Journal Website

Article history:
Received 01 February 2026
Revised 15 June 2026
Accepted 22 June 2026
Initial Publication 26 July 2026
Final Publication 01 September 2026

International Journal of Education and Cognitive Sciences

Volume 7, Issue 5, pp 1-15

E-ISSN: 3041-8828

Development of a Post-Traumatic Growth Model in Women Affected by Marital Infidelity Based on Differentiation of Self: The Mediating Role of Behavioral Emotion Regulation

Mehraz. Moazzezi [1], Javid. Peymani [2*], Fariborz. Dartaj [3]

[1] Ph.D. student, Department of Psychology, SR.C., Islamic Azad University, Tehran, Iran
[2] Department of Psychology, Ka.C., Islamic Azad University, Karaj, Iran
[3] Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran

*** Corresponding author email address**: javid.peymani@kiau.ac.ir

A r t i c l e I n f o

Article type:
Original Research

How to cite this article:
Moazzezi, M., Peymani, J., & Dartaj, F. (2026). Development of a Post-Traumatic Growth Model in Women Affected by Marital Infidelity Based on Differentiation of Self: The Mediating Role of Behavioral Emotion Regulation. *International Journal of Education and Cognitive Sciences, 7*(5), 1-15.
https://doi.org/10.61838/kman.ijecs.393

A B S T R A C T

Purpose: The present study aimed to develop and test a structural model of post-traumatic growth in women affected by marital infidelity based on differentiation of self, with the mediating role of behavioral emotion regulation.

Methods and Materials: This study employed a descriptive-correlational design using structural equation modeling (SEM). The statistical population consisted of women who had experienced marital infidelity and sought services from licensed counseling and psychotherapy centers in District 5 of Tehran during the first quarter of 2025. Based on the recommendation of Tabachnick and Fidell (2007), a sample of 300 participants was selected through convenience sampling. Data were collected using the Posttraumatic Growth Inventory (PTGI) developed by Tedeschi and Calhoun (1996), the Differentiation of Self Inventory developed by Skowron and Friedlander (1998), and the Behavioral Emotion Regulation Questionnaire developed by Kraaij and Garnefski (2019). Data analysis was conducted using SmartPLS version 3, and direct and indirect relationships among the study variables were examined through path analysis.

Findings: The structural model demonstrated several significant direct and indirect relationships between dimensions of differentiation of self, behavioral emotion regulation, and post-traumatic growth. Emotional reactivity, as a component of differentiation of self, showed a significant positive direct relationship with post-traumatic growth (β = 0.14). Regarding indirect effects, emotional reactivity was negatively associated with post-traumatic growth through social support seeking (β = -0.09). Emotional cutoff exhibited significant negative indirect relationships with post-traumatic growth through active approach (β = -0.05), ignoring (β = -0.06), distraction (β = -0.06), and withdrawal (β = -0.05). In contrast, emotional fusion demonstrated a significant positive indirect relationship with post-traumatic growth through withdrawal (β = 0.05).

Conclusion: The findings indicate that differentiation of self contributes significantly to post-traumatic growth both directly and indirectly through behavioral emotion regulation strategies. Behavioral emotion regulation serves as an important psychological mechanism through which self-differentiation influences adaptation and positive psychological growth following the trauma of marital infidelity.

Keywords: *Post-Traumatic Growth; Differentiation of Self; Behavioral Emotion Regulation; Marital Infidelity; Structural Equation Modeling; Women.*

1. Introduction

Marital infidelity is among the most distressing interpersonal experiences that can occur within an intimate relationship and is frequently associated with profound emotional, cognitive, behavioral, and relational consequences. The discovery of a partner's extramarital involvement often disrupts fundamental assumptions regarding trust, security, commitment, and emotional intimacy, leading individuals to experience intense psychological distress. Research has shown that infidelity can trigger reactions comparable to traumatic stress responses, including emotional shock, intrusive thoughts, anxiety, anger, grief, diminished self-worth, and disruptions in interpersonal functioning (Coop Gordon & Mitchell, 2020; Scheeren et al., 2018). For many women, marital infidelity represents not only the violation of relational expectations but also a significant threat to personal identity, emotional security, and family stability. Qualitative investigations have demonstrated that betrayed women frequently report feelings of humiliation, abandonment, uncertainty, and emotional fragmentation following the disclosure of infidelity (Kargar et al., 2024). These experiences often extend beyond immediate psychological distress and may influence future relationships, family functioning, and overall well-being.

Although the negative consequences of traumatic experiences have received considerable attention within psychological research, contemporary trauma theories increasingly emphasize the possibility of positive psychological transformation following adversity. This positive transformation is conceptualized as post-traumatic growth, which refers to the experience of beneficial psychological changes resulting from the struggle with highly challenging life events (Tedeschi & Moore, 2021). Post-traumatic growth is not merely the absence of psychopathology but rather a process through which individuals reconstruct meaning, develop greater personal strength, improve interpersonal relationships, discover new possibilities, deepen spiritual perspectives, and cultivate a renewed appreciation for life. Studies conducted across diverse populations have consistently demonstrated that exposure to adversity can contribute to meaningful psychological growth under appropriate personal and contextual conditions (Maia et al., 2022; Olson et al., 2020). Consequently, researchers have increasingly focused on identifying the individual and interpersonal factors that facilitate post-traumatic growth following traumatic experiences.

Among women who have experienced relational trauma, post-traumatic growth has emerged as a particularly relevant construct. Research involving divorced women, survivors of domestic violence, and individuals exposed to chronic relational stress suggests that despite substantial suffering, many individuals eventually report positive changes in self-perception, interpersonal functioning, and life philosophy (Golmohammadi et al., 2022; Jaber Ansari et al., 2020; Najafizadeh et al., 2022). Studies conducted among women who have experienced marital dissolution indicate that personal resources such as psychological hardiness, spirituality, resilience, and adaptive coping strategies contribute significantly to the development of post-traumatic growth (Jaber Ansari et al., 2020; Najafizadeh et al., 2022). Likewise, research among individuals exposed to spousal violence has demonstrated that meaning-making processes and personal empowerment can emerge following severe interpersonal adversity (Golmohammadi et al., 2022). These findings suggest that growth after trauma is influenced by complex interactions among personality characteristics, emotional processes, and relational dynamics.

One factor that may be particularly important in understanding post-traumatic growth among betrayed women is differentiation of self. Derived from Bowen's family systems theory, differentiation of self refers to an individual's ability to maintain emotional autonomy while simultaneously preserving meaningful emotional connections with significant others. Individuals with higher levels of differentiation are generally better able to regulate emotions, maintain personal convictions under stress, and avoid becoming overwhelmed by interpersonal pressures. Conversely, lower levels of differentiation are characterized by emotional reactivity, emotional cutoff, fusion with others, and difficulties maintaining a clear sense of self within relationships (Lampis et al., 2018; Urrutia et al., 2023). Differentiation of self has been consistently associated with psychological well-being, interpersonal adjustment, relationship satisfaction, and adaptive coping in the face of stress (Işık et al., 2020; Urrutia et al., 2023).

Theoretical perspectives suggest that differentiation of self may play a crucial role in the way individuals respond to traumatic relational experiences. When confronted with betrayal, highly differentiated individuals may be more capable of processing emotional pain without becoming overwhelmed by it, allowing them to engage in reflective coping and constructive adaptation. In contrast, individuals

E-ISSN: 3041-8828

with lower differentiation may experience heightened emotional dysregulation, interpersonal dependency, or emotional avoidance, which could impede psychological growth. Empirical evidence supports this proposition. Differentiation of self has been linked to healthier attachment patterns, lower fear of intimacy, and greater emotional competence (Scigala et al., 2021). Furthermore, higher differentiation has been associated with better marital adjustment and life satisfaction, suggesting that it functions as a protective factor in intimate relationships (Işık et al., 2020; Lampis et al., 2018). Research has also demonstrated that differentiation influences relational outcomes among women experiencing marital conflict and contributes to understanding tendencies toward extramarital relationships and relational dysfunction (Kashefi et al., 2023; Rezaei & Etemad, 2023).

Recent evidence further highlights the importance of differentiation of self in explaining psychological adaptation within intimate relationships. For example, self-differentiation has been found to mediate the association between perfectionistic relational patterns and marital satisfaction, underscoring its role in emotional functioning and relational resilience (Falahzade & Sivandian, 2025). Similarly, differentiation has been identified as a significant predictor of emotional connectedness and psychological adjustment among emerging adults and couples (Lampis et al., 2018; Urrutia et al., 2023). Given that betrayal trauma fundamentally challenges emotional security and relational identity, differentiation of self may represent a key psychological resource facilitating adaptive adjustment and subsequent post-traumatic growth among women affected by marital infidelity.

Another construct that may explain how differentiation of self contributes to post-traumatic growth is emotion regulation. Emotion regulation encompasses the processes through which individuals influence the experience, expression, intensity, and duration of emotional responses. Contemporary models conceptualize emotion regulation as a multidimensional phenomenon involving cognitive, behavioral, physiological, and interpersonal strategies (Southward et al., 2021). Effective emotion regulation allows individuals to manage distress, sustain goal-directed behavior, and adaptively respond to stressful situations, whereas maladaptive regulation strategies may intensify psychological difficulties and hinder recovery from trauma.

The role of emotion regulation in adaptation to traumatic experiences has been extensively documented. Research indicates that adaptive emotion regulation strategies are associated with lower psychological distress and greater resilience following adverse life events (English & Eldesouky, 2020; Southward et al., 2021). Moreover, emotion regulation has consistently emerged as a significant predictor of post-traumatic growth. Individuals who effectively regulate emotional experiences are more likely to engage in cognitive processing, meaning-making, and constructive coping, all of which contribute to growth following adversity (Kim & Ahn, 2023; Thomas et al., 2020). Studies involving cancer patients, trauma survivors, and individuals exposed to stressful life events have demonstrated that emotional expression, emotional self-disclosure, and adaptive regulation strategies significantly facilitate post-traumatic growth (Kazemipour et al., 2020; Kim & Ahn, 2023; Zeinali-Siavashani & Dehghan, 2021).

Behavioral emotion regulation represents a relatively recent extension of emotion regulation research. While traditional approaches have primarily focused on cognitive strategies, behavioral emotion regulation emphasizes the actions individuals undertake to manage emotional experiences. Kraaij and Garnefski introduced the Behavioral Emotion Regulation Questionnaire to assess behavioral coping strategies such as distraction, withdrawal, active approach, seeking social support, and ignoring (Kraaij & Garnefski, 2019). These behavioral strategies differ substantially in their psychological consequences. Active coping and social support seeking are generally associated with adaptive adjustment, whereas excessive withdrawal, avoidance, or ignoring may contribute to prolonged distress. The psychometric adequacy of this instrument has been confirmed across different cultural contexts, including Iranian and European populations (Sadat Rasoul & Alizadeh Fard, 2021; Ursu et al., 2024).

The relationship between emotion regulation and differentiation of self has also received growing empirical attention. Family systems theory proposes that highly differentiated individuals possess greater emotional stability and therefore demonstrate more adaptive emotion regulation capacities. Empirical studies have confirmed associations between differentiation of self and both cognitive and behavioral forms of emotion regulation (Fayyazpour & Bayanfar, 2020). More recently, emotion regulation has been shown to mediate the relationship between differentiation of self and marital functioning, suggesting that emotional processes may represent a key mechanism through which differentiation exerts its effects on psychological and relational outcomes (Falahzade & Sivandian, 2025; Joqratian et al., 2026). These findings provide theoretical

E-ISSN: 3041-8828

support for examining emotion regulation as a mediating variable linking differentiation of self with post-traumatic growth.

A growing body of literature has identified emotion regulation as an intermediary mechanism in trauma recovery and growth processes. Studies have demonstrated that emotion regulation mediates relationships between psychological hardiness and post-traumatic growth, resilience and post-traumatic growth, and emotional expressiveness and post-traumatic growth (Jaber Ansari et al., 2020; Koozegaran & Nikoghoftar, 2021; Zeinali-Siavashani & Dehghan, 2021). Furthermore, adaptive emotion regulation has been associated with greater resilience, enhanced psychological flexibility, and more effective meaning-making following adversity (Ghalehnoei et al., 2021; Thomas et al., 2020). Research involving university students with traumatic experiences revealed that emotion regulation styles contribute directly and indirectly to post-traumatic growth through cognitive processing and emotional disclosure mechanisms (Kim & Ahn, 2023). These findings suggest that behavioral emotion regulation may serve as a crucial pathway through which personal characteristics influence growth after trauma.

Although post-traumatic growth has been studied in diverse populations, relatively limited attention has been devoted to women affected by marital infidelity. Existing investigations have primarily focused on the psychological consequences of betrayal, forgiveness processes, marital adjustment, and relational recovery (Kargar et al., 2024; Scheeren et al., 2018). Furthermore, studies examining post-traumatic growth among women exposed to relational trauma have often investigated divorced women or survivors of domestic violence rather than betrayed spouses specifically (Golmohammadi et al., 2022; Najafizadeh et al., 2022). Consequently, important questions remain regarding the psychological mechanisms that facilitate positive adaptation and growth following marital infidelity. Given the traumatic nature of betrayal and the central role of emotional and relational processes in recovery, investigating differentiation of self and behavioral emotion regulation may provide valuable insights into the factors promoting post-traumatic growth among betrayed women.

The present study is also justified by the growing emphasis on strengths-based and growth-oriented approaches within trauma psychology. Contemporary perspectives increasingly recognize that psychological interventions should not solely focus on symptom reduction but should also promote resilience, meaning-making, and positive transformation following adversity (Bestel et al., 2025; Tedeschi & Moore, 2021). Understanding the mechanisms that facilitate post-traumatic growth may therefore contribute to the development of more effective counseling and psychotherapy interventions for women coping with marital infidelity. Moreover, identifying mediating pathways can improve theoretical models explaining how personal and interpersonal resources contribute to psychological adaptation after relational trauma.

Therefore, the present study aimed to develop and test a structural model of post-traumatic growth among women affected by marital infidelity based on differentiation of self, with the mediating role of behavioral emotion regulation.

2. Methods and Materials

2.1. Study Design and Participants

This study was applied in purpose and employed a descriptive-correlational design using structural equation modeling (SEM). The target population consisted of all women who had experienced marital infidelity and sought psychological services due to the resulting emotional and relational distress at licensed counseling and psychotherapy centers located in District 5 of Tehran during the first quarter of 2025. These centers operated under the supervision of the Iranian Psychological Association, the State Welfare Organization, or the Judiciary Psychological Counseling Offices. The required sample size was estimated using the formula proposed by Tabachnick and Fidell (2013) for correlational studies. Considering the number of dimensions included in the study variables, including five dimensions of post-traumatic growth, four dimensions of differentiation of self, and five dimensions of behavioral emotion regulation, the minimum sample size was calculated as 260 participants. To enhance statistical power and improve the generalizability of the findings, the sample size was increased by approximately 15%, resulting in a final sample of 300 participants.

Participants were recruited through convenience sampling. After obtaining permission from the participating counseling and psychotherapy centers, the researcher requested a list of women who had reported experiencing marital infidelity. Potential participants were contacted individually by telephone, and eligibility criteria were assessed before inclusion in the study. Inclusion criteria consisted of experiencing marital infidelity within the previous year, not having remarried following the incident,

E-ISSN: 3041-8828

possessing at least a high school diploma, being between 19 and 50 years of age, and providing informed consent to participate. Exclusion criteria included a documented history of diagnosed psychiatric disorders, substance abuse or dependence involving drugs, alcohol, or psychoactive medications, incomplete questionnaire responses, and prior participation in psychotherapy programs, couple therapy interventions, or similar psychological treatment courses. Ethical principles were strictly observed throughout the study. Participants received a complete explanation of the study objectives and procedures, voluntarily provided informed consent, and were assured that their personal information would remain confidential. No identifying information was recorded on the questionnaires or research reports. Participants were informed of their right to withdraw from the study at any stage without consequence, were offered feedback regarding the results upon request, and were assured that participation involved no financial cost.

2.2. Measures

Post-traumatic growth was assessed using the Posttraumatic Growth Inventory (PTGI) developed by Tedeschi and Calhoun (1996). The instrument was designed to evaluate positive psychological changes that occur following highly challenging and traumatic life experiences. The questionnaire consists of 21 items rated on a six-point Likert scale ranging from 0 ("I did not experience this change as a result of my crisis") to 5 ("I experienced this change to a very great degree as a result of my crisis"). The scale measures five dimensions of post-traumatic growth, including new possibilities, relating to others, personal strength, appreciation of life, and spiritual change. The developers reported excellent internal consistency for the total scale, with a Cronbach's alpha coefficient of 0.90, and a two-month test–retest reliability coefficient of 0.71. Previous Iranian studies have also demonstrated satisfactory psychometric properties, reporting Cronbach's alpha values ranging from 0.85 to 0.91 and supporting the construct validity of the instrument through factor-analytic procedures. In the present study, the Cronbach's alpha coefficient for the overall scale was 0.642, the composite reliability coefficient was 0.785, and the average variance extracted (AVE) was 0.462, indicating acceptable measurement properties for structural equation modeling.

Differentiation of self was measured using the Differentiation of Self Inventory (DSI) developed by Skowron and Friedlander (1998). This instrument assesses an individual's ability to maintain emotional and intellectual autonomy while preserving meaningful interpersonal relationships, particularly within the family system. The questionnaire contains 45 items scored on a six-point Likert scale, with higher scores reflecting greater levels of differentiation of self. The inventory evaluates four major dimensions: emotional reactivity, I-position, emotional cutoff, and fusion with others. Previous studies have reported strong psychometric properties for the instrument, with Cronbach's alpha coefficients ranging from 0.86 to 0.88. Research conducted in Iran has also confirmed its reliability and validity, with reported internal consistency coefficients between 0.74 and 0.81 for the subscales and overall scale. Content validity has been supported through expert evaluation by specialists in family psychology and counseling. In the current study, Cronbach's alpha coefficients for emotional reactivity, I-position, emotional cutoff, and fusion with others were 0.707, 0.712, 0.728, and 0.761, respectively. Composite reliability values were 0.832, 0.849, 0.849, and 0.873, while average variance extracted values were 0.498, 0.587, 0.524, and 0.605, respectively, demonstrating satisfactory reliability and convergent validity.

Behavioral emotion regulation was assessed using the Behavioral Emotion Regulation Questionnaire (BERQ) developed by Kraaij and Garnefski (2019). The instrument was created to measure behavioral coping strategies employed in response to stressful and emotionally challenging experiences and was designed to complement existing measures of cognitive emotion regulation. The questionnaire consists of 20 items rated on a five-point Likert scale ranging from 1 ("almost never") to 5 ("almost always"). It assesses five behavioral emotion regulation strategies: distraction, withdrawal, active approach, seeking social support, and ignoring. Initial psychometric evaluation conducted by the developers with a sample of 457 adults demonstrated strong construct validity, with factor analysis showing that the instrument explained 78.6% of the total variance. Factor loadings ranged from 0.79 to 0.94, and Cronbach's alpha coefficients for the subscales ranged from 0.86 to 0.93. Validation studies conducted in Iran have also supported the questionnaire's psychometric adequacy, reporting a test–retest reliability coefficient of 0.82 and a Cronbach's alpha coefficient of 0.73. In the present study, Cronbach's alpha coefficients for distraction, withdrawal, active approach, seeking social support, and ignoring were 0.689, 0.673, 0.738, 0.684, and 0.699, respectively. Composite reliability values were 0.817, 0.803, 0.857,

E-ISSN: 3041-8828

0.821, and 0.823, while average variance extracted values were 0.472, 0.451, 0.569, 0.493, and 0.499, respectively, indicating acceptable levels of reliability and convergent validity.

2.3. Data Analysis

Data were analyzed using SmartPLS version 3. Prior to testing the structural model, the measurement model was evaluated to determine the reliability and validity of the latent constructs. Internal consistency reliability was assessed using Cronbach's alpha and composite reliability coefficients, while convergent validity was examined through average variance extracted values. Following confirmation of the adequacy of the measurement model, structural equation modeling based on the partial least squares (PLS-SEM) approach was employed to examine the direct and indirect relationships among differentiation of self, behavioral emotion regulation, and post-traumatic growth. Path coefficients, significance levels, and mediating effects were estimated using bootstrapping procedures. The overall model was evaluated by examining the magnitude and significance of structural paths and the explanatory power of the endogenous constructs. All analyses were conducted in accordance with accepted statistical standards for PLS-based structural equation modeling.

3. Findings and Results

The sample of this study consisted of 300 women affected by marital infidelity, with a mean marital duration of 12.11 years. Regarding age distribution, 26% were between 19 and 30 years old, 35.7% were between 31 and 40 years old, and 34.7% were between 41 and 50 years old. In terms of education, 13% had a high school diploma, 11.3% had an associate degree, 37% had a bachelor's degree, 25.7% had a master's degree, and 12.3% had a doctoral degree. Table 1 presents the descriptive statistics for the scores of the research variables and their components.

Table 1

Descriptive Statistics of the Research Variables

Source of Variation	Component	N	Minimum	Maximum	Mean	Standard Deviation
Total post-traumatic growth score	—	300	39	125	78.44	12.23
Post-traumatic growth	New possibilities or new ways	300	7	30	18.99	4.20
Post-traumatic growth	Relating to others	300	12	41	25.87	5.36
Post-traumatic growth	Personal strength	300	6	24	15.78	3.61
Post-traumatic growth	Appreciation of life	300	3	18	11.09	3.07
Post-traumatic growth	Spiritual or religious changes	300	2	12	6.71	2.51
Differentiation of self	Emotional reactivity	300	24	61	40.21	6.17
Differentiation of self	I-position	300	22	66	40.20	5.89
Differentiation of self	Emotional cutoff	300	16	58	38.08	6.95
Differentiation of self	Fusion with others	300	22	62	42.53	6.63
Behavioral emotion regulation	Distraction	300	5	18	10.09	2.34
Behavioral emotion regulation	Withdrawal or retreat	300	4	20	9.28	3.31
Behavioral emotion regulation	Active approach	300	4	20	12.40	2.58
Behavioral emotion regulation	Seeking social support	300	4	20	11.94	2.36
Behavioral emotion regulation	Ignoring	300	4	18	9.95	3.09

The mean and standard deviation of post-traumatic growth were calculated as 78.44 ± 12.23. Among the components of post-traumatic growth, relating to others had the highest mean score, with a mean and standard deviation of 25.87 ± 5.36, whereas spiritual or religious changes had the lowest mean score, with a mean and standard deviation of 6.71 ± 2.51. Among the components of differentiation of self, fusion with others had the highest mean score, with a mean and standard deviation of 42.53 ± 6.63, whereas emotional cutoff had the lowest mean score, with a mean and standard deviation of 38.08 ± 6.95. Among the components of behavioral emotion regulation, active approach had the highest mean score, with a mean and standard deviation of 12.40 ± 2.58, whereas withdrawal or retreat had the lowest mean score, with a mean and standard deviation of 9.28 ± 3.31.

The collected data were analyzed at descriptive and inferential levels using SPSS version 27 and SmartPLS version 3. Since the distribution of the research data was not normal, the research hypotheses were tested using structural

E-ISSN: 3041-8828

equation modeling through SmartPLS version 3 and the partial least squares method. Therefore, before conducting structural equation modeling, the assumptions of this statistical method, including the absence of multicollinearity, independence of errors, and the existence of relationships among the scores of the dependent variables, were examined and confirmed. Furthermore, before interpreting the results, the fit of the research model was assessed. In SmartPLS version 3, model fit is examined in three sections: the fit of the measurement models, the fit of the structural model, and the fit of the overall model.

Table 2

Cronbach's Alpha, Composite Reliability, and Convergent Validity Values

Variable	Cronbach's Alpha	Composite Reliability	Average Variance Extracted
I-position	0.712	0.849	0.587
Seeking social support	0.684	0.821	0.493
Post-traumatic growth	0.642	0.785	0.462
Active approach	0.738	0.857	0.569
Ignoring	0.699	0.823	0.499
Emotional fusion with others	0.761	0.873	0.605
Emotional reactivity	0.707	0.832	0.498
Distraction	0.689	0.817	0.472
Withdrawal	0.673	0.803	0.451
Emotional cutoff	0.728	0.849	0.524

The fit of the measurement models included the assessment of reliability and convergent validity of the research constructs (Fornell & Larcker, 1981). The reliability values for all research constructs, except for the components of distraction, withdrawal, seeking social support, and ignoring from the behavioral emotion regulation variable, as well as post-traumatic growth, were calculated to be above 0.70, indicating acceptable reliability of the model constructs. However, since standardized questionnaires validated in Iran were used to collect data for these variables, and provided that no problem existed in the overall model fit, the lower reliability of some subconstructs could be considered acceptable. The average variance extracted values used to assess the convergent validity of the research constructs were above 0.30 for all research components. After obtaining the values of Cronbach's alpha, composite reliability, and AVE, and considering that the values of each of these criteria for the examined variables were above the defined minimum thresholds, the reliability and validity status of the research model could be confirmed.

Table 3

Stone–Geisser Value, Redundancy Criterion, and Coefficient of Determination of the Model

Variable	Q^2	Redundancy
I-position	0.080	—
Seeking social support	0.130	0.222
Post-traumatic growth	0.181	0.192
Active approach	0.180	0.161
Ignoring	0.140	0.168
Emotional fusion with others	0.150	—
Emotional reactivity	0.120	—
Distraction	0.170	0.128
Withdrawal	0.160	0.244
Emotional cutoff	0.130	—
Mean	0.144	0.186

According to the data analysis algorithm in the PLS method, after assessing the fit of the measurement models, the fit of the structural model was examined. In this section, three criteria were considered for evaluating the structural model fit: the coefficient of determination or R^2, the Stone–Geisser criterion, and the redundancy criterion. Seeking

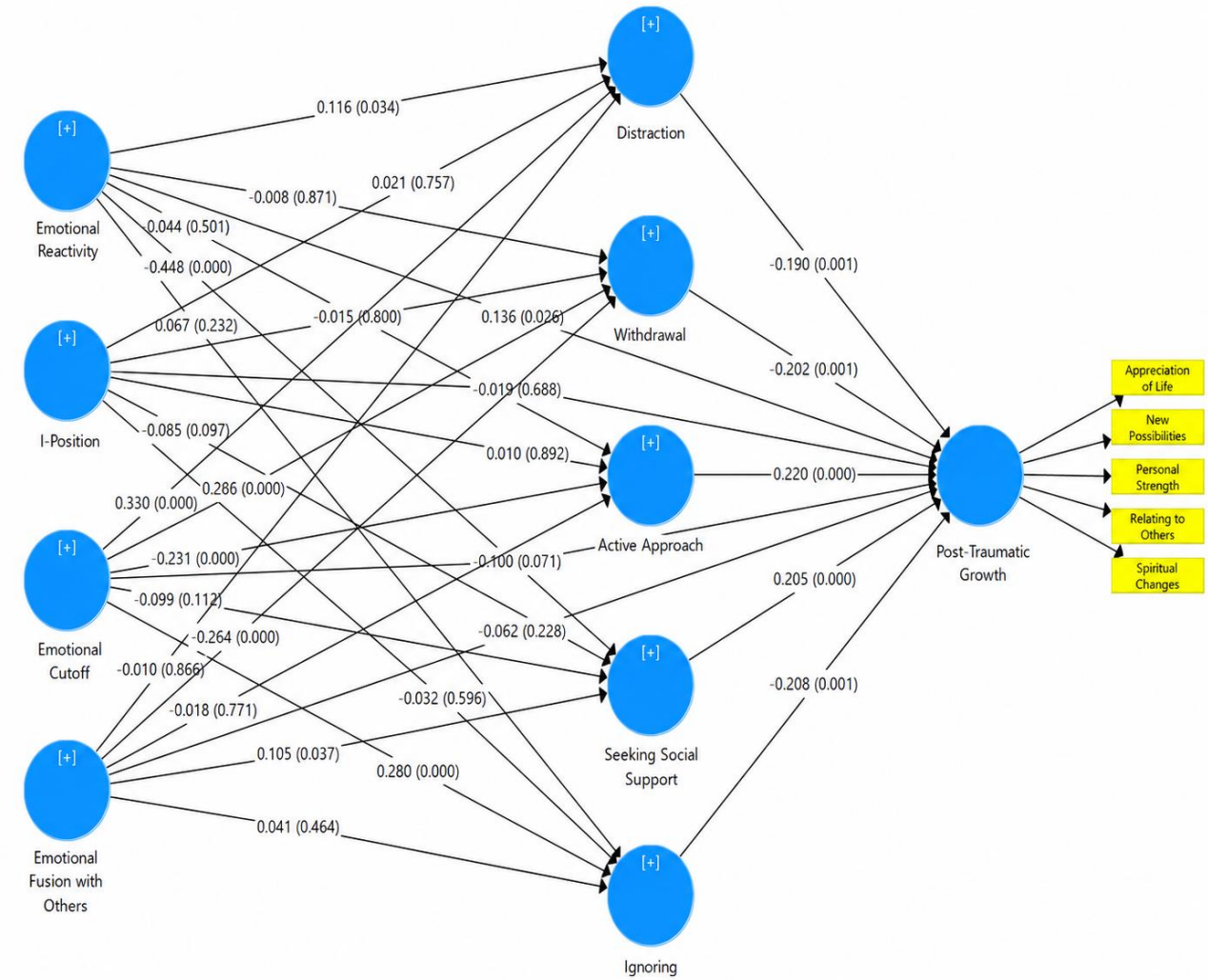
E-ISSN: 3041-8828

social support, active approach, ignoring, and withdrawal were obtained at a moderate level ($0.19 < R^2 < 0.33$), distraction was obtained at a weak level ($R^2 < 0.19$), and post-traumatic growth was obtained at a strong level ($R^2 > 0.33$). The mean coefficient of determination of the model was also at an acceptable moderate level. Therefore, the predictive power of the model constructs was desirable.

The Stone–Geisser criterion showed that the predictive power of the model for I-position, seeking social support, ignoring, emotional reactivity, and emotional cutoff was weak ($0.02 < Q^2 < 0.15$), whereas for post-traumatic growth, active approach, emotional fusion with others, distraction, and withdrawal, it was moderate ($0.15 < Q^2 < 0.35$). The mean predictive power of the model was weak but acceptable. Therefore, the predictive power of the model constructs was considered acceptable. To assess the overall model fit, which simultaneously controls both the measurement and structural parts of the model, the GoF criterion was calculated using the formula GoF = √(average Q^2 × average R^2). Based on this formula, the mean communality value of the model variables was first calculated as 0.144. The mean coefficient of determination for the relevant variables was 0.267. Therefore, according to the equation GoF = √(0.144 × 0.267) = √0.038 = 0.196, the GoF value was obtained as 0.194. Considering the three values of 0.01, 0.25, and 0.36 as weak, moderate, and strong values, respectively (Henseler et al., 2009), this value indicated a weak overall fit (GoF = 0.196) for the proposed model. Accordingly, the proposed model had an acceptable fit, and the relationships within the model could be examined.

Figure 1

Research Model



E-ISSN: 3041-8828

In this model, post-traumatic growth was considered the criterion variable, differentiation of self was considered the predictor variable, and behavioral emotion regulation was considered the mediating variable. A summary of the estimated coefficients of the indirect relationships in the model is presented in Table 4.

Table 4

Summary of the Indirect Coefficients of the Model

Indirect Path	Path Coefficient	t-value	Significance Level
I-position → Seeking social support → Post-traumatic growth	-0.017	1.464	0.144
Emotional fusion with others → Seeking social support → Post-traumatic growth	0.022	1.664	0.097
Emotional reactivity → Seeking social support → Post-traumatic growth	-0.092**	3.837	0.001
Emotional cutoff → Seeking social support → Post-traumatic growth	-0.020	1.467	0.143
I-position → Active approach → Post-traumatic growth	0.002	0.122	0.903
Emotional fusion with others → Active approach → Post-traumatic growth	-0.004	0.287	0.774
Emotional reactivity → Active approach → Post-traumatic growth	-0.010	0.615	0.539
Emotional cutoff → Active approach → Post-traumatic growth	-0.051**	2.612	0.009
I-position → Ignoring → Post-traumatic growth	0.007	0.515	0.607
Emotional fusion with others → Ignoring → Post-traumatic growth	-0.008	0.716	0.475
Emotional reactivity → Ignoring → Post-traumatic growth	-0.014	1.077	0.283
Emotional cutoff → Ignoring → Post-traumatic growth	-0.058**	2.675	0.008
I-position → Distraction → Post-traumatic growth	-0.004	0.288	0.773
Emotional fusion with others → Distraction → Post-traumatic growth	0.002	0.163	0.870
Emotional reactivity → Distraction → Post-traumatic growth	-0.022	1.791	0.074
Emotional cutoff → Distraction → Post-traumatic growth	-0.063**	3.001	0.003
I-position → Withdrawal → Post-traumatic growth	0.003	0.240	0.811
Emotional fusion with others → Withdrawal → Post-traumatic growth	0.053*	2.499	0.013
Emotional reactivity → Withdrawal → Post-traumatic growth	0.002	0.154	0.878
Emotional cutoff → Withdrawal → Post-traumatic growth	-0.053**	3.072	0.002

The results of the estimated research model showed that several indirect paths were significant. The indirect effect of emotional reactivity on post-traumatic growth through seeking social support was negative, with an effect coefficient of -0.09. The indirect effect of emotional cutoff on post-traumatic growth through active approach was negative, with an effect coefficient of -0.05. The indirect effect of emotional cutoff on post-traumatic growth through ignoring was negative, with an effect coefficient of -0.06. The indirect effect of emotional cutoff on post-traumatic growth through distraction was negative, with an effect coefficient of -0.06. The indirect effect of emotional fusion with others on post-traumatic growth through withdrawal was positive, with an effect coefficient of 0.05. Moreover, the indirect effect of emotional cutoff on post-traumatic growth through withdrawal was negative, with an effect coefficient of -0.05. Accordingly, there was an indirect relationship between differentiation of self and post-traumatic growth among women affected by infidelity through the mediating role of behavioral emotion regulation. A summary of the estimated coefficients of the direct relationships in the model is presented in Table 5.

Table 5

Summary of the Direct Coefficients of the Model

Direct Path	Path Coefficient	t-value	Significance Level
I-position → Seeking social support	-0.085	1.664	0.097
I-position → Post-traumatic growth	-0.019	0.402	0.688
I-position → Active approach	0.010	0.135	0.892
I-position → Ignoring	-0.032	0.531	0.596
I-position → Distraction	0.021	0.310	0.757
I-position → Withdrawal	-0.015	0.254	0.800
Seeking social support → Post-traumatic growth	0.205**	3.991	0.001
Active approach → Post-traumatic growth	0.220**	3.738	0.001
Ignoring → Post-traumatic growth	-0.208**	3.254	0.001

E-ISSN: 3041-8828

Emotional fusion with others → Seeking social support	0.105*	2.096	0.037
Emotional fusion with others → Post-traumatic growth	-0.062	1.207	0.228
Emotional fusion with others → Active approach	-0.018	0.292	0.771
Emotional fusion with others → Ignoring	0.041	0.733	0.464
Emotional fusion with others → Distraction	-0.010	0.169	0.866
Emotional fusion with others → Withdrawal	-0.264**	5.177	0.001
Emotional reactivity → Seeking social support	-0.448**	7.844	0.001
Emotional reactivity → Post-traumatic growth	0.136*	2.242	0.026
Emotional reactivity → Active approach	-0.044	0.674	0.501
Emotional reactivity → Ignoring	0.067	1.196	0.232
Emotional reactivity → Distraction	0.116*	2.128	0.034
Emotional reactivity → Withdrawal	-0.008	0.163	0.871
Distraction → Post-traumatic growth	-0.190**	3.491	0.001
Withdrawal → Post-traumatic growth	-0.202**	3.329	0.001
Emotional cutoff → Seeking social support	-0.099	1.595	0.112
Emotional cutoff → Post-traumatic growth	-0.100	1.813	0.071
Emotional cutoff → Active approach	-0.231**	3.609	0.001
Emotional cutoff → Ignoring	0.280**	5.376	0.001
Emotional cutoff → Distraction	0.330**	6.338	0.001
Emotional cutoff → Withdrawal	0.260**	5.362	0.001

The results of the estimated research model showed that, in explaining post-traumatic growth, several direct paths reached statistical significance. Accordingly, seeking social support, with an effect coefficient of 0.20, and active approach, with an effect coefficient of 0.22, had positive and significant relationships with post-traumatic growth ($p < 0.01$). In contrast, ignoring, with a coefficient of -0.21, distraction, with a coefficient of -0.19, and withdrawal, with a coefficient of -0.20, had negative and inverse relationships with post-traumatic growth ($p < 0.01$). In addition, emotional reactivity showed a positive and significant effect on post-traumatic growth, with an effect coefficient of 0.14 ($p < 0.05$).

In examining the relationships among the other variables in the model, the findings indicated that emotional reactivity had a negative effect on seeking social support, with a coefficient of -0.45, and a positive and significant effect on distraction, with a coefficient of 0.12. Emotional cutoff also emerged as a key predictor, showing positive and significant effects on the strategies of ignoring, with a coefficient of 0.28, distraction, with a coefficient of 0.33, and withdrawal, with a coefficient of 0.26. In contrast, emotional cutoff significantly reduced active approach, with a coefficient of -0.23. Finally, the results showed that emotional fusion with others had a positive relationship with seeking social support, with a coefficient of 0.10, and a negative and significant relationship with withdrawal, with a coefficient of -0.26.

4. Discussion and Conclusion

The present study aimed to develop and test a structural model of post-traumatic growth among women affected by marital infidelity based on differentiation of self, with the mediating role of behavioral emotion regulation. The findings demonstrated that differentiation of self was associated with post-traumatic growth through several direct and indirect pathways and that behavioral emotion regulation served as an important mediating mechanism in this relationship. More specifically, emotional reactivity exhibited a positive direct effect on post-traumatic growth, whereas several indirect pathways involving emotional cutoff and behavioral emotion regulation strategies were negatively associated with post-traumatic growth. In addition, adaptive behavioral emotion regulation strategies, such as active approach and seeking social support, positively predicted post-traumatic growth, while maladaptive strategies, including ignoring, distraction, and withdrawal, negatively predicted growth outcomes. Overall, the findings support the theoretical proposition that post-traumatic growth following marital betrayal is influenced not only by the individual's capacity for self-differentiation but also by the behavioral strategies used to regulate emotional experiences.

One of the most important findings of the present study was the significant positive relationship between emotional reactivity and post-traumatic growth. Although emotional reactivity is generally conceptualized as a lower level of differentiation of self, the positive association observed in

E-ISSN: 3041-8828

this study may indicate that women who experience stronger emotional responses to marital betrayal are also more likely to engage deeply with the traumatic experience, thereby facilitating meaning-making and psychological transformation. Theoretical models of post-traumatic growth emphasize that growth emerges not from trauma itself but from the cognitive and emotional struggle that follows traumatic events (Tedeschi & Moore, 2021). Therefore, individuals who experience and process emotional pain more intensely may be more likely to reconstruct their beliefs, values, and life perspectives. This interpretation is consistent with findings suggesting that post-traumatic growth often coexists with psychological distress and that moderate levels of emotional disruption may stimulate adaptive cognitive processing (Maia et al., 2022). Similar findings have also been reported in studies demonstrating associations between emotional processing and post-traumatic growth among trauma-exposed populations (Kim & Ahn, 2023; Zeinali-Siavashani & Dehghan, 2021).

The results further indicated that seeking social support and active approach were positively associated with post-traumatic growth. These findings are theoretically meaningful because both strategies represent active and constructive methods of dealing with emotional adversity. Social support provides emotional validation, opportunities for emotional disclosure, and access to alternative perspectives, all of which facilitate psychological adjustment after trauma. Emotional disclosure and interpersonal support have consistently been identified as central mechanisms underlying recovery and growth following adverse experiences (English & Eldesouky, 2020; Kim & Ahn, 2023). Likewise, active approach reflects problem-solving efforts and deliberate engagement with stressors rather than avoidance. Such engagement promotes cognitive restructuring, meaning-making, and adaptive coping, which are central components of post-traumatic growth (Southward et al., 2021; Thomas et al., 2020). The positive effects of these strategies are consistent with previous studies showing that adaptive emotion regulation contributes significantly to resilience and post-traumatic growth among individuals exposed to stressful and traumatic experiences (Ghalehnoei et al., 2021; Jaber Ansari et al., 2020).

In contrast, ignoring, distraction, and withdrawal demonstrated significant negative relationships with post-traumatic growth. These findings suggest that avoidance-oriented behavioral regulation strategies may hinder the psychological processing necessary for growth following betrayal trauma. Marital infidelity often generates profound emotional pain and existential uncertainty. When individuals attempt to suppress, ignore, or avoid these emotional experiences, opportunities for reflection, meaning-making, and personal development may be reduced. This interpretation aligns with trauma theories suggesting that avoidance interferes with adaptive emotional processing and prolongs distress (Southward et al., 2021). Previous empirical studies have similarly reported that maladaptive emotion regulation strategies are associated with poorer psychological adjustment and lower levels of post-traumatic growth (Kim & Ahn, 2023; Thomas et al., 2020). Moreover, Kraaij and Garnefski emphasized that behavioral strategies such as withdrawal and avoidance often function as short-term distress reduction mechanisms but may ultimately interfere with long-term adaptation (Kraaij & Garnefski, 2019). The present findings support this perspective and suggest that avoidance-oriented responses may prevent betrayed women from transforming traumatic experiences into opportunities for growth.

Another important finding concerned the role of emotional cutoff. Emotional cutoff showed significant negative indirect effects on post-traumatic growth through active approach, ignoring, distraction, and withdrawal. Emotional cutoff reflects an individual's tendency to manage anxiety by distancing themselves emotionally from significant relationships. According to Bowenian theory, emotional cutoff limits emotional awareness and reduces opportunities for healthy relational engagement. When women experiencing marital betrayal rely on emotional cutoff, they may become less capable of engaging constructively with emotional challenges and more likely to adopt maladaptive regulation strategies. This pattern can undermine the cognitive and emotional processing necessary for post-traumatic growth. Previous studies have shown that emotional cutoff is associated with reduced psychological adjustment, interpersonal difficulties, and lower emotional competence (Scigala et al., 2021; Urrutia et al., 2023). Research examining self-differentiation in marital contexts has similarly demonstrated that emotional cutoff contributes to relational dysfunction and maladaptive coping (Kashefi et al., 2023; Rezaei & Etemad, 2023). The current findings extend this literature by demonstrating that emotional cutoff may impede growth after betrayal through its influence on behavioral emotion regulation.

The study also found that emotional reactivity had a negative indirect effect on post-traumatic growth through seeking social support. At first glance, this finding may

E-ISSN: 3041-8828

appear contradictory because social support itself positively predicted post-traumatic growth. However, the result may indicate that highly emotionally reactive individuals are less likely to effectively seek or utilize social support despite experiencing considerable emotional distress. Emotional reactivity often involves impulsive emotional responses, heightened sensitivity to interpersonal rejection, and difficulties maintaining emotional balance. Consequently, women with elevated emotional reactivity may experience challenges in forming supportive interpersonal connections during times of crisis. Previous research has shown that lower levels of differentiation are associated with interpersonal insecurity and difficulties maintaining adaptive emotional connectedness (Scigala et al., 2021; Urrutia et al., 2023). Therefore, although social support promotes growth, emotional reactivity may interfere with access to or effective use of supportive resources, thereby reducing its beneficial impact.

The positive indirect effect of emotional fusion with others on post-traumatic growth through withdrawal was another noteworthy finding. Although emotional fusion is generally considered a lower level of self-differentiation, this relationship may reflect the unique context of marital betrayal. Following infidelity, temporary withdrawal may provide emotionally fused individuals with the psychological space needed to process overwhelming emotions and reevaluate relationship dynamics. In such circumstances, withdrawal may function not solely as avoidance but also as a protective mechanism facilitating emotional stabilization. Similar observations have been reported in qualitative studies of women coping with relational trauma, where temporary distancing from emotionally charged situations contributed to self-reflection and personal growth (Golmohammadi et al., 2022; Kargar et al., 2024). Nevertheless, the broader literature generally supports the view that sustained emotional fusion undermines autonomy and adaptive functioning (Işık et al., 2020; Lampis et al., 2018). Therefore, this finding should be interpreted cautiously and within the specific context of betrayal-related coping processes.

The significant relationships observed between differentiation of self and behavioral emotion regulation further support theoretical assumptions regarding the interplay between family-system functioning and emotional adaptation. Emotional cutoff predicted greater use of ignoring, distraction, and withdrawal while reducing active coping. Similarly, emotional fusion with others was positively associated with seeking social support and negatively associated with withdrawal. These findings are largely consistent with previous studies demonstrating that self-differentiation influences emotional regulation capacities and interpersonal coping strategies (Falahzade & Sivandian, 2025; Fayyazpour & Bayanfar, 2020). Individuals with greater differentiation typically demonstrate enhanced emotional awareness, more adaptive coping, and greater psychological flexibility, whereas lower differentiation is associated with emotional avoidance and dysfunctional regulation strategies (Joqratian et al., 2026; Southward et al., 2021).

The mediating role of behavioral emotion regulation represents one of the most significant contributions of the present study. The results indicate that differentiation of self influences post-traumatic growth not only directly but also indirectly through behavioral coping strategies. This finding is consistent with previous research highlighting emotion regulation as a central mechanism linking personality characteristics, interpersonal functioning, and psychological adaptation (Ghalehnoei et al., 2021; Jaber Ansari et al., 2020). Similarly, recent investigations have demonstrated that emotion regulation mediates relationships between self-differentiation and marital outcomes (Falahzade & Sivandian, 2025; Joqratian et al., 2026). The current findings extend these observations to the domain of betrayal trauma and post-traumatic growth, suggesting that behavioral emotion regulation constitutes a crucial pathway through which personal resources facilitate positive psychological transformation.

Taken together, the findings support contemporary trauma theories emphasizing the interaction of personal characteristics, emotional processes, and relational resources in facilitating growth after adversity. Women affected by marital infidelity are not passive recipients of trauma but active participants in the reconstruction of meaning and identity. Differentiation of self appears to provide an important foundation for adaptive functioning, while behavioral emotion regulation determines how emotional challenges are managed and integrated into the recovery process. These findings reinforce the conceptualization of post-traumatic growth as a dynamic and multifaceted phenomenon shaped by both intrapersonal and interpersonal mechanisms (Olson et al., 2020; Tedeschi & Moore, 2021). Furthermore, they contribute to the growing body of evidence indicating that positive psychological change can emerge even from severe relational traumas when appropriate emotional and psychological resources are available (Daliran et al., 2023; Kazemipour et al., 2020).

E-ISSN: 3041-8828

Several limitations should be considered when interpreting the findings of the present study. First, the cross-sectional and correlational design prevents causal conclusions regarding the relationships among differentiation of self, behavioral emotion regulation, and post-traumatic growth. Second, all variables were measured using self-report questionnaires, making the results susceptible to social desirability bias, response bias, and subjective interpretation. Third, the sample consisted exclusively of women seeking counseling services in a specific district of Tehran, which may limit the generalizability of the findings to other populations, cultural contexts, or individuals who do not seek professional support. Finally, the study focused exclusively on behavioral emotion regulation and did not simultaneously examine cognitive, interpersonal, or contextual variables that may also influence post-traumatic growth following marital betrayal.

Future studies should employ longitudinal designs to examine the developmental process of post-traumatic growth over time and clarify causal relationships among the study variables. Researchers are also encouraged to investigate additional mediating and moderating variables, such as resilience, attachment styles, psychological flexibility, self-compassion, forgiveness, and social support quality. Comparative studies involving men and women, different cultural groups, and various forms of relational trauma could provide a broader understanding of the factors contributing to post-traumatic growth. Furthermore, qualitative and mixed-methods approaches may offer deeper insight into the lived experiences of individuals who successfully transform the consequences of marital betrayal into opportunities for personal development and growth.

The findings highlight the importance of incorporating interventions that strengthen differentiation of self and promote adaptive behavioral emotion regulation strategies within counseling and psychotherapy programs for women affected by marital infidelity. Mental health professionals may benefit from focusing on increasing emotional awareness, encouraging active coping, fostering effective social support utilization, and reducing avoidance-based coping patterns. Couple therapists and family counselors can also integrate self-differentiation principles into treatment plans to improve emotional functioning and facilitate healthier responses to relational crises. Finally, psychoeducational programs designed to enhance emotional regulation skills may help individuals transform experiences of betrayal into opportunities for resilience, self-discovery, and long-term psychological growth.

Authors' Contributions

All authors significantly contributed to this study.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We hereby thank all individuals for participating and cooperating us in this study.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

In this study, to observe ethical considerations, participants were informed about the goals and importance of the research before the start of the interview and participated in the research with informed consent.

References

Bestel, N. S. A., Williamson, D. C., Tirlea, L., & Mackelprang, J. L. (2025). Dissociation Training and Symptom Identification Accuracy among Australian Psychologists. *Psychological Trauma: Theory, Research, Practice, and Policy*, *17*(8), 1707-1716. https://doi.org/10.1037/tra0001717

Coop Gordon, K., & Mitchell, E. A. (2020). Infidelity in the Time of COVID-19. *Family Process*, *59*(3), 956-966. https://doi.org/10.1111/famp.12576

Daliran, D., Peyvastegar, M., & Hosseini, E. (2023). *The Relationship of Humor Styles, Self-Efficacy, and Resilience with Posttraumatic Growth among Children of Divorce* Alzahra University, Faculty of Educational Sciences and Psychology].

English, T., & Eldesouky, L. (2020). We're Not Alone: Understanding the Social Consequences of Intrinsic Emotion

E-ISSN: 3041-8828

Regulation. *Emotion*, *20*(1), 43-47. https://doi.org/10.1037/emo0000661

Falahzade, H., & Sivandian, M. (2025). Investigating the Mediating Role of Self-Differentiation and Emotion Regulation in the Relationship between Dyadic Perfectionism and Marital Satisfaction. *American Journal of Family Therapy*, *53*(1), 66-79. https://doi.org/10.1080/01926187.2024.2356853

Fayyazpour, E., & Bayanfar, F. (2020). *Predicting Cognitive Emotion Regulation Based on Self-Differentiation and Happiness with the Mediating Role of Self-Perception in Elementary School Teachers* Payame Noor University of Semnan Province, Semnan Payame Noor Center].

Ghalehnoei, A., Mikaeili, N., & Basharpour, S. (2021). *Designing and Testing a Causal Model of the Relationship between Personality Traits, Cognitive Emotion Regulation, and Meaning in Life with Posttraumatic Growth through the Mediating Role of Psychological Resilience in Veterans* University of Mohaghegh Ardabili, Faculty of Educational Sciences and Psychology].

Golmohammadi, F., Sadeghi, M. S., Panaghi, L., & Ebrahimi, L. (2022). *The Lived Experience of Posttraumatic Growth among Married Individuals with Experience of Spousal Violence* Shahid Beheshti University, Family Research Institute].

Işık, E., Özbiler, S., Schweer-Collins, M., & Rodríguez-González, M. (2020). Differentiation of Self Predicts Life Satisfaction through Marital Adjustment. *The American Journal of Family Therapy*, *48*(3), 235-249. https://doi.org/10.1080/01926187.2020.1732248

Jaber Ansari, F., Fattahi-Andabil, E., & Jafari, E. (2020). Predicting Posttraumatic Growth among Divorced Women Based on Spiritual Well-Being and Psychological Hardiness with the Mediating Role of Emotion Regulation. *New Ideas in Psychology*, *7*(11), 1-9.

Joqratian, D., Bolghan Abadi, M., & Esfahani, M. S. (2026). The Mediating Role of Emotion Regulation in the Relationship between Differentiation of Self and Marital Conflicts. *Journal of Child and Family Studies*, *35*, 291-301. https://doi.org/10.1007/s10826-025-03146-4

Kargar, M., Javaheri, A., & Madani, Y. (2024). The Lived Experience of Betrayed Women after Forgiving Their Spouse. *Cultural-Educational Journal of Women and Family*, *19*(68), 139-168.

Kashefi, F., Azkhosh, M., Khanjani, M., & Aghaei, H. (2023). *The Effect of Intensive Short-Term Dynamic Psychotherapy on Sensation Seeking, Self-Differentiation, and Attachment Behavior in Marital Relationships among Women with a Tendency toward Marital Infidelity* Islamic Azad University, Shahroud Branch, Faculty of Humanities].

Kazemipour, A., Mirdrikvand, F. A., & Amraei, K. (2020). The Effectiveness of Acceptance and Commitment Therapy on Acceptance and Posttraumatic Growth in Patients with Colorectal Cancer Accompanied by Stress. *Payesh*, *19*(5), 569-580.

Kim, S. Y., & Ahn, G. (2023). The Effects of Emotional Regulation Styles of Trauma-Experienced University Student on Their Posttraumatic Growth: Mediating Effect of Deliberate Rumination and Emotional Self-Disclosure. *Korean Journal of Youth Studies*, *30*(2), 281. https://doi.org/10.21509/KJYS.2023.2.30.02.281

Koozegaran, R., & Nikoghoftar, M. (2021). *The Moderating Role of Meaning in Life in the Relationship between Resilience and Posttraumatic Growth with the Mediation of Distress Tolerance among Cyberspace Users* Payame Noor University of Semnan Province, Garmsar Payame Noor Center].

Kraaij, V., & Garnefski, N. (2019). The Behavioral Emotion Regulation Questionnaire: Development, Psychometric Properties and Relationships with Emotional Problems and the Cognitive Emotion Regulation Questionnaire. *Personality and individual differences*, *137*, 56-61. https://doi.org/10.1016/j.paid.2018.07.036

Lampis, J., Cataudella, S., Agus, M., Busonera, A., & Skowron, E. A. (2018). Differentiation of Self and Dyadic Adjustment in Couple Relationships: A Dyadic Analysis Using the Actor-Partner Interdependence Model. *Family Process*, *58*(3), 698-715. https://doi.org/10.1111/famp.12370

Maia, Â., Sousa, B., Correia-Santos, P., & Morgado, D. (2022). Posttraumatic Stress Symptoms and Posttraumatic Growth in a Community Sample Exposed to Stressful Events: A (Not So) Curvilinear Relationship. *Traumatology*, *28*(1), 98-108. https://doi.org/10.1037/trm0000314

Najafizadeh, A., Khodabakhsh Pirkalani, R., & Farah Bijari, E. (2022). Identifying Factors Affecting Posttraumatic Growth among Divorced Women: A Grounded Theory Study. *Journal of Psychological Science*, *21*(112), 693-708.

Olson, K., Shanafelt, T., & Southwick, S. (2020). Pandemic-Driven Posttraumatic Growth for Organizations and Individuals. *JAMA*, *324*(18), 1829-1830. https://doi.org/10.1001/jama.2020.20275

Rezaei, Z., & Etemad, A. (2023). *Investigating Tendency toward Extramarital Relationships Based on Differentiation, Self-Compassion, and Sexual Schema among Women with Marital Conflict in Shiraz* Islamic Azad University, Arsanjan Branch].

Sadat Rasoul, S., & Alizadeh Fard, S. (2021). Psychometric Properties of the Behavioral Emotion Regulation Questionnaire. *Scientific Quarterly of Psychological Methods and Models*, *12*(44), 13-24.

Scheeren, P., Apellániz, I. d. A. M. d., & Wagner, A. (2018). Marital Infidelity: The Experience of Men and Women. *Temas em Psicologia*, *26*(1), 355-369. https://doi.org/10.9788/TP2018.1-14Pt

Scigala, D. K., Fabris, M. A., Badenes-Ribera, L., Zdankiewicz-Scigala, E., & Longobardi, C. (2021). Alexithymia and Self-Differentiation: The Role of Fear of Intimacy and Insecure Adult Attachment. *Contemporary Family Therapy: An International Journal*, *43*(2), 165-176. https://doi.org/10.1007/s10591-021-09567-9

Southward, M. W., Sauer-Zavala, S., & Cheavens, J. S. (2021). Specifying the Mechanisms and Targets of Emotion Regulation: A Translational Framework from Affective Science to Psychological Treatment. *Clinical Psychology: Science and Practice*, *28*(2), 168-182. https://doi.org/10.1037/cps0000003

Tedeschi, R. G., & Moore, B. A. (2021). Posttraumatic Growth as an Integrative Therapeutic Philosophy. *Journal of Psychotherapy Integration*, *31*(2), 180-194. https://doi.org/10.1037/int0000250

Thomas, E. A., Hamrick, L. A., Owens, G. P., & Tekie, Y. T. (2020). Posttraumatic Growth among Undergraduates: Contributions from Adaptive Cognitive Emotion Regulation and Emotional Intelligence. *Traumatology*, *26*(1), 68-73. https://doi.org/10.1037/trm0000203

Urrutia, L., Rodríguez-González, M., Schweer-Collins, M. L., & Shriner, M. (2023). The Association between Differentiation of Self and Emotional Connectedness in a Sample of Panamanian Emerging Adults. *American Journal of Family Therapy*, *51*(2), 153-169. https://doi.org/10.1080/01926187.2021.1958266

Ursu, A., Priego-Ojeda, M., & Opariuc-Dan, C. (2024). Romanian Adaptation and Psychometric Validation of the Behavioral Emotion Regulation Questionnaire (BERQ-RO). *Journal of*

E-ISSN: 3041-8828

psychopathology and behavioral assessment, *46*, 1038-1049. https://doi.org/10.1007/s10862-024-10175-8

Zeinali-Siavashani, E., & Dehghan, M. (2021). The Role of Emotional Expressiveness and Emotion Regulation in Posttraumatic Growth among Patients with Cancer and Multiple Sclerosis: Considering the Moderating Role of Disease Type. *Navid No Journal*, *24*(78), 42-53.

E-ISSN: 3041-8828