). Upper Saddle River, New Jersey: Pearson Prentice Hall.

Gol, Ch., Rostami, M. A., & Goudarzi, M. (2013). Prediction of Marital Satisfaction based on Perfectionism. *Procedia - Social and Behavioral Sciences*, 89, 567-571.

Gottlieb, D. T., & Gottlieb, C. D. (1996). The narrative/collaborative process in couples therapy: A postmodern perspective. *Women & Therapy*, 19(3), 37-47.

Gottman, J. M. (1993). The roles of conflict engagement, escalation, and avoidance in marital interaction: A longitudinal view of five types of couples. *Journal of Consulting and Clinical Psychology*, 61(1), 6-15.

Gottman, J. M. (2012). Why marriages succeed or fail. New York: Simon and Schuster.

Gottman, J. M. (2014) What Predicts Divorce? The Relationship between Marital Processes and Marital Outcomes. NJ: Psychology Press.

Gottman, J. M., & DeClaire, J. (2001) The Relationship Cure. New York: Three Rivers Press.

Gottman, J. M., & DeClaire, J. (2001). The relationship cure: A 5 step guide to strengthening your marriage, family, and friendships. New York, NY: Three Rivers Press.

Gottman, J. M., & Krokoff, L. J. (1989). Marital interaction and satisfaction: a longitudinal view. *Journal of consulting and clinical psychology*, 57(1), 47.

Gottman, J. M., & Silver, N. (2015). The seven principles for making marriage work (2<sup>nd</sup> ed.). New York, NY: Three Rivers Press.

Gottman, J. M., & Silver, N. (2015). The seven principles for making marriage work: A practical guide from the country's foremost relationship expert (Revised ed.). New York: Harmony.

Greene, J. O., & Burleson, B. R. (2003). Handbook of Communication and Social Interaction Skills. Mahwah: Erlbaum.

Griffin, W. A., & Greene, S. M. (2013). Models of family therapy: The essential guide. London: Routledge.

Gupta, M., Coyne, J. C., & Beach, S. R. (2003). Couples treatment for major depression: Critique of the literature and suggestions for some different directions. *Journal of Family Therapy*, 25(4), 317-346.

Habil, M. H. (2002) Psychiatric Morbidity of Migrant Workers in Malaysia - For IRPA Study on Health Problems of Foreign Worker. *Journal of Health and Translational Medicine*, 7(1), 62-66.

Halford, W. K., Sanders, M. R., & Behrens, B. C. (1994). Self-regulation in behavioral couples therapy. *Behavior Therapy*, 25, 431-452

- Hawkins, A. J., Blanchard, V. L., Baldwin, S. A., & Fawcett, E. B. (2008). Does marriage and relationship education work? A meta-analytic study. *Journal of Consulting and Clinical Psychology*, 76(5), 723-734.
- Hendrick, S. S., & Hendrick, C. (1997). Love and satisfaction. *Satisfaction in Close Relationships*, 56-78.
- Hocker, J. L., & Wilmot, W. W. (2013). Interpersonal conflict (9<sup>th</sup> ed.). New York: McGraw-Hill.
- Hoffart, A., Versland, S., & Sexton, H. (2002). Self-understanding, empathy, guided discovery, and schema belief in schema-focused cognitive therapy of personality problems: A process-outcome study. *Cognitive Therapy and Research*, 26(2), 199-219.
- Holley, S. R., Haase, C. M., & Levenson, R. W. (2013). Age-related changes in demand-withdraw communication behaviors. *Journal of Marriage and Family*, 75(4), 822-836.
- Hollist, S., Cody, B., Miller, R., Falceto, O., Fernandes, C., & Carmen, L. (2007). "Marital satisfaction and depression: a replication of the marital discord model in a latino sample". *Family process*, 46(4), 485-498.
- Holman, T. B. (2001). Premarital prediction of marital quality or breakup: Research, theory, and practice. New York: Kluwer Academic/Plenum.
- Honarmand, M. M., & Verdi, M. (2003). Positive Perfectionism, Negative Perfectionism, Ahvaz: R.S.S.
- Horton-Deutsch, S. L., & Horton, J. M. (2003). Mindfulness: Overcoming intractable conflict. *Archives of psychiatric nursing*, 17(4), 186-193.
- Howitt, D., & Cramer, D. (2008). Introduction to Research Methods in Psychology. (2<sup>nd</sup> ed.). Harlow: Pearson Education.
- Hoyt, M. F. (2002). Solution-focused couple therapy. *Clinical handbook of couple therapy*, 3, 335-369.



Jackson, J. B., Miller, R. B., Oka, M., & Henry, R. G. (2014). Gender differences in marital satisfaction: A meta-analysis. *Journal of Marriage and Family*, 76(1), 105-129.

Jacob, G. A., & Arntz, A. (2013). Schema therapy for personality disorders—a review. *International Journal of Cognitive Therapy*, 6(2), 171-185.

Jacob, G., Van Genderen, H., & Seebauer, L. (2015). Breaking negative thought patterns: A schema therapy self-help and support book. New Jersey: Wiley-Blackwell.

Jacobson, N. S., Christensen, A., Prince, S. E., Cordova, J., & Eldridge, K. (2000). Integrative behavioral couple therapy: an acceptance-based, promising new treatment for couple discord. *Journal of consulting and clinical psychology*, 68(2), 351.

Javadi, B. S., Abadi, H. R. H., Lashgari, M. & Ahangrkani, M. (2015). A study of the relationship of self-differentiation and emotional intelligence with marital satisfaction of married women in Tehran. *Indian Journal of Positive Psychology*, 6(2), 149-154.

Javanmard, G. H., & Garegozlo, R. M. (2013). The Study of Relationship Between Marital Satisfaction and Personality Characteristics In Iranian Families. *Social and Behavioral Sciences*, 84, 396-399.

Johnson, S. M. (2004). *The Practice of Emotionally Focused Couple Therapy*. New York: Brunner-Routle.

Johnson, S. M. (2005). *Emotionally Focused Couple Therapy with Trauma Survivors. Strengthening Attachment Bonds*(1<sup>st</sup> ed.). New York: Guilford Press.

Jones, K. C., Welton, S. R., Oliver, T. C., & Thoburn, J. W. (2011). Mindfulness, spousal attachment, and marital satisfaction: A mediated model. *The Family Journal*, 19(4), 357-361.

Jose, O., & Alfons, V. (2007). Do demographics affect marital satisfaction? *Journal of Sex and Marital Therapy*, 33, 73-85.

Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, 144-156.



Kabat-Zinn, J. (2009) *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* (10<sup>th</sup> ed.). UK: Hachette.

Kalantarkousheh, S. M., & Hassan, S. A. (2010). Function of life meaning and marital communication among Iranian spouses in Universiti Putra Malaysia. *Procedia-Social and Behavioral Sciences*, 5, 1646-1649.

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, 118, 3-34.

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, methods, and research. *Psychological bulletin*, 118(1), 3.

Karney, B. R., & Gauer, B. (2010). Cognitive complexity and marital interaction in newlyweds. *Personal Relationships*, 17, 181-200.

Kelly, J. B., & Emery, R. E. (2003). Children's adjustment following divorce: Risk and resilience perspectives. *Family Relations*, 52(4), 352-362.

Kertzer, D. I., & Barbagli, M. (2001). The Impact of the Reformation and Counter-Reformation. In *The history of the European family: Vol. 1: Family life in early modern times, 1500-1789*, 125-154.

Kessing, L. V., Agerbo, E., & Mortensen, P. B. (2003). Does the impact of major stressful life events on the risk of developing depression change throughout life? *Psychological Medicine*, 33(7), 1177-1184.

Khalatbari, J., Ghorbanshiroudi, S., Azari, K. N., Bazleh, N., & Safaryazdi, N. (2013). The Relationship between Marital Satisfaction (Based on Religious Criteria) and Emotional Stability. *Procedia-Social and Behavioral Sciences*, 84, 869-873.

King, M. E. 2016. Marital Satisfaction. *The Wiley Blackwell Encyclopedia of Family Studies*, 1-2.

Kline, R. B. (2015). *Principles and practice of structural equation modeling* (4<sup>th</sup> ed.). Guilford publications.

Kline, S.L., & Liu, F. (2005). The influence of comparative media use on acculturation, acculturative stress, and family relationships of Chinese international students. *International Journal of Intercultural Relations*, 29, 367-390.

Kluwer, E. S. (2010). From partnership to parenthood: A review of marital change across the transition to parenthood. *Journal of Family Theory & Review*, 2(2), 105-125.

Kluwer, E. S., & Johnson, M. D. (2007). Conflict frequency and relationship quality across the transition to parenthood. *Journal of Marriage and Family*, 69(5), 1089-1106.

Kronmüller, K. T., Backenstrass, M., Victor, D., Postelnicu, L., Schenkenbach, C., Joest, K., Fiedler, P., & Mundt, C. (2011). Quality of marital relationship and depression: Results of a 10-year prospective follow-up study. *Journal of affective disorders*, 128, 64-71.

Kronmüller, K., Backenstrass, M., Victor, D., Postelnicu, L., Schenkenbach, C., Joest, K., Fiedler, P., & Mundt, C. (2011). Quality of marital relationship and depression: Results of a 10-year prospective follow-up study Original Research Article. *Journal of Affective Disorders*, 128, 64-71.

Kumar, R. (2011). Research methodology (3<sup>rd</sup> ed.). London: Sage.

Kurdek, L. A. (1995). Predicting change in marital satisfaction from husbands' and wives' conflict resolution styles. *Journal of Marriage and the Family*, 153-164.

Langdridge, D. (2004). Introduction to Research Methods and Data Analysis in Psychology. Harlow: Pearson Education.

Lee, J. H., Jin, S. J., Ju, H. J., & Cho, Y. S. (2013). The impact of marriage migrant women's Korean language ability, self-esteem, and acculturative stress on their family health: Focused on mediating effects of marital adjustment. *Journal of Korean Academy of Community Health Nursing*, 24(1), 87-98.

Li, T. L., & Fung, H. H. (2011). The dynamic goal theory of marital satisfaction. *Review of General Psychology*, 15(3), 246-254.

- Lim, B. K. H. (2000). Conflict resolution styles, somatization and marital satisfaction in Chinese couple: the moderating effect of forgiveness and willingness to seek professional help. (Doctoral Dissertation, Texas Tech University).
- Litzinger, S., & Gordon, K. C. (2005). Exploring relationships among communication, sexual satisfaction, and marital satisfaction. *Journal of Sex & Marital Therapy*, 31(5), 409-424.
- Lupton, J., & Smith, J. P. (2002). 'Marriage, Assets and Savings', in Grossbard-Schechtman, S. (ed.), *Marriage and the Economy*, Cambridge: Cambridge University Press.
- Madanian, L., & Mansor, S. M. S. S. (2013). Marital satisfaction and demographic traits in an emigrant sample: Rasch analysis. *Procedia-Social and Behavioral Sciences*, 107, 96-103.
- Madanian, L., Syed Mansor, S. M., & Bin Omar, A. H. (2013). Marital Satisfaction of Iranian Female Students in Malaysia. *Procedia - Social and Behavioral Sciences*, 84, 987-993.
- Mahalik, J. R., Good, G. E., & Englar-Carlson, M. (2003). Masculinity scripts, presenting concerns, and help seeking: Implications for practice and training. *Professional Psychology: Research and Practice*, 34, 123-131.
- Mahmud, Z., Amat, S., Rahman, S., & Ishak, N. M. (2010). Challenges for international students in Malaysia: Culture, climate and care. *Procedia-Social and Behavioral Sciences*, 7, 289-293.
- Malakloulunthu, S., & Selan, P. S. (2011). Adjustment problems among international students in Malaysian private higher education institutions. *Procedia-Social and Behavioral Sciences*, 15, 833-837.
- Malekian, K. A., & Khan, A. (2017). Determinants Of Burnout And Stress On Students Health: A Study Of Iranian Expatriate International Students. *Sains Humanika*, 9(1-4).
- Malogiannis, L. A., Arntz, A., Spyropoulou, A., Tsartsara, E., Aggeli, A., Karveli, S., Vlavianou, M., Pehlivanidis, A., & Papadimitriou, G. N. (2014). Schema therapy for patients with chronic depression: *Journal of Behavior Therapy and Experimental Psychiatry*, 45, 319-329.

- Manap, J., Kassim, A. C., Hoesni, S., Nen, S., Idris, F., & Ghazali, F. (2013). The Purpose of Marriage among Single Malaysian Youth. *Procedia-Social and Behavioral Sciences*, 82, 112-116.
- Mann, T. M. (2003). Relationship between metacommunication among Romantic Partners and Their level of Relationship Satisfaction. *UW-L Journal of Undergraduate Research*, vi, 1-8.
- Marchand, J.F. (2004). Husbands' and wives' marital quality: The role of adult attachment orientations, depressive symptoms, and conflict resolution behaviors. *Attachment and Human Development*, 6, 99-113.
- Markman, H. J., Stanley, S. M., & Blumberg, S. L. (2010). *Fighting for your marriage*. San Francisco: Jossey Bass.
- Martin, R., & Young, J. (2010). Schema therapy. *Handbook of cognitive-behavioral therapies*, 317.
- McQueen, R. A., & Knussen, C. (2006). *Introduction to Research Methods and Statistics in Psychology*. Harlow: Pearson Education.
- Miller, S., & Miller, P. A. (1997). *Core communication: Skills and processes*. Evergreen, Co: Interpersonal Communication Programs, Inc.
- Millon, T. (2011). *Disorders of personality* (3<sup>rd</sup> ed.). New York: Wiley.
- Mokhtari, Bahrami, Padash, Hosseinian, & Soltanizadeh (2012). The Effect of Schema Therapy on marital satisfaction of couples with Obsessive-compulsive personality disorder (OCPD). *Interdisciplinary Journal of Contemporary Research in Business*, 3(12), 207.
- Moore, M., & Kramer, D. (1999). Satir for beginners: Incongruent communication patterns in romantic fiction. *ETC: A Review of General Semantics*, 56(4), 429-437
- Morrison, N. (2000). Schema-focused cognitive therapy for complex long-standing problems: a single case study. *Behavioural and Cognitive Psychotherapy*, 28(03), 269-283.

- Mosavi, S. E., & Mahmud, Z. (2016). Describe Marital Satisfaction in the Couples Interview among Immigrant Iranian in Malaysia. *South journal of Educational Psychology and Counseling*, 3(2).
- Myers-Walls, J. A., Frias, L. V., Kwon, K. A., Ko, M. J. M., & Lu, T. (2011). Living life in two worlds: Acculturative stress among Asian international graduate student parents and spouses. *Journal of Comparative Family Studies*, 455-478.
- Naghdi, A. (2010). Iranian diaspora: with focus on Iranian immigrants in Sweden. *Asian Social Science*, 6(11), 197.
- Napel-Schutz, M. C. T., Abma, T. A., Bamelis, L., & Arntz, A. (2011). Personality Disorder Patients' Perspectives on the Introduction of Imagery within Schema Therapy. *Cognitive and Behavioral*, 18, 482-490.
- Nelson, T. S., & Kelley, L. (2001). Solution-focused couples group. *Journal of Systemic Therapies*, 20(4), 47-66.
- Oei, T. P. S., & Baranoff J. (2007). Young Schema Questionnaire: Review of psychometric and measurement issues. *Australian Journal of Psychology*, 59(2), 78-86.
- Olson, D. H. (1999). PREPARE/ENRICH Counselor's Manual. Minneapolis, MN: Life Innovation.
- Olson, D. H., & Olson, A. K. (1999). PREPARE/ENRICH program: version 2000. *Preventive approaches in couples therapy*, 196-216.
- Olson, D. H., Olson, A. K., & Larson, P. J. (2012). PREPARE-ENRICH Program: Overview and New Discoveries about Couples. *Family and Community Ministries: Resources for Christian Leaders*, 25(1), 30-44.
- Özmena, O., & Atikb, O .G. (2010). Attachment styles and marital adjustment of Turkish married individuals. *Procedia Social and Behavioral Sciences*, 5, 367-371.
- P. Greeff, & Tanya De Bruyne, A. (2000). Conflict management style and marital satisfaction. *Journal of Sex & Marital Therapy*, 26(4), 321-334.
- Pallant, J. (2013). SPSS survival manual. UK: McGraw-Hill Education.

Patterson, T. (2017). COGNITIVE BEHAVIORAL COUPLE THERAPY<sup>1</sup>. *Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling*, 87.

Payne, M. (2010). Couple counselling: A practical guide. Sage Publications.

Pourzabih, S., Meschi, F., & Bahredar, M. (2016). Effectiveness of schema therapy on quality of life and psychological well-being of women heads of households. *Health Sciences*, 5(11), 697-700.

Rehman, U. S., Ginting, J., Karimiha, G., & Goodnight, J. A. (2010). Revisiting the relationship between depressive symptoms and marital communication using an experimental paradigm: The moderating effect of acute sad mood. *Behaviour research and therapy*, 48(2), 97-105.

Reiss, N., Lieb, K., Arntz, A., Shaw, I. A., & Farrell, J. (2014). Responding to the treatment challenge of patients with severe BPD: results of three pilot studies of inpatient schema therapy. *Behavioural and cognitive psychotherapy*, 42(03), 355-367.

Reiter, M. D., Reiter, M. D., & Chenail, R. J. (Eds.). (2017). Constructivist, critical, and integrative approaches to couples counseling. Taylor & Francis.

Renner, F., Arntz, A., Peeters, F. P., Lobbestael, J., & Huibers, M. J. (2016). Schema therapy for chronic depression: results of a multiple single case series. *Journal of behavior therapy and experimental psychiatry*, 51, 66-73.

Renshaw, K. D., Blais, R. K., & Smith, T. W. (2010). Components of negative affectivity and marital satisfaction: The importance of actor and partner anger. *Journal of Research in Personality*, 44, 328-334.

Rhoden, J. L. (2003). Marital cohesion, flexibility, and communication in the marriages of nontraditional and traditional women. *The Family Journal*, 11(3), 248-256.

Riso, L. P., Du toit, P. L., Stein, D. J., & Young, J. E. (2008). Cognitive schemas and core beliefs in psychological problems. Washington, DC: American psychological association.



- Rosen-Grandon, J. R., Myers, J. E., & Hattie, J. A. (2004). The relationship between marital characteristics, marital interaction processes, and marital satisfaction. *Journal of Counseling and Development*, 82(1), 58.
- Ruffieux, M., Nussbeck, F. W., & Bodenmann, G. (2014). Long-term prediction of relationship satisfaction and stability by stress, coping, communication, and well-being. *Journal of Divorce & Remarriage*, 55(6), 485-50.
- Russell-Chapin, L. A., Chapin, T. J., & Sattler, L. G. (2001). The relationship of conflict resolution styles and certain marital satisfaction factors to marital distress. *The Family Journal*, 9(3), 259-264.
- Sacco, W. P., & Phares, V. (2001). Partner Appraisal and Marital Satisfaction: The Role of Self-Esteem and Depression. *Journal of Marriage and Family*, 63, 504-513.
- Sadooghi, Z., Aguilar-Vafaie, M. E., Rasoulzadeh Tabatabaie, K., & Esfahanian, N. (2008). Factor Analysis of the Young Schema Questionnaire-Short Form in a Nonclinical Iranian Sample. *Iranian Journal of Psychiatry and Clinical Psychology*, 14(2), 214-219.
- Salazar, L. R. (2015). The negative reciprocity process in marital relationships: A literature review. *Aggression and Violent Behavior*, 24, 113-119.
- Salehy, Z., Mahmud, Z., & Amat, S. (2013). Immigration and Iranian couples in Malaysia. *Procedia-Social and Behavioral Sciences*, 84, 850-854.
- Salkind, N. J. (Ed.). (2010). *Encyclopedia of research design* (Vol. 1). Sage.
- Satir, V. (1983). *Conjoint family therapy* (3<sup>rd</sup> ed.). Palo Alto, CA: Science and Behavior Books.
- Satir, V. (1988). *People making*. Palo Alto. CA: Science and Behavior Books.
- Satir, V. (1988). *The new people making*. Mountain View (2<sup>nd</sup> ed.). CA: Science and Behavior Books.
- Satir, V., & Baldwin, M. (1983). *Satir step by step: A guide to creating change in families*. Palo Alto, CA: Science and Behavior Books.



Satir, V., Stachowiak, L., & Taschman, H. A. (1994). *Helping families to change*. New York, NY: Jason Aronson, Inc.

Scheeren, P., Vieira, R. V. D. A., Goulart, V. R., & Wagner, A. (2014). Marital quality and attachment: The mediator role of conflict resolution styles. *Paidéia (Ribeirão Preto)*, 24(58), 177-186.

Schneewind, K. A., & Gerhard, A. (2002). Relationship Personality, Conflict Resolution, and Marital Satisfaction in the First 5 Years of Marriage. *Family Relations*, 2002, 51, 63–71.

Schutte, N. S., Malouff, J. M., Bobik, C., Coston, T. D., Greeson, C., & Jedlicka, C. (2001). Emotional intelligence and interpersonal relations. *Journal of Social Psychology*, 141, 523-536.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-Based Cognitive Therapy for depression*. New York: Guilford Press.

Shackelford, T. K. (2001). Self-esteem in marriage. *Personality and Individual Differences*, 30, 371-390

Shackelford, T. K., & Buss, D. M. (2000). Marital satisfaction and spousal cost-infliction. *Personality and Individual Differences*, 28(5), 917-928.

Shadish, W. R., Cook, T. D., & Campbell, D. T. (2002). *Experimental and quasi-experimental design for generalized causal inference*. Boston: Houghton Mifflin.

Shariati, S., Ahmadi, S., & Amiri, P. (2014). The relationship between irrational beliefs and Perfectionism with marital adjustment. *Reef Resources Assessment and Management Technical Paper*, 40(4), 660-667.

Sharif, F., Soleimani, S., Mani, A., & Keshavarzi, S. (2013). The Effect of Conflict Resolution Training on Marital Satisfaction in Couples Referring to Counseling Centers in Shiraz, Southern Iran. *International Journal of Community Based Nursing and Midwifery*, 1(1), 26-34.

Shi, L. (2003). The association between adult attachment styles and conflict resolution in romantic relationships. *American Journal of Family Therapy*, 31(3), 143-157.

- Shirpak, K. R., Maticka-Tyndale, E., & Chinichian, M. (2011). Post migration changes in Iranian immigrants' couple relationships in Canada. *Journal of Comparative Family Studies*, 751-770.
- Shoham, V., Rohrbaugh, M., & Patterson, J. (1995). Problem-and solution-focused couple therapies: The MRI and Milwaukee models.
- Siffert, A., & Schwarz, B. (2011). Spouses' demand and withdrawal during marital conflict in relation to their subjective well-being. *Journal of Social and Personal Relationships*, 28, 262-277.
- Simeone-DiFrancesco, C., Roediger, E., & Stevens, B. A. (2015). Approaching Schema Therapy for Couples. *Schema Therapy with Couples: A Practitioner's Guide to Healing Relationships*, 95-107.
- Skowron, E.A. (2000). The role of differentiation of self in marital adjustment. *Journal of Counseling Psychology*, 47, 224-237.
- Snyder, D. K., Castellani, A. M., & Whisman, M. A. (2006). Current status and future directions in couple therapy. *Annu. Rev. Psychol.*, 57, 317-344.
- Sotter, J., & Otto, K. (2006). Positive Conceptions of Perfectionism, Approaches, Evidence, Challenges. *Personality and Social Psychology Review*, 10, 295-319.
- South, S. C., Turkheimer, E., & Oltmanns, T. F. (2008). Personality disorder symptoms and marital functioning. *Journal of Consulting and Clinical Psychology*, 76(5), 769.
- Stanley, S. M., Markman, H. J., & Whitton, S. W. (2002). Communication, conflict, and commitment: Insights on the foundations of relationship success from a national survey. *Family Process*, 41(4), 659-675.
- Stevenson, B., & Wolfers, J. (2007). Marriage and divorce: Changes and their driving forces. *The Journal of Economic Perspectives*, 21(2), 27-52.
- Stevenson, B., & Wolfers, J. (2009). The paradox of declining female happiness. Working Paper 14969, National Bureau of Economic Research, Cambridge, MA. Retrieved from: <http://www.nber.org/papers/w14969>

- Stoeber, J., & Stoeber, F. S. (2009). Domains of perfectionism: Prevalence and relationships with perfectionism, gender, age, and satisfaction with life. *Personality and Individual Differences*, 46(4), 530-535.
- Stone, E., & Shackelford, T. (2007). Marital satisfaction. *Encyclopedia of social psychology*, 541-545.
- Stroud, C.B., Durbin, C.E, Saigal, S. D., & Knobloch-Fedders, L. M. (2010). Normal and abnormal personality traits are associated with marital satisfaction for both men and women: An Actor–Partner Interdependence Model analysis. *Journal of research in personality*, 44, 466-477.
- Sweeting, H., West, P., & Richards, M. (1998). Teenage Family Life, Lifestyles and Life Chances: Associations with Family Structure, Conflict with Parents and Joint Family Activity. *International Journal of Law, Policy and the Family*, 12, 15-46.
- Tawiah, K. (2014). Effects of age on marital satisfaction of married people in Sunyani municipality. *International Journal of Research in Social Sciences*, 3(8).
- Taylor, S.E., Peplau, L.A., & Sears, D.O. (2005). *Social Psychology* (12<sup>th</sup> ed.). New Jersey: Pearson/Prentice Hall.
- Thomas, J. C., & Hersen, M. (Eds.). (2011). *Understanding research in clinical and counseling psychology*. Taylor & Francis.
- Tilden, T., & Dattilio, F. M. (2005). Vulnerability schemas of individuals in couples relationships: a cognitive perspective. *Contemporary Family Therapy*, 27(2), 139-162.
- Uebelacker, L. A., Courtnage, E. S., & Whisman, M. A. (2003). Correlates of depression and marital dissatisfaction: Perceptions of marital communication style. *Journal of Social and Personal Relationships*, 20(6), 757-769.
- Vaez, E., & Juhari, R. (2017). Stress and Marital Satisfaction of Married Middle Eastern Students in Malaysia. *The Family Journal*, 25(2), 146-155.
- Vaez, E., & Yaacob, R. J. S. N. (2015). Addressing the Problems Faced by Married International Students. *Journal of Educational, Health and Community Psychology*, 4(1), 29-40.

Van Genderen, H., Rijkeboer, M., & Arntz, A. (2012). Theoretical Model. The Wiley-Blackwell handbook of schema therapy: Theory, research and practice, 27.

Van Vreeswijk, M., & Broersen, J. (2013). Schematherapie in groepen. In Kortdurende schemagroepstherapie. Houten: Bohn Stafleu van Loghum.

Van Vreeswijk, M., Broersen, J., & Nadort, M. (2015). The Wiley-Blackwell handbook of schema therapy: Theory, research and practice. UK: John Wiley & Sons.

Van Vreeswijk, M., Broersen, J., & Schurink, G. (2014). Mindfulness and Schema Therapy: A Practical Guide. UK: John Wiley & Sons.

VandenBos, G. R. (2007). APA dictionary of psychology. Washington, DC: American Psychological Association.

Vestergaard, B., Helvard, E., & Sørensen, A. R. (2011). Conflict Resolution: Working with Conflicts. *Danish Centre for Conflict Resolution*, 4-8.

Wachs, K., & Cordova, J. V. (2007). Mindful relating: Exploring mindfulness and emotion repertoires in intimate relationships. *Journal of Marital and Family therapy*, 33(4), 464-481.

Waller, G., Meyer, C., & Ohanian, V. (2001). Psychometric Properties of the Long and Short Versions of the Young Schema Questionnaire: Core Beliefs Among Bulimic and Comparison Women. *Cognitive Therapy and Research*, 25(2), 137-147.

Wardle, L. D. (2011). The boundaries of belonging: Allegiance, purpose and the definition of marriage. *Journal of Public Law*, 25, 287-315.

Waters, E., Corcoran, D., & Anafarta, M. (2005). 'Attachment, Other Relationships, and the Theory that All Good Things Go Together'. *Human Development*, 48, 80-84.

Whisman, M. A., Dementyeva, A., Baucom, D. H., & Bulik, C. M. (2012). Marital functioning and binge eating disorder in married women. *International Journal of Eating Disorders*, 45(3), 385-389.

White, B. B. (1989). Gender differences in marital communication patterns. *Family Process*, 28(1), 89-106.

- Yadalijamaloye, Z., Naseri, E., Shoshtari M, Khaledian, M., & Ahrami, R. (2013). Relationships between self-esteem and marital satisfaction among women. *Psychology and Behavioral Sciences*, 2, 124-12.
- Yarmohamadi Vasel, M., BorjLi, A., Golzari, M., & Delavar, A. (2011). The effect of schema therapy in Patients with Recurrent depression disorder. *Counselling & Psychotherapy*, 12, 21-49.
- Yoosefi, N., Etemadi, O., Bahrami, F., Fatehizade, M. A. S., & Ahmadi, S. A. (2010). An investigation on early maladaptive schema in marital relationship as predictors of divorce. *Journal of Divorce & Remarriage*, 51(5), 269-292.
- Young, J. E. (1990). Cognitive therapy for personality disorders. Sarasota, FL: Professional Resources Press.
- Young, J. E., & Klosko, J.S. (2011). Reinventing Your Life: How to Break Free from Negative Life Patterns and Feel Good Again. New York: Penguin Putnam Inc.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2003). Schema Therapy: A Practitioner's Guide. New York: Guilford Press.
- Young, J., & Gluhoski, V. (1997). A schema-focused perspective on satisfaction in close relationships. In R. J. Sternberg, & M. Hojjat (Eds.), Satisfaction in close relationships (pp. 356–381). New York: Guilford Press.
- Zeidner, M., & Kloda, I. (2013). Emotional intelligence (EI), conflict resolution patterns, and relationship satisfaction: Actor and partner effects revisited. *Personality and Individual Differences*, 54(2), 278-283.
- Ziaaea, P., Sepehri Shamloo, Z., & Mashhadi, A. (2013). The relationship between active cognitive schemas, automatic thoughts and Core cognitive with Sexual self-schema. *Thought & Behavior in Clinical Psychology*, 28, 17-27.
- Zietlow, P. H., & Sillars, A. L. (1988). Life-stage differences in communication during marital conflicts. *Journal of Social and Personal Relationships*, 5(2), 223-245.
- Zuroff, D. C., & Duncan, N. (1999). Self-criticism and conflict resolution in romantic couples. *Canadian Journal of Behavioural Science/Revue canadienne des sciences du comportement*, 31.

## LIST OF PUBLICATIONS

Nooroney, N., Jaafar, W. M. W., Hassan, S. A., and Mohd Noah, S. (2018). Effects of Schema Therapy and Schema-focused Mindfulness Therapy on Marital Satisfaction among Iranian Women in Malaysia. *International Journal of Humanities and Social Science*.

Nooroney, N., Jaafar, W. M. W., Hassan, S. A., and Mohd Noah, S. (2018). Effects of Schema Therapy and Schema-focused Mindfulness Therapy on Marital Communication among Iranian Women in Malaysia. *International Education Studies*.

Nooroney, N., Jaafar, W. M. W., Hassan, S. A., and Mohd Noah, S. (2018). Effects of Schema Therapy and Schema-focused Mindfulness Therapy on Conflict Resolution among Iranian Women in Malaysia. *PERTANIKA JOURNAL OF SOCIAL SCIENCE AND HUMANITIES*.





## UNIVERSITI PUTRA MALAYSIA

### STATUS CONFIRMATION FOR THESIS / PROJECT REPORT AND COPYRIGHT

ACADEMIC SESSION : \_\_\_\_\_

**TITLE OF THESIS / PROJECT REPORT :**

EFFECTS OF SCHEMA THERAPY AND SCHEMA-FOCUSED MINDFULNESS THERAPY  
ON MARITAL SATISFACTION, MARITAL COMMUNICATION AND CONFLICT  
RESOLUTION AMONG IRANIAN WOMEN IN MALAYSIA

**NAME OF STUDENT:** NOOSHIN NOORONEY

I acknowledge that the copyright and other intellectual property in the thesis/project report belonged to Universiti Putra Malaysia and I agree to allow this thesis/project report to be placed at the library under the following terms:

1. This thesis/project report is the property of Universiti Putra Malaysia.
2. The library of Universiti Putra Malaysia has the right to make copies for educational purposes only.
3. The library of Universiti Putra Malaysia is allowed to make copies of this thesis for academic exchange.

I declare that this thesis is classified as :

\*Please tick (v )

☐

**CONFIDENTIAL**

(Contain confidential information under Official Secret Act 1972).

☐

**RESTRICTED**

(Contains restricted information as specified by the organization/institution where research was done).

☐

**OPEN ACCESS**

I agree that my thesis/project report to be published as hard copy or online open access.

This thesis is submitted for :

☐

**PATENT**

Embargo from \_\_\_\_\_ until \_\_\_\_\_  
(date) (date)

**Approved by:**

\_\_\_\_\_  
(Signature of Student)  
New IC No/ Passport No.:

Date :

\_\_\_\_\_  
(Signature of Chairman of Supervisory Committee)  
Name:

Date :

**[Note : If the thesis is CONFIDENTIAL or RESTRICTED, please attach with the letter from the organization/institution with period and reasons for confidentially or restricted. ]**