

Original Article

Development and Validation of an Intervention Protocol based on the Mental Security of Divorced Women on Resilience and Psychological Well-being

Banafshe Hasanvand¹, Zahra Jahanbakhshi^{2*}, Fatemeh Nosrati³, Hossein Keshavarz Afshar³

¹Department of Counseling, Aras International Campus, University of Tehran, Iran

²Department of Counseling, Faculty of Psychology and Educational Sciences, ShahidBeheshti University, Tehran, Iran

³Department of Counseling, Faculty of Psychology and Educational Sciences, Tehran University, Tehran, Iran

Received: 18 Apr, 2023; Revised: 26 May, 2023; Accepted: 20 Jun, 2023

Abstract

Background and Aim: Marriage has been described as the most important and fundamental relationship among human beings. The research was conducted with the aim of developing and validating an intervention protocol based on the mental security of divorced women.

Materials and Methods: The research was conducted using a mixed method. The research method in the quantitative part was a quasi-experiment with a pre-test, post-test design and a control group. The statistical population of this part of the research consisted of all the divorced women of al-Shatar city in 1400-1401. 30 people (15 people in the experimental group and 15 people in the control group) were selected by simple random method. For each investigated factor, considering 12 experts, the minimum acceptable value for CVR is 0.88 and for CVI index is 0.79 based on Lauche table. In the qualitative part, a semi-structured interview and the tools used in the quantitative part were the Connor Davidson Resilience Scale Questionnaire, and the psychological well-being questionnaire.

Results: In the quantitative part, the results showed that the intervention protocol based on the psychological security of divorced women is effective on resilience and psychological well-being of divorced women.

Conclusion: Several factors play a role in the process of forming the mental security of divorced women, and by identifying them in different environments, cultures, and societies, necessary and effective measures can be taken to improve and promote the mental security of divorced women.

Keywords: Psychological security, Divorced women, Resilience, Well-being

***Corresponding Author:** Associate Professor of Counseling, Faculty of Psychology and Educational Sciences, ShahidBeheshti University, Tehran, Iran. Tell: (+98) 938-3994614. Email: z_jahanbakhshi@sbu.ac.

ORCID: 0000-0002-2839-9960

Please cite this article as: Hasanvand B, Jahanbakhshi Z, Nosrati F, Keshavarz Afshar H. Development and Validation of an Intervention Protocol based on the Mental Security of Divorced Women on Resilience and Psychological Well-being. Int. J. Appl. Behav. Sci. 2023;10(2):54-66.

Introduction

Marriage has been described as the most important and fundamental relationship of the humanity (1). The existence of a sense of psychosocial security in different dimensions among social groups, including women, from the psychological point of view is the feeling of trust, peace, and freedom from anxiety and fear about meeting one's needs in the present and future of an individual's life. People who feel psychosocial security are usually able to easily interact with others, and various social groups (such as family members, friends, neighbors, colleagues, therapists, doctors, support groups, religious communities) and institutions can become sources of support (2). In terms of performance, they have positive feelings in different situations and show hope, reinforcement and relief in different matters, so that it leads to happiness and morale and in stressful conditions and situations, they have resilience and can have the necessary adaptation (3). It can be said that happiness and peace belong to the one who has a sense of security and confidence. Therefore, it is important to pay attention to the psychosocial aspects of people, because having psychosocial security has a great effect on identification (2). According to various surveys, about half of first marriages in the United States end in divorce, and approximately 67% of second and subsequent marriages also lead to divorce (3). Divorce can be the cause of many problems, such as reduced self-efficacy, depression, anxiety and stress, which can have a bad effect on other family members, including children, and cause numerous problems in various aspects of a person's life, and somehow threaten a person's self-esteem, self-confidence and security (4). Therefore, in Iran's cultures, after divorce, cultural influences also increase the pressures that a person suffers in life (5). Due to the fact that divorce can affect the society and affect other aspects of life and somehow change life, it has attracted the attention of researchers in recent years (5).

In fact, one of the concepts that attracted the attention of researchers and scientists in the second half of the 20th century is psychosocial security. Psychological security means peace of mind resulting

from a person's confidence in satisfying his/her needs and desires and making sure that no one threatens him/her (6). Mental security refers to the provision of the health of society members against violent acts and solving the mental concerns of women.

On the other hand, in the last decade, Reef and his colleagues presented the model of psychological well-being or positive mental health. According to Reef's model, psychological well-being consists of 6 factors: self-acceptance (having a positive attitude and ability towards oneself), positive relationship with others (establishing warm and intimate relationships with others and the ability to empathize), autonomy (a sense of independence and the ability to stand up against social pressures), purposeful life (having a purpose in life and giving meaning to it), personal growth (a sense of continuous growth) and mastering the environment (a person's ability to manage the environment) (6). The reef pattern has been widely noticed in the world. Reef presented this model based on a review of mental health literature and stated that the components of the model are measures of positive mental health and these dimensions help to measure the level of well-being and positive functioning of a person. Based on a detailed review of the research literature and the coherence of developmental, mental health, clinical and life span theories, Reef pointed out that these views include similar criteria and complement positive psychological health (7). Maybe, it is not clear exactly what kind of treatment approach has a positive effect on which dimensions of problem in Iranian woman (7).

Resilience means the ability to get up from the ground again; It means returning to a peaceful life after hard and bitter experiences. If we can persevere in the face of adversities and continue to grow and live a happy life despite the hardships, it means that we have a lot of resilience and resilience is a behavioral miracle that brings us back to normal life (8). If we strengthen this ability and characteristic in ourselves, after experiencing sorrows and sufferings, failures and pressures and bitterness of life, we are able to put our hands on our knees and get up again. Resilience helps us heal wounds and have happier moments and live more peacefully. Resilience is an internal characteristic that allows people to return to normal

life after experiencing adversity, stronger and more capable than before (8).

The resilience challenge model works successfully as a potential factor in increasing adaptability. In this model, too little stress does not create enough challenge, and too much stress conveys helplessness to the individual, which can lead to maladaptive behavior. However, moderate levels of stress present a challenge to a person, and if a person overcomes this stress, his/her competence is strengthened (9). If the challenge is successfully completed, the person is prepared for the next challenge. This process is called resistance or immunity. If efforts to face the challenge do not end successfully, the individual will become increasingly vulnerable to risk. Therefore, the optimal level of stress occurs when adaptation is enhanced as much as the individual faces the challenge (9).

In recent years, a group of important mental health researchers from positive psychology have chosen a different theoretical and research approach to explain and study this concept. They considered mental health as equivalent to positive psychological functioning and conceptualized it in the form of the term "psychological well-being". This group does not consider the absence of disease to be enough to feel healthy, but they believe that having a feeling of satisfaction with life, efficient and effective interaction with the world, positive energy and mood, good connection and relationship with the society and positive progress are the characteristics of a healthy person. Reef considers psychological well-being as an individual's effort to realize his/her true potential. Psychological well-being in Reef et al.'s model consists of six components: the component of self-acceptance means having a positive attitude towards oneself and one's past life (10). If a person feels satisfied in evaluating his/her talents, abilities and activities in general and feels satisfied in referring to her past, she will have a favorable psychological function. All human beings try to have a positive attitude towards themselves, despite their limitations that they are aware of, which is the attitude of self-acceptance (10). The autonomy component refers to the feeling of independence, self-sufficiency and freedom from norms. A person who can make decisions based on his/her personal

thoughts, feelings and beliefs has the characteristic of autonomy. In fact, a person's ability to deal with social pressure is related to this component (11).

Some researchers conceptualize psychological well-being in terms of special components or processes such as emotional processes, and others have emphasized physical processes and note that there is a relationship between high physical health and high quality of life. Some other researchers describe psychological well-being more as a cognitive process, whose main indicator is life satisfaction (12). In describing psychological well-being, some emphasize the role of spiritual processes such as purposefulness in life, which leads to optimal performance. Some also point to individual and social processes such as having positive attention towards oneself and self-mastery, meaningful connections with others; Therefore, it seems that psychological well-being can be conceptualized according to emotional, physical, cognitive, spiritual, individual and social processes (12). Although the two words "mental health" and "mental well-being" have different meanings, they are sometimes used interchangeably (13). World Health Organization (WHO) experts define mental health and mental well-being as follows: "Mental health is the ability to communicate harmoniously with others, change and modify the personal and social environment, and resolve conflicts and personal desires in a logical, fair and appropriate manner" (13). Mental well-being is a specialized field within the scope of psychiatry, and its purpose is to create mental health by preventing mental illnesses, controlling the factors contributing to the occurrence of mental illnesses, early diagnosis of mental illnesses, and prevention of complications caused by the return of mental illnesses, and creating a healthy environment for establishing correct human relationships. So, mental well-being is a science for well-being, social welfare and rational compromise with life events (14).

In a research entitled the effectiveness of the psychological empowerment training program on increasing the psychological capital and emotional well-being related to the job of teachers, Wale et al showed that in the short and long term, the psychological empowerment training of the teacher package was effective in increasing the psychological resource, the positive dimension of emotional well-

being related to the job, and in contrast to reducing the negative emotions of the teacher, the negative aspect of the emotional well-being related to the job was experimentally effective (14). Nikkhah and Yousefi, in a research titled the relationship between the satisfaction of basic psychological needs in school and students' emotional well-being: the mediating role of cognitive emotion regulation strategies, showed that solving the need for competence and the need for communication in school positively and significantly and the need for self-following negatively and significantly predict the cognitive regulation of emotion, and the adaptive strategies of cognitive regulation of emotion were also a significant predictor variable of emotional well-being(14). Also, the mediating role of cognitive emotion regulation strategies in the relationship between satisfying basic psychological needs in school and emotional well-being of students was confirmed. Based on the findings of the research, it can be concluded that satisfying the basic psychological needs of students in school and their skill in using adaptive strategies of cognitive regulation of emotion will improve their emotional well-being (15). Fathi, Sharifi-Rohanmo, Esmailzadeh and Abbasi(15) in a research titled focal analysis of the relationship between resilience and psychosocial security based on the dimensions of social support in single women showed that there is a significant relationship between the dimensions of social support and the components of resilience and psychological security of single women. Also, the results showed that resilience variables with coefficients (16) and psychological security with coefficients (15) can be predicted by the variable dimensions of social support (16).

Shojaei-Mehr et al., in a research titled the relationship between psychological security, social support and resilience with the occurrence of post-traumatic stress disorder, showed that there is a negative and significant relationship between psychological security and post-traumatic stress disorder, between social support and post-traumatic stress disorder, and also between resilience and post-traumatic stress disorder (16). Nameni and BagherianKakhaki in a research titled the mediating role of feeling of psychological security in the

relationship between optimism and self-compassion with psychological well-being in the spouses of veterans showed that there was a positive and significant correlation between feeling of security and optimism and self-compassion, as well as between optimism, self-compassion and feeling of security with psychological well-being. The direct effect of optimism and self-compassion on psychological well-being was not significant (16). But the feeling of psychological security played a mediating role in the relationship between optimism and self-compassion with psychological well-being. The indices related to the fit of the path model indicated a relatively good fit of the model. The relationship between optimism and self-compassion with psychological well-being is not a simple linear relationship and the feeling of psychological security can mediate this relationship (16).

With regard to the mentioned cases, it can be pointed out that several factors are involved in the mental security of divorced women, which can be mentioned such as the decrease of public trust towards the enforcers, the establishment and maintenance of order, the existence of an oral culture with a strong function, the creation of rumors among the people, the lack of an active education and information system to improve the knowledge and security insight of the society. Security is one of the most important social, psychological and cultural components of any society, which according to the field of sociological and psychological studies, this component is necessary for individual and social life. The feeling of security is directly related to the phenomenon of security from the psychological aspect, therefore, it brings with it many topics and issues related to the creation of security or insecurity as a problem in society (16). Part of this problem is related to the social group of women, which in this research aims to represent the lived experience of divorced women from mental security in order to develop an intervention protocol.

This article aims to examine the psychological security of divorced women in terms of research scope (16). Also, according to the topics raised and the increase in the number of divorces and divorced women, it is possible to understand the necessity and importance of influencing factors in mental security and to know the influencing factors and to be aware of them, as well as

to develop an intervention protocol, and identifying these influencing factors and the context of these issues is one of the issues that should be systematically studied; And identifying the causes and influencing factors can play a significant role in improvement and planning (17).

Considering that there are various studies in the field of pre-marriage and pre-divorce intervention for appropriate decision-making regarding the marriage, there is still a gap for intervention protocol among divorced people. According to the our search in exisiting literature, there was no coherent and systematic Persian and native intervention protocol for interventions based on the psychological security and well-being-psychological and resilience of women, which can be used to intervene in the field of psychological security and promote their psychological well-being and resilience when necessary.

As a result, the current research aims to develop an intervention protocol for these people, and considering that divorced women are members of the society and the divorce rate is increasing, therefore, the researcher in the upcoming research has tried to identify and examine the representation of divorced women's lived experience of psychological security to develop an intervention protocol (18). And through exploration, extraction and analysis of indicators and dimensions related to the subject, on the one hand, it can provide the government officials with the benefits of the results in the direction of psychological security and improve the level of knowledge and awareness of individuals and families, which in turn will lead to the acquisition of the necessary skills to be able to introduce effective and innovative solutions in this field (18). On the other hand, the results of the present research can significantly contribute to the expansion and development of the knowledge of individuals and families regarding the phenomenon of divorce and mental security, and the identification of the underlying and continuing factors in divorce and mental security, and the development of an intervention protocol for mental security, resilience and psychological well-being of divorced women (18). Considering that security is a multidimensional phenomenon and it is possible to examine and study

it from different individual and social dimensions, therefore, in this research, women's sense of security will be investigated and an intervention protocol will be developed based on their lived experiences (19). Finally, the developed protocol will be implemented on their resilience and psychological well-being. It seems necessary to address this issue from different aspects in the women of Al-Shatar city, and it aims to answer the question, what is the lived experience of divorced women from psychological security in order to develop an intervention protocol? So that based on these women's lived experiences, an intervention protocol can be developed and designed, and based on the opinion of experts in this field, the protocol can be validated, evaluated and implemented, so that divorced women can be helped to develop resilience and psychological well-being with more knowledge and awareness in dealing with life issues. And is this intervention protocol effective on their resilience and psychological well-being?

Methods

In the second stage, the aim of the present study was to investigate the effectiveness of the intervention protocol training on resilience and psychological well-being of divorced women in Al-Shatar city. The current research was a semi-experimental design with a pre-test, post-test design with a control group. The statistical population of this part of the research consisted of all the divorced women of al-Shatar city in 1400-1401, from which 30 people (15 people in the experimental group and 15 people in the control group) were randomly selected. Ethical considerations include full and clear presentation of information to the participants and their voluntary participation in the study, confidentiality and preserving the dignity and rights of the participants, respect for the rights of individuals, human dignity and the diversity of beliefs and opinions, avoiding harm and discrimination, professional, scientific and educational esponsibility by the researchers, obtaining permission from the participants and referring to them by pseudonyms and remaining anonymous. Also, the entry criteria will include having an age range between 25-45 years old, the consent of the selected people to participate in the interview, women who have experience of marriage

and divorce once, female gender, and the exit criteria will include having a disorder or disease, unwillingness and consent to participate in the interview session. This research had code of ethics IR.SBU.REC.1401.111.

Materials

Resilience Questionnaire

Connor Davidson Resilience Scale (CD-RIS), this scale was developed by Connor and Davidson (11) and is well able to distinguish resilient people from non-resilient people in clinical and non-clinical groups and can also be used in clinical and research situations. This tool has 25 items and 5 factors. Trust in individual instincts, perception of individual competence, positive acceptance of change, tolerance of negative affect and secure relationships, control and meaning effects. Answers are on a Likert scale with a scale of one to five (completely false - always true). The score of the subject is calculated and obtained from the sum of the scores of all the questions. The cut-off point of the questionnaire is 50. The minimum score for this test is zero and the maximum score is 100. Validity (by factor analysis method and convergent and divergent validity) and reliability (by retest method and Cronbach's alpha) of the scale have been verified by the creators of the test in different groups (normal and at risk) (17). In Amini's research, Cronbach's alpha coefficient was 0.83 for the reliability of this test. The rating range of five-choice questions includes zero for completely false, one for rarely true, two for sometimes true, three for often true, and four for always true. People who get a score higher than 60 are considered to be resilient people (17).

Psychological well-being questionnaire

In this research, the 18-question psychological well-being questionnaire of Reef (19) was used. This questionnaire has 84 questions and measures the six factors of autonomy, control over the environment, personal growth, positive relationship with others, purposefulness in life and self-acceptance, while the sum of these six factors calculates the overall score of psychological well-being. Participants answer the questions on a 6-point scale (completely agree to completely disagree). Forty-seven questions are

scored directly and thirty-seven questions are scored inversely. Cronbach's alpha obtained in Reef's study was reported for positive communication with others (0.91), self-acceptance (0.93), purposefulness in life (0.90), control over the environment (0.90), autonomy (0.86) and personal growth (0.87) (18). Daironek (14) found the internal consistency of the subscales to be appropriate and their Cronbach's alpha between 0.77 and 0.90. In Bayani's research, Mohammad Kochaki and Bayani obtained internal consistency through Cronbach's alpha, 0.82, and the correlation coefficient obtained through retesting was 0.76 for the whole scale and 0.70 to 0.78 for the subscales, all of which were significant at the $p < 0.01$ level (18).

Effectiveness Stage

The evaluation of the effectiveness of training based on the developed protocol on the psychological well-being and mental security of divorced women in Al-Shatar city. Therefore, in order to achieve this goal, 8 60-minute training sessions were developed in two weeks, and in these sessions, training based on the developed protocol was presented. The content of the training sessions was compiled by adapting the interviews in the field of divorced women and implemented as follows.

Data Collection

At this stage, taking into account the minimum sample size in experimental research, 30 divorced women from Al-Shatar city were selected as samples and randomly assigned 15 people to each group, in two experimental and control groups. Then, the members of the experimental group received training based on the developed model for 1 hour during 7 sessions. In order for the divorced women to maintain their engagement with the topic of the session until the next training session, at the end of each session they were given assignments and in the next session, the assignment given in the previous session was reviewed. Divorced women in the control group followed their normal schedule. After the implementation of the training sessions, the post-test was performed by both experimental and control groups. These sessions were held at 10:30 to 11:30 pm on Sundays for 7 weeks and the last session was held on Monday after the last session and with full compliance with health protocols.

In the second stage, in order to compile the protocol,

the Delphi technique was used, which is one of the methods of group knowledge acquisition, a structured process for forecasting and helping to make decisions during the survey rounds, gathering information and finally, group consensus. In order to formulate and design the protocol, the lived experiences of divorced women were used, and psychologists and expert consultants (12 people) were used in this field to validate the protocol. To evaluate the content validity of the protocol, the content validity index method of Lavshé was used, the value of which was 0.88. In this method, in order to quantify the agreement of the panel members, two validity indices, including the relative content validity index (CVR) and the content validity index (CVI) were used to evaluate the content validity from the experts' point of view. These two indicators actually measure the convergence of the experts in this field regarding the necessity and relevance of the final factors with the desired classes in the content analysis process, which is mentioned below in how they are calculated: the relative coefficient of content validity (the number of experts who recognized the item in question as necessary - half of experts/half of experts); and the content validity index (the number of experts who recognized the desired item as relevant or unrelated but in need of revision/the total number of experts). For each investigated factor, taking into account 12 experts, the minimum acceptable value for CVR is 0.88 and for CVI index is 0.79 based on Lauche table.

Results

Considering that the purpose of the present study was to investigate the effectiveness of the intervention protocol based on the mental security of divorced women on their resilience and psychological well-being, the descriptive information of the scores of resilience and psychological well-being in divorced women in the pre-test and post-test in the experimental and control groups, the results of the homogeneity hypothesis test report and the results of the analysis of covariance on the averages of the pre-test and post-test scores of the experimental and control groups in enhancing resilience Psychological well-being in divorced women is presented below.

Table 1 shows the descriptive information in pre-test and post-test of psychological well-being and resilience in two experimental and control groups. Based on the data in Table 2, the mean and standard deviation of the psychological well-being scale in the experimental group was 307.87 and 9.5 in the pre-test, and 317.53 and 9.04 in the post-test, and also in the psychological well-being of the control group, it was 309.93 and 8.8 in the pre-test, and 310.33 and 8.89 in the post-test. In the resilience variable, the mean and standard deviation in the experimental group were 58.47 and 3.49 in the pre-test, and 62.34 and 3.8 in the post-test, and in the control group, they were 58.6 and 2.78 in the pre-test and 58.87 and 2.64 in the post-test. The homogeneity of the slopes with the value of $F(1.26) = 2.96$ is not significant for psychological well-being, so the assumption of homogeneity of the regression slopes for the variable of psychological well-being has been fulfilled. Also, Levin's test of homogeneity of variances in the psychological well-being variable ($p=0.46$ and $F=0.55$) is not significant at the 0.05 level. Therefore, the variance of the two experimental and control groups in the psychological well-being variable is not significantly different, and the assumption of homogeneity of variances is confirmed. According to the findings of table 3 and Levine's test, covariance analysis was used to investigate the desired hypothesis, the results of which are presented in table 3.

The contents of table 4 show that the F value ($F=787.98$) and the significance level (0.001) in the group variable indicate the difference between the two experimental and control groups in the post-test. Therefore, the obtained results indicate the effectiveness of the intervention protocol based on the psychological security of divorced women on the psychological well-being of the participants. In other words, the intervention protocol based on the psychological security of divorced women has been able to increase the psychological well-being score in the participants of the experimental group, that is, it has improved the psychological well-being of divorced women. The value of $\eta^2=0.96$ is also a proof of the high effectiveness of this method on the mentioned variable.

The homogeneity of the slopes with the value of (26.1) $F=0.47$ is not significant for resilience, so the

assumption of homogeneity of the regression slopes for the resilience variable has been fulfilled. Also, Levin's test of homogeneity of variances in the resilience variable ($p=0.71$ and $F=0.133$) is not

significant at the 0.05 level. Therefore, the variance of the two experimental and control groups in the resilience

Table 1: Steps and Content of Sessions

Session	Content
First: Divorced women's general familiarity with the test process and variables such as psychological well-being, resilience, psychological security and pre-test implementation.	In this meeting, the objectives of the research were briefly explained for divorced women and the number of meetings and the duration of the training were discussed. The initial assessment was carried out after brief explanations regarding the variables of psychological security, psychological well-being and resilience, and the positive psychological consequences of the research were explained to them, and divorced women were asked to participate actively during the testing process. Next, they were asked to raise their questions and doubts, and if they had positive or negative experiences in the field of research variables, they were asked to express them.
Second: Introducing the factors and components of psychological security, resilience and psychological well-being and creating positive physical effects on the individual	In this meeting, the factors and sub-components of psychological security, resilience and psychological well-being and creating positive physical effects on the individual were briefly introduced. The participants were asked to write down the most important reasons for health and physical effects and present them in the next meeting.
Third: Creating positive psychological and emotional effects in a person.	First, the concept of creating values and finding meaning and purposefulness was explained, and in the rest of the training, what makes life important for people, and getting meaning from the experience of values and getting meaning from wishes and hopes were mentioned, and why and how these things can create this sense of hope and hopefulness. What sorts of things make a person feel hopeful in life? Why and how can such feelings arise in people? Next, they were asked to answer the question, how much does having hope and self-belief help them progress? Why and how do these possible developments occur and lead to feelings of security?
Fourth: Cognitive effects.	First, the concept of cognition and positive thinking was expressed and its importance in today's life was emphasized. It was explained what things can be done in life and what reasons make these activities pleasant and positive beliefs, what motivations and behaviors make us enjoy doing something. Rethinking thoughts, reviewing documents related to thoughts, being realistic, changing mental images, using simple language, using positive emphasis phrases, revising beliefs, learning how to replace negative thoughts with positive ones.
Fifth: Behavioral effects.	First, punishment and reward were examined, the duties of people at home, community and workplace were stated and people were asked to imagine themselves in the position and situation of the time of marriage and express their behavior with other people in the group and how they like to be treated and also how they should treat others. The mentioned cases were reviewed by a group and its positive points were emphasized and the negative cases were also explained with valid reasons. And in a way, self-blame and reward were described. They were asked to explain with whom they would like to raise and share if they have a problem and what is the reason for this behavior or a special behavior on the part of that person. In the following, the personality traits, behavioral styles and individual and group problems were explained to them as well as the interactive space so that they can analyze better and understand this matter well. At the end, they were asked to review the items asked in the training session and write a list of their good and bad qualities and good and bad traits and achieve some kind of self-knowledge.

Sixth: Emotional effects.	Finding meaning through attitudinal values including compassion, suffering, courage, humor, etc., accurately drawing one's feelings and emotions, laughing at life's problems and paying more attention to wisdom, teaching empathic skills. This session started with the review of the assignment of the previous session, people were asked to write their level of satisfaction with their lives on anonymous sheets, to state how much family and friends help them and in what form this help is, and to mention an example for them. They were also asked to state how comfortable they feel with their family members (parents, brothers and sisters). Express how they would like society to treat them. Teaching the skill of active and receptive listening so that people can be more accepting and caring towards each other and acquire skills in transferring this acceptance and accept each other so that they can solve problems in a problem-oriented manner.
Seventh: Reviewing and summarizing the contents and conducting post-exams.	In this meeting, divorced women were reminded of all the issues raised in the previous meetings and all their questions and doubts were answered. Also, in this meeting, their feedback was received and the post-test was also conducted. At the end, they were asked to review and implement the training given as a homework. The most important goals that the researcher sought from the implementation of education based on the developed model are: 1- Improving mental security in divorced women of Al-Shatar city. 2- Improving psychological well-being and resilience in divorced women of Al-Shatar city.

Table 2: Descriptive information of resilience and psychological well-being of divorced women in the pre-test and post-test in the experimental and control groups.

Group	Stage	Test		Control	
		Pre-test	Post-test	Pre-test	Post-test
Psychological well-being	Mean	307.87	317.53	309.93	310.33
	SD*	9.5	9.04	8.8	8.89
Resilience	Mean	58.47	62.34	58.6	58.87
	SD	3.49	3.8	2.78	2.64

SD: Standard deviation, N=30

Table 3: The results of the test report of the assumption of homogeneity of the slopes.

Variables	Sum of Squares	d.f	Average of Squares	F	Sig	Eta ²
Group	4.85	2	4.85	6.52	0.017	0.2
Pre-test	2226.68	1	2226.68	2294.32	0.001	0.99
Pre-test Group*	2.199	1	2.199	2.96	0.97	0.1
Error	19.33	26	0.744	--	--	--

variable is not significantly different, and the assumption of homogeneity of variances is confirmed. According to the findings of table 2 and Levine's test, covariance analysis was used to investigate the desired hypothesis, the results of which are presented in table 5.

The contents of table 6 show that the F value ($F=50.35$) and the significance level (0.001) in the group variable indicate the difference between the two experimental and control groups in the post-test. Therefore, the obtained results indicate the effectiveness of the intervention protocol based on

the psychological security of divorced women on the resilience of the participants. In other words, the intervention protocol based on the psychological security of divorced women has been able to increase the resilience score in the participants of the experimental group, that is, it has improved the resilience of students. The value of $\eta^2=0.651$ is also a proof of the high effectiveness of this method on the mentioned variable.

Table 4:Results of analysis of covariance test in psychological well-being.

Variables	Source of changes	Sum of Squares	d.f	Average of Squares	F	P value	Eta ²
Psychological well-being	Pre-test	2229.53	1	2229.53	2795.53	0.001	0.99
	Group	628.44	1	628.44	787.98	0.001	0.96
	Error	21.53	27	0.794	--	--	--

Table 5:The results of the test report of the assumption of homogeneity of the slopes.

Variables	Sum of Squares	d.f	Average of Squares	F	P value	Eta ²
Group	0.213	1	0.213	0.108	0.745	0.004
Pre-test	230.08	1	230.08	117.32	0.001	0.82
Pre-test Group*	0.921	1	0.921	0.47	0.49	0.18
Error	50.99	26	1.96	--	--	--

Table 6:The results of analysis of covariance in resilience.

Variables	Source of changes	Sum of squares	d.f	Average of Squares	F	P value	Eta ²
Resilience	Pre-test	294.15	1	249.15	129.59	0.001	0.828
	Group	96.78	1	96.78	50.35	0.001	0.651
	Error	51.91	27	1.92	--	--	--

Discussion

The purpose of the present study was to investigate the effectiveness of the intervention protocol based on the psychological security of divorced women on their resilience and psychological well-being, and the results showed that the intervention protocol based on the psychological security of divorced women is effective on their resilience(19), and the implementation of the protocol has been able to promote the resilience of divorced women, which is in line with the results of various studies 19); In the explanation of these findings, it can be said that women experience a sense of psychological security, their lives become meaningful, controllable and understandable, as a result of which a regular, stable and predictable life is created and stress becomes bearable. The results of Haiderkhani et al.'s (20) research confirm that receiving emotional support is associated with women's mental health. The head of the household has a direct relationship, and secondly, a market support and a feeling in women can form different feelings. The participants of this research also narrated stories from is guardianship and playing the role of father and mother or wife and a husband,

financial, emotional, and informational support for four grandchildren. They need a tool. However, according to Kaafman (20) The support given by society to a female head of the family.

It forces him to understand the fourfold support above fluctuate. The interviewees of this research on poisoning behaviors supporters and especially men, except male relatives or the employees of offices. As a result, fear of failure some of them are personal boundaries (11). So that the suggestion of any support from created strangely and specifically, they place men in a space full of risk and insecurity.

The supporters are also in a state of uncertainty. In a "Relationship with opposing ", the challenge of the most provocative dimensions receiving help and support for the women. Narratives the interviewees show that they can be in the field. She divided it into three categories. Avoid from receiving support, because of the fear of being labeled, strategy, risking or in colloquial terms, "stealth" of the story. The mean-spirited and "disregarding the words of the people" end up being extremists. And psychological security leads to the formation of beliefs such as that the internal and external stimuli that are in the path of life are predictable and explainable, and that a person has the resources and abilities to face a set of these

stimuli, which brings a sense of psychological security to face these stimuli, and this sense of security can also create a basis for improving resilience for a person. It can also be said that people who feel psychologically secure, hard work will be one of their behavioral outputs, and hard work will help women to turn difficulties into profitable opportunities in facing stressful changes (21). A person's adaptation methods and family characteristics help him to master the pressures and unfavorable conditions of life and thus not to be disturbed and disturbed when facing various conflicts of life and work. In addition, a person should believe in his abilities to influence the results of events, which in turn causes a sense of efficiency, self-esteem and self-confidence, followed by an increase in emotional empathy and a sense of empowerment; As a result, the feeling of mental security creates protective factors that increase resilience in divorced women both from the psychological and social aspects. As a result, the state of mastery over life increases and leads to the improvement of the person's optimism and the reduction of despair. As a result, various problems will seem solvable for him and gradually the person learns to manage stress and can act more adaptively and become resilient in different situations (20).

Also, the results of the research showed that the intervention protocol based on the psychological security of divorced women is effective on their psychological well-being, or in other words, the implementation of the protocol has been able to improve the psychological well-being of divorced women, which is in line with the results of various researches (21, 22); In the explanation of these findings, we can refer to Vinhoven's theory, which suggests that mental security and well-being includes satisfaction with life, the meaning of life, achieving goals and happiness, and physical security and well-being or health includes daily life activities, appetite and sleep, and social security and well-being and interpersonal relationships and financial or economic well-being, and even creates a basis for happiness in the individual, and as a result, considering that the implementation of the mental security protocol and its promotion can create positive effects in different dimensions in different dimensions in divorced

women It creates a psychological well-being. Also, Muri (22) states that security creates the basis of self-esteem and satisfaction in a person and makes a person believe in himself and tries with freedom and authority to take the initiative in various fields and feel responsible for the work and issues related to life, and people can accept responsibility for their work and improve their self-confidence, and people can experience the necessary independence and empowerment, which can also create a psychological well-being in divorced women.

In another explanation, it can be stated that by promoting security in different dimensions and implementing psychological security protocol, it becomes possible to express affection and care for others and help others and even ask for help from others, a sense of altruism and confirmation of doing the right thing and accepting mistakes and trying to correct them and correcting false beliefs and maintaining independence and dignity. And the divorced person no longer feels alone and can take advantage of active coping strategies such as problem solving and seeking social support, and as a result, individual satisfaction increases. As a result, a person with interest, care, love, respect is placed in a network with two-way and even multi-way obligations, and a divorced person lives with positive and logical thoughts and constructive interactions and creates motivation and with a broad and positive vision, which can also provide a basis for psychological well-being for a person (22). In another explanation, it can be stated that with the promotion and feeling of psychological security in a non-fusion person, negative thoughts about life are reduced and the person accepts the realities of life, so that the negative and pervasive nature of the pattern of relationships and behaviors is reduced and the person will be less suspicious and will have more flexibility in relationships. In fact, the feeling of security helps these people not to feel injured or hopeless, and life becomes meaningful and valuable for them, and as a result, they look at things with hope and the feeling of hopelessness and despair goes away from their lives (22).

One of the limitations of the research was the lack of access to divorced women in the research and their lack of cooperation, and also the findings of the

current research are based on the interviews of a limited number of divorced women, therefore the findings and the model are largely dependent on the mental paradigms of these people, and the use of only these interviews was one of the limitations. Among the other restrictions, due to the social and legal problem regarding the security and private life issues of divorced women, it was sometimes difficult to obtain the consent and clear response of some of them and it was accompanied by a kind of secrecy.

Conclusion

Considering that the situation of different classes can be one of the challenges of the health system of the world and consequently of our country, Iran, and that the lack of security in divorced women as a complex process can bring many harmful and irreparable complications and consequences in the physical, psychological, social and economic spheres in the individual, family and society, and that there has not been any research in the field of psychosocial security with a qualitative method, as a result, it is hoped that according to the achievements and results of this research, methods can be proposed By identifying the causes and factors influencing the psychological and social security of divorced women, actions and behavior can be organized and shaped in an intelligent way and provide a basis to scientifically take steps in the field of security and insecurity and help individuals, families and society towards a healthy and developed life.

Acknowledgment

None.

Conflict of Interest

The authors declare that they have no conflict of interest.

References

1. Janowski K, Tatala M, Jedynak T, Wałachowska K. Social support and psychosocial functioning in women

- after mastectomy. *Palliat Support Care*, 2020;18(3):314-21.
2. Shojaeimehr P, Momeni, K, Karami J. The Relationship between mental security, social support and resiliency with post-traumatic stress disorder (PTSD). *J Psychol*. 2020;24(2):184-99. [In Persian]
3. Emerson A, Harris S, Fathiya A. The impact of discernment counseling on individuals who decide to divorce: experiences of post-divorce communication and coparenting. *JMFT*. 2021;47(1): 36-51.
4. Rix R, Rosea J, Roman N. The Contribution of Divorce to Parental-Self Efficacy and Perception of Parenting among Divorced Parents: A Qualitative Study. *J Divorce & Remarriage*. 2022;63(2):87-100.
5. Ameri M A, Fathi A, Sharifi Rahnmo S, Nouri I. The Effectiveness of Acceptance and Commitment Based Therapy on Psychosocial Security, Happiness and Mental Health of Unattended Women. *JRBS*. 2021;19(2):358-68. [In Persian]
6. Ryff CD. Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *J Pers Soc Psychol*. 1989;57(6):1069-81.
7. Tavakoli Saleh SH, Ebrahimi M. Effectiveness of Acceptance- Commitment Therapy on the Resilience and Psychological Well-being of Female Patients with Multiple Sclerosis in Hamadan, Iran. *Avicenna J Clin Med*. 2021;28(2):126-33. [In Persian]
8. Zamani S, Yousefzadeh P, Manoochehri M. The effectiveness of self-compassion on psychological well-being and resilience in mothers of children with autism. *Avicenna J Clin Med*. 2021;23(4):44-53. [In Persian]
9. Mobashery F, Sanagouye-Moharer G, Shirazi M. The effectiveness of Ellis emotional rational therapy on psychological well-being, the resilience of women on the verge of divorce in Zahedan. *JRBS*. 2022;19(4):610-9. [In Persian]
10. Qiyasi I. A review of psychological well-being and various theories related to it. *J Islamic Stu Res*. 2021;3(21):64-77. [In Persian]
11. Dortaj, F. (2019). The effectiveness of mindfulness education on emotional, psychological, and social well-being of 12th grade students in Tehran. *IJLM*. 2(6):61-72. [In Persian]
12. Ghafoorian Noroozi P, Asghari Ebrahimabad MJ, Abdekhodaei M, Seyyed-Ali Kimiaee SA. Identifying Common Elements of Evidence – Based Psychological Treatments for Females with Extramarital Experience. *IJABS*. 2021;8(2):13-24.
13. Valeh M, Shokri O, Asadzadeh H. Effectiveness of mental empowerment training program on increasing teachers' psychological capital and job-related affective well-being. *J Psychol Sci*. 2021;20(100):579-96. [In Persian]

14. Nikkhah M, Yousefi F. Relationship between psychological basic needs satisfaction at school and students' emotional well-being: the mediating role of cognitive emotion regulation. *J Psychol Sci.* 2021;20(99):413-26. [In Persian]
15. Fathi A, Sharifi Rahnemo S, Esmailzadeh M, Abbasi H. Focal Analysis of the Relationship between Resilience and Psychosocial Security Based on the Dimensions of Social Support of Women in Headless Families. *J Policing & Social Studies of Women & Family.* 2021;9(2): 642-68. [In Persian]
16. Namani E, Bagherian Kakhki M. Mediating Role of Psychological Security in the Relationship between Optimism and Self-Compassion with Psychological Well-Being in Veterans' Spouses. *IJWPH.* 2019;11(2):102-8. [In Persian]
17. Amini F. The Relationship between Resiliency and Burnout in Nurses. *J Res Dev Nurs Midw.* 2013;11(2):94-102. [In Persian]
18. Bayani AA, Mohammad Koochekya A, Bayani A. Reliability and Validity of Ryff's Psychological Well-being Scales. *IJPCP.* 2008; 14 (2) :146-151. [In Persian]
19. Rahimi Z, Amini M, Ashori M, Yavarian R, Arefi M. The role of mental health, positive emotions and life expectancy on mental security. *Societal Security Studies.* 2018; 9 (55): 187-214. [In Persian]
20. Shams. S., Heydari. S., Fakhri. M. Comparison of the Effectiveness of Mindfulness and Psychological Well-being Education on Anxiety and Self-care Behaviors in Patients with Type II Diabetes. *JDN.* 2020;8(3):1137-49. [In Persian]
21. Nayeril A, Nooranipour R, Navabinejad S. Comparing the Effectiveness of Cognitive Analytic and Cognitive Behavioral Psychodrama Group Therapy on Interpersonal Problems and Emotional Regulation Difficulties in Divorced Women. *IJABS.* 2021;8(3):31-51.
22. Farideh Pourshahabadi F, Einipour J. The Effectiveness of Schema Therapy on Differentiation of Self and Emotional Control among Couples with Marital Maladjustment. *IJABS.* 2020;7(2):18-29.

© BanafsheHasanvand, Zahra Jahanbakhshi, FatemehNosrati, HosseinKeshavarzAfshar. Originally published in the International Journal of Applied Behavioral Sciences (<https://journals.sbm.ac.ir/ijabs/index>), 08.08.2023. This article is an open-access article under the terms of Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/>); the license permits unlimited use, distribution, and reproduction in any medium, provided the original work is properly cited in the International Journal of Applied Behavioral Sciences. The complete bibliographic information, a link to the original publication on <https://journals.sbm.ac.ir/ijabs/index>, as well as this copyright and license information must be included.