

## Comparison of Early Maladaptive Schemas, Lifestyle, Resilience and Happiness in Iranian Women Working in Toronto and Tehran with Emphasis on the Role of Immigration

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### Abstract

**Introduction:** One of the most important developments in immigration in recent decades is the increasing involvement of women in the immigration process and the increase in women's independent immigration, which is called the feminization of immigration. This study aimed to comparing Iranian women working in Toronto and Tehran in lifestyle, early maladaptive schemas, resilience, and happiness.

**Methods:** The present study was a causal-comparative study. The statistical population included all Iranian women working in Tehran and Iranian women immigrating to – Toronto, Canada. Using the convenient sampling method, 89 Iranian women working in Toronto and 93 Iranian women working in Tehran were selected (Out of the total number of questionnaires, 11 questionnaires from the group of immigrants and 7 questionnaires from the group of non-immigrants were excluded due to being distorted). Data collection tool included Young Schemas Questionnaire (YSQ-SF), Adler Basic Scales for Interpersonal Success - Adult Edition (BASIS-A), Connor & Davidson Resilience Scale, and Happiness / Depression Inventory.

**Results:** The results of MANOVA showed that there is a significant difference between the mean scores of some lifestyle components ( $p < 0.05$ ), a number of early maladaptive schemas ( $p < 0.05$ ), happiness components ( $p < 0.05$ ), and resilience of immigrant and non-immigrant women ( $p < 0.05$ ).

**Conclusion:** Accordingly, immigration in Iranian women can be a factor for changes in various aspects of psychology such as resilience, happiness and lifestyle.

**Declaration of Interest:** None

**Keywords:** Immigrant women, Happiness, Early maladaptive schemas, Resilience, Lifestyle.

## **Introduction**

**M**igration and change of citizenship require new schemas, styles, and lifestyles; because the confrontation with the "other" and changes such as the need to speak another language, eat different foods, listen to different music, and generally redefine citizenship are inevitable (1). The term "schema" has a long history in the field of psychology, especially in cognitive development. In the context of cognitive development, a schema is a pattern of reality or experience to help individuals understand or describe themselves (2). Piaget (3) used the term to describe the performance structures of children and defined it as a "pattern of action to interact with the environment." Adler, also used the term "schema of apperception" for the first time to refer to the individual and the world (4). The schema of apperception is the openness of this theory towards a coherent understanding of individual complexity, one's relation to the world, and implicitly an understanding of the conscious, the psyche, and existence (4). Adler, also used the term "neurotic schema" to describe a person's psychopathology (5). Beck (6) introduced the concept of schemas for working with depression and, more recently, for treating personality disorders. The use of the terms schema and schema therapy has emerged as a central theme in various subsystems of the cognitive sciences and different schools of psychotherapy (7). Dozois et al (8) stated that early maladaptive schemas are similar to Adlerian 'formulas of various personality disorders and that the term "schemas" reflects Adlerian' lifestyle beliefs.

Early schemas determine how events are perceived. Schemas are cognitive keys derived from past experiences that may interfere with everyday experiences (9). Early maladaptive schemas are formed due to specific genetic traits and the failure to meet emotional needs in early childhood experience (10). The schemas are active in other similar situations and lead to anxiety and depression (11). A schema can facilitate rapid stimulus identification, recall of scheme-related information, interpretation of ambiguous stimuli, and selection of response guides (9). Similarly, in cognitive psychology, a schema is a set of fully automated, systematic, and organized beliefs or knowledge about a person's goals and abilities that is stored in long-term memory (11). Early schemas have effective criteria for regulating attention, concentration, coding, storage, and information retrieval and have a strong relationship with other system components such as physiology and emotion (10).

The interpretation of the early scheme is very close to Adler's belief in lifestyle (12). According to Adler, lifestyle is a set of personality traits that each person mentally develops in the early years of childhood in the form of a systematic scheme in the social context of the family (12). Adler, believes that the child tries different behaviors in response to the environment and then develops his or her unique view of himself, others, and the world (12). Adler (1933) defines lifestyle as the "totality of a person's individuality" (13). According to Benesch (14), for the Adlerian, lifestyle is a specific way of thinking, seeing, and feeling life. According to Benesch (14), Adler's schema therapy and psychology complement each other well. Also,

according to Dozois et al (8), the concept of "courage to be imperfect" in Adler's approach is very similar to the meaning of resilience. In this view, based on lifestyle-based intervention, a person's degree of resilience is equivalent to the amount of courage he or she shows to be imperfect.

Psychological resilience is the ability to cope with a crisis mentally or emotionally or return quickly to a pre-crisis state (15). Resilience exists when a person uses "mental processes to promote personal assets and protect themselves from the potential negative effects of stressors" (16). Psychological resilience allows people to stay calm in times of crisis and get through it without long-term negative consequences (15). Some studies suggest a correlation between different psychological variables such as life satisfaction and happiness with resilience. For example, researchers at the Faculty of Psychology of the Autonomous University of Barcelona showed that resilient people were happier with life and had control over their emotions and minds. There seems to be a positive relationship between resilience and life satisfaction (17). Another study published by researchers at the Universities of Cambridge and Southern California in 2008 found that although women start life happier than men, they have more difficulty achieving their goals (18). Examining long-standing national data on the role of lack of psychological well-being, the study found that expectations of success may vary between generations and that demographic characteristics change over time. Some also found that by controlling for related factors such as race and education, women were happier than men on average in early adulthood, but after the age of 48, the

situation reversed, especially concerning family and finances (18). This study also showed three important age periods in the lives of women different from men in terms of satisfaction and experience of happiness: the first period, about 41 years, that is, the age when men's financial satisfaction exceeds women's financial satisfaction; Second, about 48 years old, the age at which the general happiness of men exceeds the general happiness of women; And about 64 years old, the age when men are more satisfied with family life than women (18). Researchers at the University of Virginia, the University of Illinois at Urbana-Champaign, and the University of Michigan State (2007-2008) analyzed data from studies of global values, including economic, social, political, and religious, and concluded that many Welfare indicators (such as relationships, employment, health, and longevity) are associated with happiness (19).

Despite the above results, the findings of this group of researchers challenged the relationship between happiness and the tendency to change in living conditions. Researchers have hypothesized that people with mild happiness may be more successful in some ways than those who consider themselves at the top of the happiness scale (20). Completely happy people may be less inclined to change their behavior or adapt to external changes. Data from the Global Values Survey supports this prediction. The highest level of income, education, and political participation are in people who have a moderate level of life satisfaction (21). Also, globalization seems to have made migration one of the most familiar social, cultural, economic, and political issues in

recent years. Factors such as poverty, disease, political issues, food shortages, natural disasters, war, unemployment, and lack of security are reasons for migration (22). Motivation to have health, improved education, increased income, better housing, and political freedoms are other factors involved in migration (23).

It is important to note that women today do not limit themselves to traditional tasks. Changing attitudes and beliefs of the young generation regarding the role of women in society and increasing the level of economic and social expectations and inclinations have caused women to strive for higher social and economic positions. In this regard, in addition to striving for social mobility, migration has also been one of the basic strategies of women to achieve a better position (24). In this regard, the increase in independent migration of women is one of the most important immigration developments in recent decades, which is called the feminization of migration. Increasing the level of education and consequently, the desire for social mobility among women has led to more spatial and immigration movements in them (25); Over the past half-century, the internal and external migration of women has increased significantly. According to UN estimates, the share of women in international migration has risen from 6.46% in 1960 to 8.48% in 2000 (26). Data from the United Nations Population Division in 2013 show that 48% of international migration is to women (26). The proportion of women migrating in Europe is about 52% and in Asia is 42%, which is the highest and lowest among continents, respectively (27). In Canada, most immigrants are from non-English speaking communities, of

which more than 50% are Asian (27). A significant number of these immigrants are Iranian women (27). Although the share of women in internal and external migration is increasing, studies in this area are limited. Various variables such as age, marital status, skills, education, specialization, etc. are among the indicators of human capital that have a direct effect on women's decision-making and immigration behavior (25). Also, according to the findings of some research, employment is an important factor in women's migration (26).

Considering the importance of the variables discussed in the research and the necessity of the mental health of immigrant women as well as the characteristics of women who prefer immigration, the present study was developed. This study aimed to investigate the differences between early maladaptive schemas, lifestyle, resilience, and happiness in Iranian women working in Toronto and Tehran with emphasis on the role of immigration.

## Method

The present study is an applied and descriptive study of causal-comparative type. The study population included all Iranian women working in Tehran and Iranian women immigrating to Toronto, Canada who have been in Canada for at least six months and are also employed. The demographic data of Canada according to the year 2016 census is as follows: The population of Iranians in Canada were 210405 people, of which 106565 are men and 103840 are women (Statistics Canada, 2017). Also, 97110 of them were residents of Toronto (Toronto and its suburbs). The sampling method in

the present study is of the convenient type. In the present study, The number of members in the sample group was 200, including 100 Iranian women working in Toronto and 100 Iranian women working in Tehran (out of the total number of questionnaires, 11 questionnaires from the immigrant group and 7 questionnaires from the non-immigrant group were removed due to distortion), resulting in 89 Immigrant group members and 93 non-immigrant group members were examined..Data collection was done by using the following tools:

**Young Schema Questionnaire-Short Form (YSQ-SF):** YSQ-SF is a 75-item self-report questionnaire that measures 15 EMS (early maladaptive schemas) (28). EMS is grouped into five broad domains: Disconnection and rejection, impaired autonomy, impaired limits, other-directedness, and over vigilance and inhibition. Each item is rated on a Likert scale from 1 (completely untrue of me) to 6 (describes me perfectly). The YSQSF shows adequate reliability and validity in predicting psychopathology in different studies. The Persian Version of YSQ-SF has good psychometric properties in undergraduate students, but only verified 14 factors and 3 domains. In the research of Khosravani et al (29), the internal consistency coefficient of the questionnaire was obtained by calculating the validity and reliability coefficient for the whole questionnaire of 0.94.

**Basic Adlerian Scales for Interpersonal Success-Adult Form (BASIS-A):** The BASIS – A has five scales that are correlated with Rudolf Dreikur's traditional lifestyle types (30). The five personality/ subscales include: The Going

Along scale which is similar to the being good type; The Taking Charge scale which is equivalent to the controlling type; the Being Cautious scale is the victimized type; the Wanting Recognition looks at a need to be liked and accepted by others as well as recognized for personal efforts, and the Belonging/Social Interest scale is correlated with the being socially useful type. Research shows that the use of BASIS- A in areas such as health, well-being, self-esteem, and the process of acculturation has also shown successful and promising results. In a study that used BASIS-A and CRIS (Stress Coping Resources Questionnaire), six of the ten BASIS-A scales correlated with scores related to coping resource efficiency (30).

**Connor-Davidson Resilience Scale (CD-RISC):** Connor-Davidson Resilience Scale was devised as a simple, practical self-rating scale to rate and quantify characteristics of the resilience trait (31). The scale has 25 items, each of which is scored from 0-4. Respondents rate items on a scale from false (0) to always true (4). The full range is from 0 to 100, with greater scores reflecting higher resilience. The inventors of CD-RISC (31) summarized 17 most notable characteristics of resilient people, some of which include: “View change or stress as a challenge/opportunity”, “Recognition of limits to control”, “Personal or collective goals”, “Strengthening effect of stress”, “Realistic sense of control/having choices”, “Action-oriented approach”, “Tolerance of negative affect”, and “Adaptability to change”. The CD-RISC has been of great interest to Iranian researchers and practitioners. The feasibility of the scale has been verified in several Iranian studies in different

populations for use with people with substance dependency, chronic pain, and spinal cord injury. The reliability coefficient of this scale has been reported to be 0.89 by Cronbach's alpha method and its validity has been reported to be 0.87 by the factor analysis method (31).

### **Happiness / Depression Questionnaire:**

This questionnaire was prepared by Rashid in 2008 to measure the level of happiness of individuals based on Seligman's theory of happiness and prosperity (32). According to Seligman, lasting happiness has three components: a pleasant life, an enthusiastic life, and a meaningful life. The Happiness / Depression Questionnaire has 21 items and three subscales of a pleasant life, enthusiastic, and meaningful. This questionnaire is a 4-point self-report

tool. According to Rashid, the Happiness / Depression Questionnaire was designed to assess happiness. The reliability of the internal consistency of this questionnaire is desirable and its overall alpha coefficient is 0.90 and the alpha of the subscales is reported 0.78 to 0.80 (32).

### **Results**

As the results of Table 1 show, the mean and standard deviation of the research variables in Iranian immigrant and non-immigrant women are relatively similar. However, the mean scores of early maladaptive schemas, resilience, and happiness in the immigrant group are higher than the non-immigrant group and the mean scores of lifestyles in the non-immigrant group are higher than the immigrant group.

**Table1.** The mean and standard deviation of research variables in Iranian immigrant and non-immigrant women

	Variable	Group	M	SD	Number
<b>Early maladaptive schemas</b>	Insufficient Self-Control and/or Self-Discipline	Immigrant	15.73	6.67	89
		Non-immigrant	17.96	5.53	93
	Entitlement/Grandiosity	Immigrant	21.81	3.88	89
		Non-immigrant	18.46	6.12	93
	Unrelenting Standards/Hypercriticalness	Immigrant	23.42	4.92	89
		Non-immigrant	20.66	7.23	93
	Emotional Inhibition	Immigrant	10.29	4.46	89
		Non-immigrant	13.4	4.78	93
	Self-Sacrifice	Immigrant	22.90	5.63	89
		Non-immigrant	19.57	7.45	93
	Subjugation	Immigrant	12.47	4.66	89
		Non-immigrant	14.66	6.80	93
	Enmeshment/Undeveloped Self	Immigrant	11.38	3.56	89
		Non-immigrant	14.05	3.98	93
	Vulnerability to Harm or Illness	Immigrant	16.11	5.61	89
		Non-immigrant	18.24	6.57	93
	Dependence/Incompetence	Immigrant	12.43	7.06	89
		Non-immigrant	16.20	4.62	93
	Failure	Immigrant	13.59	3.71	89
		Non-immigrant	18.61	5.99	93
Defectiveness/Shame	Immigrant	17.44	4.75	89	
	Non-immigrant	15.96	6.96	93	
Social Isolation/Alienation	Immigrant	16.58	5.54	89	
	Non-immigrant	19.47	6.98	93	

	Mistrust/Abuse	Immigrant	18.65	5.63	89
		Non-immigrant	19.29	7.84	93
	Abandonment/Instability	Immigrant	24.36	2.12	89
		Non-immigrant	21.98	6.36	93
	Emotional Deprivation	Immigrant	14.82	3.53	89
		Non-immigrant	16.26	5.22	93
<b>Lifestyle</b>	Belonging-Social Interest (BSI)	Immigrant	24.37	5.26	89
		Non-immigrant	23.16	7.42	93
	Going Along (GA)	Immigrant	32.04	4.18	89
		Non-immigrant	28.15	7.35	93
	Taking Charge (TC)	Immigrant	27.81	6.68	89
		Non-immigrant	26.08	9.37	93
	Wanting Recognition (WR)	Immigrant	24.19	3.64	89
		Non-immigrant	26.46	4.58	93
	Being Cautious (BC)	Immigrant	12.65	8.16	89
		Non-immigrant	15.77	6.74	93
	<b>Resilience</b>	Immigrant	64.36	11.12	89
		Non-immigrant	58.45	9.36	93
<b>Happiness</b>	Pleasure	Immigrant	16.23	4.31	89
		Non-immigrant	10.75	6.19	93
	Engagement	Immigrant	14.95	2.68	89
		Non-immigrant	12.57	3.85	93
	Meaning	Immigrant	13.64	5.06	89
		Non-immigrant	11.93	2.94	93

MANOVA was used to analyze the data. Before analysis, some of the most important underlying assumptions of this test, including the normality of data distribution related to dependent variables using the Kolmogorov-Smirnov test, the homogeneity of variance-covariance matrices using the M-box test, and the

homogeneity of variance errors using the Levene's test were examined. To determine the significance of the effect of the independent variable (group) on dependent variables, early maladaptive schemas, lifestyle, resilience, and happiness, the Lambda Wilkes test was used (Table2).

**Table2.** Results of Wilkes lambda test in multivariate analysis of variance

Test	Value	F	P	$\eta^2$
Lambda Wilkes	0.41	14.53	0.001	0.59

According to the results of this test (Table2), the difference between an Iranian immigrant and non-immigrant women in terms of dependent variables is generally significant at the level of 0.001 and the independent variable was able to

explain 0.59 of the linear composition variances of dependent variables. In the next step, to examine each of the dependent variables separately, the results of the univariate analysis of variance ANOVA were used.

**Table3.** Results of analysis of variance comparing the scores of dependent variables in Iranian immigrant and non-immigrant women

Variable	SS	Df	MS	F	P	$\eta^2$
<b>Early maladaptive schemas</b>	118.21	1	118.21	3.12	0.084	0.09
<b>life style</b>	1063.17	1	1063.17	25.03	0.001	0.62
<b>Resilience</b>	2154.04	1	2154.04	12.69	0.001	0.51
<b>Happiness</b>	426.48	1	426.48	5.54	0.026	0.24

As the results in Table 3 show, there is no significant difference between the mean scores of early maladaptive schemas in the group of immigrant and non-immigrant women  $\{F_{(1,180)}=5.54, P> 0.05, \eta^2=0.09\}$ . There is a significant difference between the mean scores of lifestyle in the group of immigrant and non-immigrant women  $\{F_{(1,180)}=25.03, P< 0.001, \eta^2=0.62\}$ . There is a significant difference between the mean scores of happiness, meaning that the mean scores of immigrant women in happiness are significantly higher than the group of non-immigrant women  $\{F_{(1,180)}=12.69, P< 0.001, \eta^2=0.51\}$ . There is a significant difference between the mean scores of resilience, meaning that the

mean scores of immigrant women in resilience are significantly higher than the group of non-immigrant women  $\{F_{(1,180)}=5.54, P< 0.026, \eta^2=0.24\}$ .

The BASIS – A has five scales that are correlated with Rudolf Dreikur's traditional lifestyle types. The five personality/ subscales include: The Going Along scale which is similar to the being good type; The Taking Charge scale which is equivalent to the controlling type; the Being Cautious scale is the victimized type; the Wanting Recognition looks at a need to be liked and accepted by others as well as recognized for personal efforts, and the Belonging/Social Interest scale is correlated with the being socially useful type.

Table4. Analysis of variance to compare lifestyle components in Iranian immigrant and non-immigrant women

Variable	Group	M	SS	df	MS	F	P
Belonging-Social Interest (BSI)	Immigrant	24.37	21.45	1	21.45	1.68	0.126
	Non-immigrant	23.16					
Going Along (GA)	Immigrant	32.04	356.17	1	356.17	32.63	0.001
	Non-immigrant	28.15					
Taking Charge (TC)	Immigrant	27.81	16.58	1	16.58	0.76	0.294
	Non-immigrant	26.08					
Wanting Recognition (WR)	Immigrant	24.19	112.84	1	112.84	8.24	0.006
	Non-immigrant	26.46					
Being Cautious (BC)	Immigrant	12.65	326.40	1	326.40	12.39	0.001
	Non-immigrant	15.77					

The results of analysis of variance to compare the components of lifestyle showed that there is no significant

difference between the mean scores of belonging/social Interest and taking charge in the group of immigrant and non-immigrant women; But there is a significant difference between the mean scores of going along, the wanting recognition and being cautious in the



group of immigrant and non-immigrant women.

Table5. Analysis of variance to compare happiness components in Iranian immigrant and non-immigrant women

Variable	Group	M	SS	Df	MS	F	P
Pleasure	Immigrant	16.23	146.72	1	146.72	10.56	0.001
	Non-immigrant	10.75					
Engagement	Immigrant	14.95	112.38	1	112.38	8.92	0.004
	Non-immigrant	12.57					
Meaning	Immigrant	13.64	37.16	1	37.16	3.88	0.069
	Non-immigrant	11.93					

The results of analysis of variance to compare the components of happiness showed that there is a significant difference between the mean scores of pleasant life and enthusiastic life in the

group of immigrant and non-immigrant women, but there is no significant difference between the mean scores of meaningful life in the group of immigrant and non-immigrant women.

Table6. Analysis of variance to compare early maladaptive schemas in Iranian immigrant and non-immigrant women

Variable	Group	SS	df	MS	F	P	$\eta^2$
Insufficient Self-Control and/or Self-Discipline	Immigrant	14.67	1	14.67	0.42	0.54	0.01
	Non-immigrant						
Entitlement/Grandiosity	Immigrant	56.63	1	56.63	2.14	0.26	0.02
	Non-immigrant						
Unrelenting Standards/Hypercriticalness	Immigrant	.18	1	0.18	0.11	0.76	0.01
	Non-immigrant						
Emotional Inhibition	Immigrant	12.9	1	12.9	0.38	0.57	0.01
	Non-immigrant						
Self-Sacrifice	Immigrant	35.28	1	35.28	1.44	0.23	0.01
	Non-immigrant						
Subjugation	Immigrant	18.61	1	18.61	0.25	0.61	0.01
	Non-immigrant						
Enmeshment/Undeveloped Self	Immigrant	66.12	1	66.12	2.56	0.11	0.03
	Non-immigrant						
Vulnerability to Harm or Illness	Immigrant	15.68	1	15.68	0.44	0.51	0.01
	Non-immigrant						
Dependence/Incompetence	Immigrant	228.16	1	228.16	9.74	0.002	0.09
	Non-immigrant						
Failure	Immigrant	425.66	1	425.66	21.86	0.001	0.16
	Non-immigrant						
Defectiveness/Shame	Immigrant	74.25	1	74.25	2.88	0.09	0.03
	Non-						

Social Isolation/Alienation	immigrant						
	Immigrant	198.14	1	198.14	5.68	0.02	0.05
Mistrust/Abuse	Non-immigrant						
	Immigrant	12.5	1	12.5	0.29	0.58	0.01
Abandonment/Instability	Non-immigrant						
	Immigrant	44.58	1	44.58	1.75	0.33	0.02
Emotional Deprivation	Non-immigrant						
	Immigrant	20.87	1	20.87	0.54	0.46	0.01

Results of analysis of variance between mean scores of insufficient self-control, entitlement/grandiosity, unrelenting standards, emotional inhibition, self-sacrifice, subjugation, enmeshment/undeveloped self, vulnerability to harm or illness, defectiveness/shame, mistrust/abuse, abandonment/deprivation, and emotional deprivation. There is no significant difference between immigrant and non-immigrant women; However, there is a significant difference between the mean scores of dependence/incompetence, Failure to achieve, and social isolation/alienation in the group of immigrant and non-immigrant women.

### Discussion and conclusion

The results of data analysis showed that there is a significant difference in lifestyle variables between Iranian women working in Toronto and Tehran, which is consistent with the results of Mohammadi (25), and Aghajanian et al (27). It seems that the difference in the lifestyle of Iranian immigrant and non-immigrant women is due to the difference in the social and cultural structure of their society. Canada is a Western and non-Islamic country based on individualism and Iran is an Eastern and Islamic country based on collectivism (25). Thus, these two countries

have different values, norms, beliefs, attitudes, and customs that determine the patterns of social relations, family relationships, how to achieve goals, spirituality, leisure, habits, type of clothing, level of activity, sleep, awakening and nutritional (27). The sum of these factors can explain the difference between Iranian women living in Toronto and Tehran in terms of lifestyle. It should be noted that in the present study, this difference in lifestyle dimensions including coping, cautious and wanting recognition was more pronounced. Accordingly, Iranian women living in Toronto follow a more regular process than Iranian women living in Tehran in three areas related to life tasks, namely social communication, work, and intimacy. In other words, the rate of compliance with the law is higher in Iranian immigrant women than in Iranian non-immigrant women. However, Iranian non-immigrant women value the opinion of others more than Iranian immigrant women. They want approval from others. Also, Iranian non-immigrant women feel less confident and secure in interpersonal situations than Iranian immigrant women. In other words, Iranian non-immigrant women are more likely than Iranian immigrant women to misinterpret the actions of others and are prone to pessimism.

The results showed that the early maladaptive schema between an Iranian immigrant and non-immigrant women was not significant. To explain this finding, we can refer to the findings of Schmidt et al (32). Maladaptive schema rise early annoying experiences may impair a person's ability to achieve goals or life satisfactions, resulting in feelings of hopelessness. Based on this, several conclusions can be drawn from the above finding: 1- Due to the formation of early maladaptive schema in childhood, it seems to be difficult to change them in adulthood. 2- It is possible that Iranian immigrant and non-immigrant women present in this study have similar initial experiences and therefore have a similar environment. 3- These results may be the result of some disturbing and uncontrolled variables in the research. Also, the above finding could have other reasons such as the mood of the subjects during the research and the non-introduction of the sample due to lack of random sampling.

The results of the present study showed that there is a significant difference between Iranian women working in Toronto and Tehran in the level of happiness and it is higher in immigrant women. This finding is consistent with the results of Shahidian (33), Gholizadeh et al (34) and Khodaviren (35). The difference in happiness was more pronounced in the components of a pleasant life and committed life. This means that Iranian women living in Toronto experience more positive emotions in the past, present, and future life and are more immersed in activities in various areas of life such as work, romantic relationships, entertainment, and games. The difference in the level of happiness in these women

can be attributed to factors such as income level, job success, economic stability, level of physical activity, women's role in society, level of religious, political, and social freedoms, sense of security, the scope of privacy, entertainment. For example, women in Canada have more freedom to choose the type of clothing and they can be in stadiums and sports venues without any restrictions. In this regard, the results of Khodaviren (35) study on Iranian immigrant women living in Canada indicates that the achievement of a liberal lifestyle of immigrant women is associated with freedom in choosing a lifestyle, and this can strengthen happiness, self-confidence, and independence. Also, Iranian women living in Toronto need less approval from others than Iranian women living in Tehran. Also, they feel more secure in interpersonal situations and are more optimistic about others. These factors can increase their level of happiness.

Finally, the results showed that there is a significant difference in resilience between Iranian women working in Toronto and Tehran and resilience is higher in immigrant women. This finding is consistent with the results of Hojjati (36). Hojjati (36) in her research showed that Iranian immigrant women living in Canada report high resilience that facilitates the achievement of their goals. Explaining this finding, we can point to the different lifestyles of immigrant women and their high level of happiness. Similarly, the results of research by Jang (37) and Lawrence et al. (38) suggest that happy people report a longer life expectancy and high health. The combination of these factors leads to the strengthening of resilience in happy people and accelerates

their recovery process after experiencing problems and difficulties. The pleasant experiences of immigrants have led to more experiences of positive emotions and feelings, and this has improved their quality of coping with stress, enduring suffering, and coping with problems. Cohn et al. (39) also stated that people who experience more positive emotions show a better ability to cope with stress and adversity when faced with problems and adversity.

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