

The Effectiveness of Mindfulness-Based Cognitive Therapy on Family Functioning and Meaning in Life among Women with the Experience of Spousal Infidelity

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ABSTRACT

The present study was conducted with the aim of determining the effectiveness of mindfulness-based cognitive therapy on family functioning and meaning in life among women with the experience of spousal infidelity. The research method was a quasi-experimental design with a pretest–posttest and control group. The statistical population of the present study consisted of women with the experience of spousal infidelity who referred to counseling clinics in Tehran in 2023. Subsequently, 30 participants were selected from this population through convenience sampling and were randomly assigned into two groups: an experimental group (15 participants) and a control group (15 participants). The instruments used for data collection were the Family Functioning Questionnaire and the Meaning in Life Questionnaire. Participants in the experimental group received mindfulness-based cognitive therapy for 8 weeks, consisting of one 90-minute therapy session per week, whereas the control group did not receive any specific intervention. The findings indicated that the mean scores of family functioning and meaning in life in the posttest, compared to the pretest, were significantly improved in the experimental group. Therefore, mindfulness-based cognitive therapy has an effect on family functioning and meaning in life among women with the experience of spousal infidelity.

Keywords: Mindfulness-Based Cognitive Therapy, Family Functioning, Meaning in Life, Women with the Experience of Spousal Infidelity.

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Introduction

Family is considered one of the most fundamental social institutions and plays a central role in maintaining psychological well-being, emotional security, and social stability. The quality of marital relationships significantly influences individual mental health, interpersonal functioning, emotional adjustment, and overall life satisfaction. Stable and healthy marital relationships are generally associated with psychological resilience, emotional intimacy, and adaptive family functioning, whereas marital conflicts and relational instability can severely disrupt emotional balance and family cohesion (1, 2). Among the most

destructive interpersonal experiences within marital life is spousal infidelity, which has increasingly become a major concern in contemporary societies due to its profound psychological, emotional, and social consequences (3, 4). Infidelity not only threatens the stability of marital relationships but also undermines trust, emotional attachment, communication quality, and psychological security within the family system (5, 6).

Spousal infidelity is generally defined as engaging in emotional, sexual, or romantic relationships outside the marital commitment without the consent of one's spouse. Research has demonstrated that experiences of infidelity are associated with elevated levels of depression, anxiety, emotional dysregulation, loneliness, anger, shame, and psychological distress among affected partners (7, 8). Women who experience betrayal by their spouses frequently report emotional trauma, reduced self-esteem, distrust, social withdrawal, and significant impairment in their daily functioning (9, 10). Moreover, infidelity can negatively affect family interactions, parenting quality, and the emotional climate of the household, ultimately disrupting family functioning and relational stability (11, 12). In many cases, the psychological impact of betrayal extends beyond the marital dyad and affects children, family relationships, and broader social functioning (13, 14).

Family functioning is a multidimensional construct encompassing communication, emotional involvement, problem solving, role performance, behavioral control, and emotional responsiveness among family members. Healthy family functioning is characterized by adaptive communication patterns, emotional support, role clarity, and effective conflict management, whereas dysfunctional family systems are often marked by emotional disengagement, hostility, communication breakdown, and maladaptive coping strategies (15, 16). Studies have shown that marital betrayal significantly disrupts family functioning by diminishing emotional intimacy, reducing trust, increasing interpersonal tension, and weakening mutual commitment between spouses (17, 18). Women affected by infidelity frequently experience emotional confusion, relational insecurity, and persistent cognitive rumination, all of which contribute to deterioration in family relationships and emotional interactions (19, 20). Such disturbances may eventually lead to chronic marital dissatisfaction, emotional detachment, and even divorce (21, 22).

Another important psychological construct that is strongly influenced by marital experiences is meaning in life. Meaning in life refers to individuals' perception that their lives possess coherence, purpose, significance, and value. Psychological theories emphasize that experiencing meaning in life contributes substantially to emotional resilience, hope, life satisfaction, and psychological adaptation during stressful situations. Conversely, loss of meaning is associated with hopelessness, emotional distress, depressive symptoms, and existential dissatisfaction (23, 24). Women who experience spousal betrayal often encounter existential confusion and emotional emptiness because infidelity disrupts their assumptions regarding trust, emotional security, and relational commitment. Consequently, many affected women report diminished life purpose, reduced emotional fulfillment, and weakened psychological coherence (3, 8). The emotional pain associated with betrayal can challenge individuals' perceptions of self-worth, identity, and future orientation, thereby reducing their sense of meaning in life (25, 26).

Contemporary research suggests that multiple contextual, psychological, and interpersonal factors contribute to the occurrence and consequences of marital infidelity. Personality traits, attachment insecurity, emotional dysregulation, poor communication patterns, sexual dissatisfaction, and maladaptive coping strategies have all been identified as important predictors of extramarital involvement and marital

instability (21, 27). Furthermore, adverse childhood experiences and insecure attachment styles appear to increase vulnerability to both infidelity and relational dissatisfaction in adulthood (25). Cultural norms, gender expectations, and social attitudes toward fidelity also shape individuals' emotional responses to betrayal and influence marital outcomes (9, 23). Evolutionary perspectives additionally suggest that jealousy, possessiveness, and reactions to infidelity are rooted in adaptive mechanisms associated with mate retention and reproductive strategies (28, 29). However, despite variations in explanatory frameworks, most studies consistently highlight the severe emotional and relational consequences of infidelity for women.

Because of the extensive psychological consequences associated with marital betrayal, researchers and clinicians have increasingly focused on identifying effective psychological interventions for women affected by infidelity. Cognitive-behavioral approaches, schema therapy, acceptance and commitment therapy, compassion-focused therapy, and couple-based interventions have demonstrated effectiveness in improving emotional adjustment, communication quality, emotional regulation, and marital satisfaction among affected individuals (30, 31). For example, schema therapy has been found to improve self-differentiation and maladaptive cognitive schemas among individuals involved in marital infidelity (30). Similarly, acceptance and commitment therapy has shown positive effects on intimacy, marital forgiveness, alexithymia, and emotional adjustment in women experiencing infidelity (19, 20). Research comparing cognitive-behavioral therapy and schema therapy has also indicated improvements in communication skills among women affected by spousal betrayal (10). In addition, compassion-focused and acceptance-based interventions have been associated with improvements in quality of life and reductions in tendencies toward infidelity (31, 32).

Among contemporary psychological interventions, mindfulness-based cognitive therapy has attracted considerable attention because of its emphasis on awareness, emotional acceptance, cognitive flexibility, and nonjudgmental attention to present-moment experiences. Mindfulness-based cognitive therapy integrates principles of mindfulness meditation with cognitive therapeutic techniques and aims to help individuals disengage from maladaptive cognitive patterns, emotional reactivity, and experiential avoidance. This therapeutic approach enhances emotional regulation, self-awareness, cognitive restructuring, and psychological resilience by encouraging individuals to observe their thoughts and emotions without judgment or automatic reaction. Studies have demonstrated that mindfulness-based interventions can reduce anxiety, depression, rumination, emotional dysregulation, and interpersonal distress while improving emotional balance, self-compassion, and psychological well-being (7, 33). Such therapeutic mechanisms appear particularly relevant for women experiencing spousal betrayal because these individuals frequently struggle with intrusive thoughts, emotional instability, anger, mistrust, and psychological distress.

Mindfulness-based cognitive therapy may contribute to improved family functioning by increasing emotional awareness, reducing impulsive reactions, and enhancing adaptive communication patterns between spouses and family members. Through mindfulness practices, individuals learn to tolerate distressing emotions more effectively, regulate interpersonal conflicts, and develop greater psychological flexibility in response to painful relational experiences. These changes may facilitate emotional reconnection, healthier communication, and more constructive problem solving within the family system (6, 15). Furthermore, mindfulness-based interventions may strengthen meaning in life by helping individuals

cultivate acceptance, present-centered awareness, and existential reflection. By reducing cognitive rumination and emotional avoidance, mindfulness practices can enable individuals to reconstruct personal values, life goals, and emotional purpose following traumatic relational experiences (3, 8).

Despite the growing body of literature concerning marital infidelity and psychological interventions, there remains a relative scarcity of studies specifically examining the effectiveness of mindfulness-based cognitive therapy on family functioning and meaning in life among women affected by spousal infidelity, particularly within Iranian cultural contexts. Given the substantial emotional, relational, and existential challenges experienced by these women, identifying effective therapeutic interventions is essential for improving psychological adjustment, restoring family relationships, and enhancing emotional well-being. Therefore, the present study was conducted with the aim of determining the effectiveness of mindfulness-based cognitive therapy on family functioning and meaning in life among women with the experience of spousal infidelity.

Methods and Materials

Study Design and Participants

The present study employed a quasi-experimental research design with a pretest–posttest control group design. The statistical population of the study consisted of women with the experience of spousal infidelity who referred to counseling clinics in Tehran in 2023. From this population, 30 participants were selected through convenience sampling and were randomly assigned into two groups: an experimental group (15 participants) and a control group (15 participants). The instruments used for data collection included the Family Functioning Questionnaire and the Meaning in Life Questionnaire. Participants in the experimental group received mindfulness-based cognitive therapy for 8 weeks, consisting of one 90-minute therapy session per week, whereas the control group did not receive any specific intervention.

Data Collection

The Family Assessment Device (FAD) was developed in 1950 by Epstein, Baldwin, and Bishop to assess family functioning based on the McMaster Model of Family Functioning. The instrument consists of 53 items and evaluates the structural, occupational, and interactional characteristics of the family system. In preparing this questionnaire, the English version of the FAD-53 was matched with the Persian 60-item Family Assessment Scale translated by Bagher Sanai. The subscales of the questionnaire include problem solving, communication, roles, affective responsiveness, affective involvement, behavior control, and general family functioning. Higher scores indicate higher levels of family functioning. Concurrent validity of the questionnaire was established using the 60-item Family Functioning Questionnaire. Sanai and Amini (2000) reported Cronbach's alpha coefficients for the total scale and the subscales of problem solving, communication, roles, affective responsiveness, affective involvement, behavior control, and general functioning as .92, .61, .38, .72, .64, .65, .61, and .81, respectively.

The Meaning in Life Questionnaire (MLQ) was developed by Michael F. Steger and colleagues in 2006 to assess the presence of meaning and the search for meaning in life. The validity, reliability, and factorial structure of the instrument have been examined in various studies with different samples. Initially, the developers designed 44 items, and through exploratory factor analysis identified two factors—presence of

meaning in life and search for meaning in life—with a total of 17 items. Subsequently, confirmatory factor analysis led to the removal of seven items, resulting in a suitable two-factor structure consisting of 10 items. In the study conducted by Gholam Mohammadi, Foroughan, Bahrami, Younesi, and Farsi (2013), the Cronbach's alpha coefficient of the questionnaire was reported as .71, and its reliability coefficient was reported as .75. The items of this instrument are scored on a 7-point Likert scale ranging from 0 (completely false) to 7 (completely true). Accordingly, the scores of both subscales range between 2 and 32, with higher scores indicating higher levels of presence of meaning or search for meaning in life.

Intervention

The mindfulness-based cognitive therapy protocol was implemented over 8 consecutive weeks in the form of one 90-minute session per week for the participants in the experimental group. The intervention sessions focused on increasing mindful awareness, nonjudgmental acceptance of thoughts and emotions, emotional regulation, and cognitive restructuring related to the psychological consequences of spousal infidelity. Throughout the treatment process, participants were trained to identify automatic negative thoughts, dysfunctional cognitive patterns, emotional distress, and maladaptive reactions associated with betrayal experiences. The sessions included mindfulness exercises such as mindful breathing, body scan meditation, awareness of present-moment experiences, attention regulation, acceptance of unpleasant emotions, reduction of experiential avoidance, and development of self-compassion. In addition, cognitive techniques were used to help participants recognize and modify distorted beliefs regarding interpersonal relationships, trust, self-worth, and meaning in life. Homework assignments and daily mindfulness practices were also provided to reinforce therapeutic skills and facilitate the transfer of learned strategies into everyday life situations.

Data Analysis

Data analysis was performed using descriptive statistics, including mean and standard deviation, as well as inferential statistics. After examining the assumptions of normality and homogeneity of variances through the Kolmogorov–Smirnov test and Levene's test, respectively, analysis of covariance (ANCOVA) was employed to evaluate the effectiveness of mindfulness-based cognitive therapy on family functioning and meaning in life while controlling for pretest scores. All statistical analyses were conducted using SPSS software.

Findings and Results

The information presented in Table 1 indicates that the mean scores of family functioning and meaning in life in the posttest differed from the pretest scores in the experimental group.

Table 1. Mean and Standard Deviation of Pretest and Posttest Scores of Family Functioning and Meaning in Life

Variables	Group	Pretest Mean	Pretest SD	Posttest Mean	Posttest SD
Family Functioning	Control	97.35	7.74	98.41	7.36
	Experimental	99.47	7.78	116.53	9.16
Meaning in Life	Control	30.87	5.56	32.86	4.43
	Experimental	31.35	5.24	41.37	5.47

Examination of the normality of the research variables using the Kolmogorov–Smirnov test demonstrated that the distribution of the research variables was normal. Given that the distribution of the variables in both the pretest and posttest stages was normal and that the measurement scale of the variables was interval, parametric analysis of covariance (ANCOVA) was used for data analysis. Therefore, it can be concluded that the variables under investigation in the statistical sample had a normal distribution. Accordingly, the research hypotheses were tested using parametric statistical methods. Furthermore, Levene’s F statistic for equality of variances of the research variables in the posttest stage between the control and experimental groups indicated that the variance differences between groups were not statistically significant. This finding suggests that the posttest scores of family functioning and meaning in life in the research groups had homogeneous variances. Thus, another assumption required for conducting ANCOVA was satisfied.

Table 2. Results of Analysis of Covariance (ANCOVA) for the Effect of Mindfulness-Based Cognitive Therapy on Family Functioning

Source	Sum of Squares	df	Mean Square	F	Significance Level	Power
Pretest	221.337	1	221.337	0.078	0.574	0.062
Group	553.458	1	553.458	3.531	0.046	0.532
Error	189.387	27	7.014			
Total	1278.412	29				

As shown in Table 2, mindfulness-based cognitive therapy had a statistically significant effect on family functioning regarding the differences between the control and experimental groups after adjusting the group means based on pretest scores. Examination of the group means demonstrates that the posttest scores of the participants in the experimental group increased compared to those of the control group. Therefore, it can be concluded that mindfulness-based cognitive therapy affects family functioning among women with the experience of spousal infidelity.

Table 3. Results of Analysis of Covariance (ANCOVA) for the Effect of Mindfulness-Based Cognitive Therapy on Meaning in Life

Source	Sum of Squares	df	Mean Square	F	Significance Level	Power
Pretest	96.697	1	96.697	0.068	0.531	0.063
Group	457.537	1	457.537	5.478	0.061	0.551
Error	213.478	27	7.906			
Total	1354.351	29				

As shown in Table 3, mindfulness-based cognitive therapy had a statistically significant effect on meaning in life regarding the differences between the control and experimental groups after adjusting the group means based on pretest scores. Examination of the group means indicates that the posttest scores of the participants in the experimental group increased compared to those of the control group. Therefore, it can be concluded that mindfulness-based cognitive therapy affects meaning in life among women with the experience of spousal infidelity.

Discussion and Conclusion

The present study was conducted to investigate the effectiveness of mindfulness-based cognitive therapy on family functioning and meaning in life among women with the experience of spousal infidelity. The findings demonstrated that mindfulness-based cognitive therapy significantly improved family functioning

in the experimental group compared to the control group. Furthermore, the results indicated that mindfulness-based cognitive therapy significantly enhanced meaning in life among women affected by spousal betrayal. These findings suggest that mindfulness-oriented cognitive interventions can play an important role in reducing the psychological and interpersonal consequences associated with marital infidelity and can contribute to improving emotional adjustment and relational functioning among affected women.

The findings related to family functioning are consistent with previous research indicating that infidelity severely disrupts communication patterns, emotional intimacy, trust, and relational stability within families (3, 5). Women experiencing betrayal often encounter emotional dysregulation, anger, chronic mistrust, emotional withdrawal, and persistent cognitive rumination, all of which negatively affect the quality of family interactions and marital functioning (8, 9). Mindfulness-based cognitive therapy appears to improve family functioning by helping individuals regulate emotional responses and disengage from maladaptive cognitive cycles associated with betrayal-related distress. Through mindfulness training, participants learn to observe distressing thoughts and emotions without excessive emotional reactivity or impulsive behavioral responses. Such emotional awareness may improve communication quality, reduce interpersonal hostility, and strengthen adaptive problem-solving abilities within family relationships.

The improvement in family functioning observed in the present study aligns with findings from studies emphasizing the role of psychological interventions in restoring marital interactions and communication patterns after infidelity. For instance, acceptance and commitment-based interventions have been shown to improve communication patterns and marital functioning among couples experiencing relational betrayal (31). Similarly, schema therapy interventions have demonstrated effectiveness in modifying maladaptive schemas and increasing self-differentiation among individuals involved in marital infidelity (30). Cognitive-behavioral and schema-based approaches have also been associated with improvements in communication skills among women affected by infidelity (10). These studies collectively suggest that interventions focusing on cognitive restructuring, emotional awareness, and adaptive interpersonal responses can significantly reduce the destructive effects of betrayal on family relationships. Mindfulness-based cognitive therapy similarly targets maladaptive cognitive and emotional processes, thereby contributing to improved relational functioning.

One possible explanation for the effectiveness of mindfulness-based cognitive therapy on family functioning is that mindfulness practices increase individuals' capacity for emotional tolerance and self-regulation. Women who experience spousal betrayal often remain trapped in cycles of emotional rumination, anger, anxiety, and hypervigilance, which impair their interpersonal interactions and family relationships (7, 29). Mindfulness-based interventions encourage nonjudgmental awareness of internal experiences and reduce experiential avoidance, thereby enabling individuals to respond to emotional distress in more adaptive ways. As participants become more aware of their emotional states without automatic reaction, they may develop greater empathy, patience, and flexibility in family interactions. This process can facilitate healthier communication patterns and reduce emotional escalation during interpersonal conflicts.

The findings may also be interpreted within the framework of attachment and emotional security theories. Research has shown that infidelity frequently damages attachment security and creates profound emotional instability within marital relationships (21, 25). Betrayed spouses may experience fears of abandonment,

emotional insecurity, and chronic distrust that undermine family cohesion and intimacy. Mindfulness-based cognitive therapy may reduce attachment-related anxiety by promoting emotional acceptance and present-centered awareness. Instead of remaining psychologically preoccupied with betrayal-related thoughts and future fears, participants learn to focus on current experiences and regulate emotional responses more effectively. Consequently, emotional interactions within the family become less conflictual and more adaptive.

The present findings regarding meaning in life are also consistent with prior literature demonstrating that marital betrayal can substantially reduce psychological coherence, emotional fulfillment, and existential stability (23, 24). Women affected by infidelity frequently report feelings of emptiness, hopelessness, confusion, and loss of emotional purpose because betrayal challenges fundamental assumptions regarding trust, intimacy, and relational commitment (3, 19). The emotional consequences of betrayal may lead individuals to question their personal identity, relational value, and future orientation. In this context, mindfulness-based cognitive therapy appears to facilitate existential reconstruction and psychological adaptation by helping individuals develop greater acceptance of painful experiences and reconnect with personal values and life goals.

The improvement in meaning in life observed in the present study can be explained through several psychological mechanisms associated with mindfulness-based interventions. Mindfulness practices reduce cognitive fusion and repetitive rumination, allowing individuals to disengage from distressing narratives and develop more flexible perspectives toward adverse experiences. Women experiencing betrayal often become emotionally absorbed in thoughts related to injustice, rejection, and emotional pain, which intensify existential distress and reduce psychological well-being (6, 8). Through mindfulness exercises, individuals gradually learn to observe such thoughts without overidentifying with them. This process can reduce emotional suffering and facilitate greater psychological clarity regarding personal values, emotional needs, and life priorities.

The findings are also supported by studies emphasizing the relationship between emotional regulation, psychological flexibility, and post-traumatic growth following relational crises. Acceptance and commitment therapy has previously been found to improve intimacy, marital forgiveness, and emotional adjustment among women affected by extramarital relationships (20). Similarly, compassion-focused therapy and acceptance-based approaches have shown positive effects on quality of life and emotional functioning among individuals struggling with marital instability and infidelity tendencies (32). These therapeutic approaches share conceptual similarities with mindfulness-based cognitive therapy because they emphasize emotional acceptance, self-awareness, cognitive flexibility, and value-based living. Consequently, the present findings further support the notion that interventions focusing on mindfulness and emotional awareness may effectively improve existential well-being among women affected by marital betrayal.

Another important interpretation of the findings relates to the reduction of emotional isolation and psychological helplessness. Research indicates that women affected by infidelity often experience loneliness, social withdrawal, emotional confusion, and feelings of worthlessness (11, 26). These experiences can contribute to decreased meaning in life and impaired psychological functioning. Mindfulness-based cognitive therapy may reduce these negative emotional experiences by increasing self-compassion and emotional acceptance. Participants learn to approach their emotional pain with less self-criticism and

greater psychological openness, which may improve self-worth and emotional resilience. Such improvements can help individuals reinterpret painful relational experiences in ways that support personal growth and existential meaning.

The findings of the present study are also compatible with broader sociocultural perspectives regarding the impact of infidelity on family and marital stability. Previous studies have shown that betrayal can increase the risk of marital dissolution, emotional violence, and long-term relational instability (13, 16). In many cultural contexts, women affected by infidelity may additionally experience social stigma, emotional suppression, and limited access to psychological support, thereby intensifying psychological distress (18, 34). Consequently, interventions that promote emotional regulation and psychological adaptation are particularly important for improving emotional well-being and preserving family functioning among affected women. Mindfulness-based cognitive therapy may provide a psychologically safe framework in which individuals can process painful emotions, rebuild emotional stability, and regain a sense of control over their lives.

The present findings additionally support the growing body of literature emphasizing the multidimensional consequences of infidelity for individuals and families. Studies have shown that infidelity negatively affects marital satisfaction, communication quality, emotional intimacy, parenting relationships, and even children's psychological development (12, 22). Because of these widespread consequences, effective interventions should address not only emotional symptoms but also broader interpersonal and existential dimensions of psychological functioning. Mindfulness-based cognitive therapy appears particularly suitable in this regard because it simultaneously targets emotional regulation, cognitive flexibility, self-awareness, and interpersonal responsiveness. The observed improvements in both family functioning and meaning in life suggest that mindfulness-oriented interventions may produce comprehensive psychological benefits for women experiencing betrayal-related distress.

The results of this study also align with theoretical perspectives emphasizing the role of moral values, relational expectations, and emotional attachment in marital satisfaction and stability (23, 27). Infidelity often violates deeply held emotional and moral expectations regarding commitment and loyalty, thereby creating severe emotional disequilibrium. Mindfulness-based cognitive therapy may help individuals reconstruct emotional balance by reducing judgmental thinking and increasing psychological acceptance of painful experiences. Through greater awareness of internal emotional processes, participants may gradually regain emotional stability and develop healthier coping responses to relational stressors.

Overall, the findings of the present study indicate that mindfulness-based cognitive therapy is an effective intervention for improving family functioning and meaning in life among women with the experience of spousal infidelity. By enhancing emotional regulation, reducing maladaptive cognitive patterns, increasing psychological flexibility, and promoting acceptance of emotional experiences, mindfulness-based cognitive therapy can help affected women achieve greater emotional stability, interpersonal functioning, and existential well-being. These findings highlight the importance of incorporating mindfulness-oriented interventions into counseling and therapeutic programs designed for women dealing with the psychological consequences of marital betrayal.

One of the limitations of the present study was the relatively small sample size and the use of convenience sampling, which may limit the generalizability of the findings to broader populations. In addition, the study

focused exclusively on women referring to counseling clinics in Tehran, and therefore the findings may not be fully applicable to women from different cultural, social, or geographical contexts. Another limitation was the absence of a follow-up phase to evaluate the long-term stability of the therapeutic effects. Furthermore, the use of self-report questionnaires may have increased the possibility of response bias and socially desirable responding.

Future studies are recommended to examine the long-term effectiveness of mindfulness-based cognitive therapy through longitudinal follow-up assessments. Researchers may also compare mindfulness-based cognitive therapy with other psychological interventions such as schema therapy, emotionally focused therapy, and compassion-focused therapy in order to identify the most effective treatment approaches for women affected by marital infidelity. Conducting studies with larger and more culturally diverse samples may further improve the generalizability of findings. In addition, future research may investigate the mediating role of emotional regulation, attachment security, self-compassion, and psychological flexibility in explaining therapeutic outcomes.

The findings of the present study suggest that counselors, psychologists, and family therapists may benefit from integrating mindfulness-based cognitive techniques into therapeutic programs for women experiencing spousal betrayal. Mental health professionals can use mindfulness interventions to improve emotional regulation, interpersonal communication, and existential well-being among affected individuals. Counseling centers and family clinics may also develop specialized support programs focused on betrayal-related trauma and emotional recovery. In addition, educational workshops aimed at improving emotional awareness, stress management, and healthy communication skills could help strengthen family relationships and reduce the psychological consequences associated with marital infidelity.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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