

## Investigating the effect of internet addiction on the tendency to marital infidelity in couples in Shiraz

### Investigando el efecto de la adicción a Internet sobre la tendencia a la infidelidad marital en parejas en Shiraz

**Nasrin Baboo**

Candidate of political sciences, Associate professor, Department of Economic and Management  
ORCID <https://orcid.org/0000-0002-5448-9222>

**Nurallah Mohammadi**

22nd year master, Department of Strategic Management Vladivostok State University of  
Economics and Service,  
ORCID: <https://orcid.org/0000-0002-4700-7483>

Received 09-08-20 Revised 10-10-20 Accepted 12-11-21 On line 03-04-21

#### \* Correspondence

Email: [info@ores.su](mailto:info@ores.su)

#### Citation:

Nasrin Baboo, Nurallah Mohammadi. (2021). Investigating the effect of internet addiction on the tendency to marital infidelity in couples in Shiraz. *Propósitos y Representaciones*, 9(SPE2), e1087. <http://dx.doi.org/10.20511/pyr2021.v9nSPE2.1087>

## Abstract

**Background and Purpose:** The purpose of this study was to investigate the effect of Internet addiction on the tendency to marital infidelity in couples in Shiraz. **Method:** The statistical population includes all men and women who referred to counseling centers in Shiraz for marriage counseling in 2015. These people completed the Internet Addiction Questionnaire and were divided into two groups: Internet addicts and normal. Samples were selected by available sampling method from Shiraz city counseling centers, 60 Internet addicts and 60 normal people. **Findings(Results):** The results showed that there is a significant difference between Internet addicts and people who use the Internet normally in the tendency to betray and addicted people have a greater tendency to betray. The difference between men and women in the tendency to betray is not significant and the duration Marriage is also a poor predictor of marital infidelity. **Conclusion:** The results of this study showed that people with Internet addiction are more prone to betrayal. This issue can be both a sign of betrayal and a cause for it. In any case, the extreme presence in cyberspace facilitates the tendency to betrayal in people.

**Keywords:** Internet addiction, marital infidelity, marital satisfaction, fidelity

## Resumen

**Antecedentes y propósito:** El propósito de este estudio fue investigar el efecto de la adicción a Internet sobre la tendencia a la infidelidad marital en parejas en Shiraz. **Método:** La población estadística incluye a todos los hombres y mujeres que remitieron a centros de asesoramiento en Shiraz para asesoramiento matrimonial en 2015. Estas personas completaron el Cuestionario de adicción a Internet y se dividieron en dos grupos: adictos a Internet y normales. Las muestras se seleccionaron mediante el método de muestreo disponible de los centros de asesoramiento de la ciudad de Shiraz, 60 adictos a Internet y 60 personas normales. **Hallazgos (Resultados):** Los resultados mostraron que existe una diferencia significativa entre los adictos a Internet y las personas que usan Internet normalmente en la tendencia a traicionar y las personas adictas tienen una mayor tendencia a traicionar. La diferencia entre hombres y mujeres en cuanto a la tendencia a traicionar no es significativa y la duración del matrimonio también es un mal predictor de la infidelidad marital. **Conclusión:** Los resultados de este estudio mostraron que las personas con adicción a Internet son más propensas a la traición. Este problema puede ser tanto un signo de traición como una causa. En cualquier caso, la presencia extrema en el ciberespacio facilita la tendencia a la traición en las personas.

**Palabras clave:** adicción a Internet, infidelidad marital, satisfacción marital, fidelidad

## Introduction

The family is the most important element and structure that shapes the mental and physical health of members in relation to each other (D'Onofrio and Emery, 2019). If a society does not have healthy and balanced families, it can not claim health. Families in which a couple understands each other and feels satisfied with life have a more appropriate function and play their role better (Parvandi et al., 2016). The feeling of satisfaction from marriage and marital relationship plays an important role in the normal functioning of the family. The importance of marital satisfaction in social life is so important that the term marital satisfaction is used interchangeably with other terms, such as compatibility, happiness and as an indicator to assess the quality of marital life (Shariat et al., 2015). Cohabitation is mentioned as an indicator that increases the psychological skills and abilities of individuals and creates the ground for the growth and development of potential criteria. Marriage is an emotional bond between two people that is usually associated with a reduction in negative mental health criteria such as depression and anxiety, and significantly increases indicators of psychological coping ability, such as resilience and psychological toughness (Zakiei Et al., 2017). What is important in marriage is compatibility and satisfaction with marriage, so experts in the field of family psychology have often based their relationships and achieving their secure attachment (Bradbury et al., 2015). Marital satisfaction refers to the compatibility of the couple and the desire to continue living and the relationship between the two

members, which also provides health and satisfaction for each party (Aman et al., 2019). , Is derived from lack of proper knowledge of each other and weakness in communication and interpersonal skills (Malary, 2016) and in this regard, observing relationship problems due to lack of emotion recognition in this area is important and fundamental (Erens et al., 2019 ). But in more serious cases, non-adherence to marital relations and ideas of diversity and infidelity and neglect of the spouse cause the greatest damage to marital life, which makes it very difficult to continue and live.

Marital infidelity is defined as the crossing of the boundaries of a marital relationship with the establishment of physical or emotional intimacy with a person outside the relationship. Social pathologists believe that marital infidelity has increased in recent years; This is while marital infidelity threatens the family structure and consequently the feeling of marital belonging. On the other hand, studies show that marital infidelity is an important predictor of marital violence and divorce. This type of relationship also causes post-traumatic stress disorder and emotions such as depression, anger, loss of identity and feelings of worthlessness in the injured spouse. In addition, it causes doubt, depression and remorse in the unfaithful spouse. Other harms of marital infidelity are unwanted pregnancies and the prevalence of sexually transmitted diseases (Azadnam, 2012).

Marital infidelity is a shocking issue for couples and families and a common phenomenon for marriage and family therapists (Atkins, Baucom and Jacobson, 2001). Participation in extramarital involvement has a significant prevalence in clinical and normal settings that causes significant disturbances for the perpetrators as well as their spouses. The results of several studies show that most people expect monogamy in sexual relations and abstinence from illegitimate relationships from their spouses. In one study, 97% of respondents stated that married people should not engage in illicit relationships (Johnson et al., 2002). Given these attitudes, many people still end up in such relationships. Accurate findings on the prevalence of extramarital affairs are varied, which goes back to the concept of marital infidelity. The statistics on betrayal are very different. According to one of the most prestigious studies in the United States, 21% of men and 11% of women commit adultery during their lifetime (Snyder, Bacom, & Gordon, 2007). Recent research also shows that about one-third of men and one-quarter of women are likely to engage in extramarital affairs at least once in their lifetime (Mark, Janssen and Milhausen, 2011). In general, the factors of marital infidelity are included in three areas of individual differences, the nature of the relationship and environmental conditions (Fricker, 2013).

Accordingly, marital infidelity is a category that causes serious damage to life and destroys its continuation and life, and despite the negative perceptions of each side of marital life towards itself (Scheeren et al., 2018) . There are many categories involved in this field and its expansion, which is one of the effective indicators of the Internet debate and related indicators.

The Internet is like a regular party that enables people to come together and communicate easily in this space, regardless of the limitations of their real life (Peluso, 2007). Although the Internet has been able to provide a global environment for its users around the world to better connect, but on the other hand, this type of relationship has raised concerns in recent years (Wang and Hsiung, 2008) and certain problems as a result of the expansion Increasingly, it has created Internet relationships (Cooper et al., 2003). One of the problems that have been considered by researchers in this field is extramarital Internet relationships, in other words, Internet infidelity, which has also involved many couples (Mileham, 2007). Reports indicate that Internet relationships can lead to marital discord, separation, and even divorce between couples and families (Cooper, 2009).

Compared to traditional media, the Internet has special and unique inherent features such as interactivity, inclusiveness, and decentralization, as well as a discourse space that allows people to use it for discussion and debate. Also, unlike traditional media, media such as the Internet are decentralized and therefore uncontrollable and therefore available to everyone (Stanley and Wear, 2008). The Internet is a multimedia means of communication that includes a world of information and several media such as; Integrates television, print media, telephone, etc. The Internet also acts as a two-way medium and creates an interaction between the sender and receiver of the message.

The Internet compared to the advent of other electronic media which, in the words of James Sloan: the face of a phenomenon has spread; It has combined different and common communication patterns such as radio and television in the form of an extensive interactive network (Sloan, 2001). The pattern of the Internet and the observation of attractive advertising relationships, as well as extensive discussions in this field, in many cases, enter couples into a space that requires the existence of ideal relationships in sexual, emotional, etc. dimensions, and these relationships seem to be outside their existing relationships. It is formed, which is why people in some cases show a weakness in commitment and betrayal for new experiences that have serious effects on their relationship and continuity and can lead to its collapse (Arpaci et al., 2020). Given the importance of the pattern of marital infidelity in the destruction of marital relationships, this study examines and analyzes the factors affecting it from the perspective of the Internet Relationships Index.

## Review

**Table 1.** Literature review

Row	Research ers	Year	Research topic and findings
1	Gonzalez Rivera et al	2020	This study examined the factors associated with marital infidelity in women. For this purpose, 341 Spanish women living in Puerto Rico were used in this study. Statistical analysis confirmed that marital relationship satisfaction is fully mediated by the relationship between sexual satisfaction and infidelity-related behaviors in social networks, as well as the relationship between emotional intimacy and infidelity-related behaviors in social networks. In general, women who engage in infidelity-related behaviors on social media have lower sexual satisfaction and less emotional intimacy with their married life.
2	Gull	2019	The aim of this study was to investigate the impact of social media and Internet addiction on couples' lives in the Middle East. For this purpose, a survey study was conducted, in which 287 respondents participated. The results showed that social media is the main factor of negative impact on couples' lives and this category and Internet networks have a fundamental and decisive role in infidelity and marital problems.
3	Beltran et al	2019	The pattern of marital infidelity is created by the weakness of relationship skills and correct cognition, and global progress and changes in communication and technology play a role in this regard.
4	Vossler	2016	Based on a review of the literature of Hertlin and Pierce, this article presents a critical review of the literature on cybercrime published in the last 10 years and considers the spread of Internet networks and addiction to it as a factor in marital infidelity.
5	Clayton	2014	This study examined the effects of Internet use and addiction on social networks such as Twitter on 581 people and the findings showed that increasing interaction between people in this area increases the likelihood of infidelity.
6	Richter	2014	In a study called Internet Betrayal, a phenomenological study of critical issues, treatment, and evaluation revealed that Internet technology has changed lifestyles and relationships. It has challenged couples and therapists about marriage, committed relationships, and engaging in online infidelity. Findings show that social networks have affected the inability of couples to negotiate and mutually acceptable behaviors. The therapists in this study looked at the Internet as a means of betrayal. But keep in mind that certain elements of online interaction make people more vulnerable.
7	Ferron	2013	In a study entitled Spouse Problems Due to Internet Use and Cyber Infidelity, he stated that spouse infidelity is a serious issue with many psychological, family, social and economic consequences. Easy access to the Internet has created new opportunities for extramarital affairs.
8	Mark,	2011	A study of couples interested in the opposite sex, demographic, interpersonal and

Janssen and Milhausen	personality-related extradiatory sex, conducted on 506 males and 412 females, found that almost a quarter of males (23.2%) And 19.2% of women said they had been cheated on during their current relationship (for example, having sex with someone other than their partner or their relationship was damaged). Findings of this study showed that for both men and women, sexual characteristics and for women communication factors are more predictive of sexual infidelity than demographic variables such as marital status and religiosity.
9 Cravens 2010	In a study on infidelity and Facebook, he said that to date, little attention has been paid to the ways in which social media facilitates Internet infidelity. Although no significant findings were found to assess motivational factors associated with infidelity, 51% of study participants reported infidelity-related behavior at least once through their Facebook account. This finding requires a better understanding of the phenomenon of social networking sites that lead to betrayal behaviors.

## Methodology

The method of this descriptive-applied research was comparative causal.

## Statistical population and research sample

The statistical population included all men and women who referred to counseling centers in Shiraz for marriage counseling in 2015. These people completed the Internet Addiction Questionnaire and were divided into two groups: Internet addicts and normal. According to the norm of the Young Internet Addiction Questionnaire, a score of 20 to 49 indicates a normal user and a score of 50 to 100 indicates an addicted user. They were then compared in terms of propensity for marital infidelity. Samples were selected by available sampling method from Shiraz city counseling centers, 60 Internet addicts and 60 normal people.

## Research tools

### Questionnaire of feelings and thoughts of people about issues related to betrayal

This questionnaire was developed by Whatley (2006). The purpose of this questionnaire is to assess the type of feelings and thoughts of individuals regarding issues related to marital infidelity. In fact, the betrayal questionnaire measures the amount of willingness and the degree of acceptance or rejection of betrayal from the perspective of different people. The number of questions in the betrayal questionnaire is 12 questions, each of the questions has seven answers from very disagree, score one to very agree, score 7. There is no such thing as a right or wrong answer in these sentences and the questionnaire only wants the honest reaction and opinion of the subject to the sentences. The questions include sentences about negative and positive feelings about the category of betrayal, which the subject gives a score of 1 to 7 according to his feelings.

Assessing the reliability and validity of the Attitude Towards Betrayal Scale, M. Watley was performed in Turkey. Cronbach's alpha coefficient was 0.80. The study involved 343 male and 158 female undergraduate students from Ankara State University (Toplu-demirtaş et al., 2014).

### Internet Addiction Questionnaire of Young (IAT)

The 20-Question Internet Addiction Assessment Questionnaire of young(1998) will be used for Internet usage. This questionnaire consists of 20 questions and classifies the scores obtained for each person into three groups: 1. Ordinary Internet user; 2. A user who has problems due to excessive use; And 3. an addicted user who is addicted to overuse and needs treatment. The questionnaire measures the various aspects of Internet addiction and determines whether or not excessive use of the Internet affects various aspects of a person's life, which respondents should answer on a 6-point Likert scale of none (1). To always answer (5). The test scores range from zero to 100, with a higher score indicating greater Internet dependence. Wong et al. (2003) also

reported Cronbach's alpha of 0.9. In Iran, Ghasemzadeh (2007) calculated Cronbach's alpha as 0.883 and Dargahi (2007) as the reliability coefficient of this questionnaire as 0.88.

According to the purpose of the research and the cases mentioned in the methodology, based on the average scale of Internet addiction, 60 people are considered as Internet addicts and another 60 people are considered as normal.

## Results and Discussion

In the first part, two groups of Internet users (Internet addicts and normal) were examined for marital infidelity.

**Table 2.** of t-test to examine the mean differences between the two groups

Indicator Variable	Number	t	Meaningful	Degrees of freedom	Levine test	
					Meaningful	F
Tendency to betray	120	2.03	0.04	118	0.40	0.69

According to Table 2 of Levin test to examine the equality of variances of the two groups with a significant level (0.40) shows that there is a significant difference between the variances of the two groups. Due to the fact that the amount of T2.03 has been calculated with a degree of freedom of 118 and the significance level of 0.04 has been obtained. ( $p < 0.05$ ).

The next section examines the tendency to marital infidelity between men and women

**Table 3.** t test to examine the differences between the mean of women and men

Indicator Variable	Number	t	Meaningful	Degrees of freedom	Levine test	
					Meaningful	F
Tendency to betray	120	1.41	0.16	118	0.40	0.71

According to the table above, Levin test to examine the equality of variances between the two groups with a significant level (0.40) showed that there is a significant difference between the variances of the two groups. Considering that the level of T is 1.41 with a degree of freedom of 118 and the level of significance is 0.16, as a result, there is no significant difference between men and women in the tendency to betrayal.

Based on the average presented in the descriptive statistics, women in the tendency to betrayal have a score (26.97) and men have a score (29.12) in the tendency to betrayal. Although the score of men has increased, but this difference is not significant.

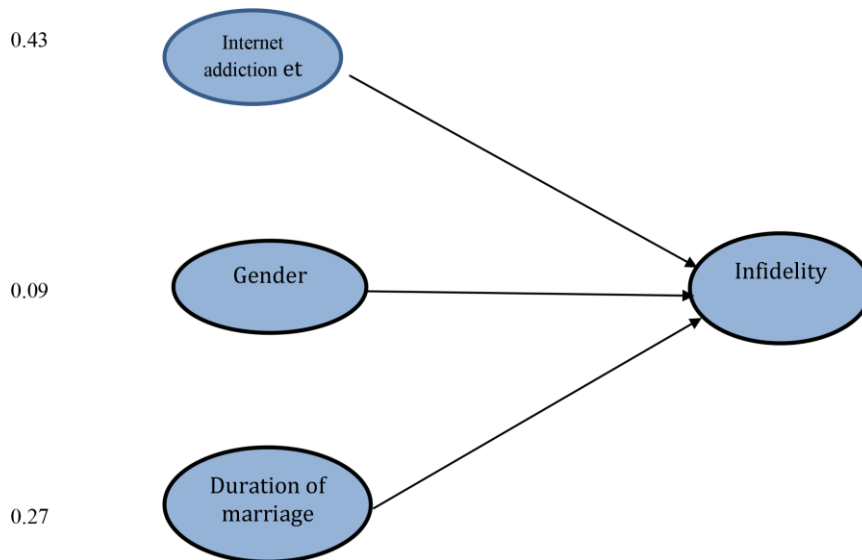
The third section examined the extent of Internet addiction among women and men.

**Table 4.** t-test to examine the differences between the mean of women and men

Indicator Variable	Number	t	Meaningful	Degrees of freedom	Levine test	
					Meaningful	F
Internet addiction	120	0.37	0.71	118	0.92	0.008

According to the table above, Levine test to examine the equality of variances between the two groups with a significant level (0.92) shows that there is a significant difference between the variances of the two groups. Considering that the level of T 0.37 is calculated with a degree of freedom of 118 and the significance level of 0.71 is obtained, as a result, there is no significant difference between men and women in Internet addiction.

After this initial inferential study, the identified categories were examined in the form of categories and their relationship was examined in the form of structural equation model.



**Figure 1.** Relationship model with marital infidelity

Structural equation model was used to identify the effect of research variables and the model derived from it. According to McCallum et al. (1992), all possible direct and indirect pathways of independent (exogenous) variables and endogenous and dependent variables were evaluated first. The structural model considered in this study examined the effect of three factors: gender, duration of marriage and Internet addiction on infidelity.

**Table 5.** T-test results: Test of research hypotheses

Result	Statistics of T	Path coefficient (β)	Variable		Hypothesis
			Dependent	Independent	
Acceptance of relationship	9.129	0.43	Infidelity	Addiction to Internet	1
Non-approval of the relationship	1.315	0.09	Infidelity	Gender	2
Acceptance of relationship	5.82	0.27	Infidelity	Duration of marriage	3

Studies show that Internet addiction and more years of marriage predict the possibility of infidelity in couples

**Table 6.** Structural equation model fit indices

Amounts	Statistical	$\chi^2$	AGFI	GFI	CFI	RMSEA
---------	-------------	----------	------	-----	-----	-------

---

**indicators**

Fit amount	189.22	0.90	0.90	0.86	0.043
------------	--------	------	------	------	-------

Structural equation modeling has fitness indicators and structural model. The most common method for estimating the best fit in SEM is called the maximum possible method. From the set of fitting statistics related to the model 5 factors:  $\chi^2$ , AGFI, GFI, CFI, RMSEA were measured in this model (Zhang, 2017). The two AGFI and GFI indices, as close to each other as possible, show the complete fit of the model, and the low RMSEA index indicates the desirability of the model fit. The closer the index is to one, the greater the comparative suitability (CFI) of the model.

Considering that AGFI = 0.90, GFI = 0.90, CFI = 0.86, and in these fitting indices, the closer the obtained value is to 1, the more appropriate the fit is, and considering that the amount of The RMSEA is 0.046, which is closer to zero, indicating a better fit. This model has a good fit.

**Conclusion**

Marriage is an emotional bond between two people that is typically associated with a reduction in negative mental health criteria such as depression and anxiety (Perelli-Harris and Styrc, 2018) and significant indicators of psychological coping ability such as resilience and psychological toughness. And marked increases (Marphatia, 2017).

Marital life is a state that, if chosen correctly, ensures peace of mind and wrong choices that form a fundamental problem of adjustment (Schonfeld, 2016). Stability in married life is an issue that is associated with the improvement and mental health of couples. Despite the positive effects of married life, there are cases where the negligence of one or both couples destroys the relationship. Such behaviors include marital infidelity, which is associated with the couple's lack of commitment, mistrust, and the spread of psychological problems in each of them, and other people have no motivation to live (Gonzalez Rivera et al., 2020). Marital problems, sexual dissatisfaction and diversity of couples are involved, but this study examined it from the perspective of Internet addiction and some other indicators that the results showed the effect of Internet addiction and duration of marriage in increasing the likelihood of marital infidelity.

The results showed that there is a significant difference between people addicted to the Internet and people who use the Internet normally in the tendency to betray and addicted people are more prone to betrayal. The difference between men and women in the tendency to betray was not significant. But people who have been married for a long time are more likely to engage in infidelity. This result is consistent with the research of Mark, Johnson and Mill Hausen (2011) and Crowns (2010). The issue that these researchers have been emphasizing is that the extreme use of the Internet can both lead to the tendency of infidelity in couples and facilitate the conditions for deception and extramarital affairs. The advent of the Internet, along with Western values, has created new challenges for families. Leisure time that can solve family problems has gone in another direction with the entry of cyberspace.

Accordingly, one of the main areas in the occurrence of family problems and basically dissatisfaction with cohabitation is cyberspace and dreamy space that is influenced by productions that have been created under the influence of media productions and has caused the level of expectation and satisfaction of cohabitation, especially Raise among the younger generation. Under the influence of this atmosphere, what young people should expect from living together is distorted. Dissatisfaction with the life of the parties leads to the coldness of emotional relationships and eventually betrayal and divorce. In addition to this, as time goes by, the new situation becomes normal and demands more attention from the couple to maintain the relationship, and Internet addiction only sends a message of inattention to each couple, which in It takes the whole of life cold. So in general, Internet addiction and related indicators have a significant effect on relationships and infidelity.



## References

- Azadnam, E. (2012). *Marital infidelity* (definition, causes, treatment), conference on social harms of the country's welfare.
- Sloan, J. (2001). *Internet and society*. Translated by Abbas Gilori and Ali Radbaveh, Tehran, Ketabdar Publishing.
- Parvandi, A., Arefi, M., & Moradi, A. (2016). The role of family performance and communication patterns of couples in predicting marital satisfaction. *Pathology, counseling and family enrichment*, 2(1), 54-65.
- Shariat, A., Ghamarani, A., Abedi, A., & Sharif, T. (2015). Meta-analysis of the Effectiveness of Couple Therapy on Increasing Marriage Satisfaction (Iran 2006-2012). *Woman and Family Studies*, 3(1), 93-109.
- Aman, J., Abbas, J., Nurunnabi, M., & Bano, S. (2019). The relationship of religiosity and marital satisfaction: The role of religious commitment and practices on marital satisfaction among Pakistani respondents. *Behavioral Sciences*, 9(3), 30.
- Arpaci, I., Abdeljawad, T., Baloğlu, M., Kesici, Ş., & Mahariq, I. (2020). Mediating effect of internet addiction on the relationship between individualism and cyberbullying: cross-sectional questionnaire study. *Journal of medical internet research*, 22(5), e16210.
- Atkins, D. C., Baucom, D. H., & Jacobson, N. S. (2001). Understanding infidelity: Correlates in a national random sample. *Journal of family psychology*, 15(4), 735-49.
- Beltrán-Morillas, A. M., Valor-Segura, I., & Expósito, F. (2019). Unforgiveness motivations in romantic relationships experiencing infidelity: negative affect and anxious attachment to the partner as predictors. *Frontiers in Psychology*, 10, 434.
- Bradbury, T., Rogge, R., & Lawrence, E. (2001). Reconsidering the role of conflict in marriage. In *Couples in conflict* (pp. 69-92). Routledge.
- Clayton, R. B. (2014). The third wheel: The impact of Twitter use on relationship infidelity and divorce. *Cyberpsychology, Behavior, and Social Networking*, 17(7), 425-430.
- Cooper, A. L., Månsson, S. A., Daneback, K., Tikkanen, R., & Ross, M. (2003). Predicting the future of Internet sex: Online sexual activities in Sweden. *Sexual and Relationship Therapy*, 18(3), 277-291.
- Cooper, A. (2009). *Internet: moral ambush*. Tehran, Danzheh Press.
- Cravens (2010). *Facebook & infidelity* [motivation behind internet infidelity] Retrieved from : [Http://academia.edu/2546365/fecel300k-and-infidelity](http://academia.edu/2546365/fecel300k-and-infidelity).
- D'Onofrio, B., & Emery, R. (2019). Parental divorce or separation and children's mental health. *World psychiatry: official journal of the World Psychiatric Association (WPA)*, 18(1), 100–101. doi:10.1002/wps.20590
- Erens, B., Mitchell, K. R., Gibson, L., Datta, J., Lewis, R., Field, N., & Wellings, K. (2019). Health status, sexual activity and satisfaction among older people in Britain: A mixed methods study. *PloS one*, 14(3), e0213835. <https://doi.org/10.1371/journal.pone.0213835>
- Ezgi TOPLU-DEMİRTAŞ, Esin TEZER(2013.).Turkish adaptation of the intentions towards infidelity scale: Validity and reliability studies
- Fricker, J. (2013). *Predicting Infidelity: The Role of Attachment Styles, Lovestyles, and the Investment Model* [Thesis]. Hawthorn, Australia: Swinburne University of Technology.
- Ferron, A., Lussier, Y., & Sabourin, S. (2013). Spousal problems arising from Internet usage Cyber infidelity and Sexting. *Integrating Science and Practice*, 3(2), 27-31.
- Gonzales Rivera, J., Serrano, F.A., Torres, E. (2020). Relationship Satisfaction and Infidelity-Related Behaviors on Social Networks: A Preliminary Online Study of Hispanic Women. *Eur. J. Investig. Health Psychol. Educ.* 10(1), 297-309; <https://doi.org/10.3390/ejihpe10010023>
- Gull, H., et al. (2019). Impact of Social Media Usage on Married Couple Behaviora Pilot Study in Middle East. *International Journal of Applied Engineering Research*, 14(6), 1368-1378.
- Hinton, R., Kavanagh, D.J., Barclay, L., et al. (2015). Developing a best practice pathway to support improvements in Indigenous Australians. *mental health and well-being: a qualitative study BMJ Open*, 5:e007938. doi: 10.1136/bmjopen-2015-007938
- Johnson, C.A., Stanley, S.M., Glenn, N.D., Amato, P.A., Nock, S.L., Markman, H.J. (2002). *Marriage in Oklahoma: 2001 baseline statewide survey on marriage and divorce*.
- Malary, M., Shahhosseini, Z., Pourasghar, M., & Hamzehgardeshi, Z. (2015). Couples Communication Skills and Anxiety of Pregnancy: A Narrative Review. *Materia Socio-Medica*, 27(4), 286–290.

- Mark, K.P., Janssen, E., & Milhausen, R.R. (2011). Infidelity in heterosexual couples: demographic, interpersonal, and personality-related predictors of extradyadic sex. *Arch Sex Behav*, 40(5), 971-82.
- Marphatia, A.A., Ambale, G. S., & Reid, A. M. (2017). Women's Marriage Age Matters for Public Health: A Review of the Broader Health and Social Implications in South Asia. *Frontiers in Public Health*, 5, 269. <http://doi.org/10.3389/fpubh.2017.00269>.
- Mileham, B.L. (2007). Online infidelity in internet chat rooms: An ethnographic exploration. *Computers Hum Behav*, 25(1), 11-31.
- Perelli-Harris, B., & Styrac, M. (2018). Mental Well-Being Differences in Cohabitation and Marriage: The Role of Childhood Selection. *Journal of Marriage and the Family*, 80(1), 239–255. <http://doi.org/10.1111/jomf.12431>.
- Peluso, P.R. (2007). *Infidelity: A practitioner's guide to working with couples in crisis*. New York: Routledge Press, 169-190.
- Richter, L. (2014). *Internet Infidelity - A Phenomenological Study of Critical Issues, Treatment & Assessment*. A Dissertation Presented to the Graduate School of Humanities and Social Sciences in Partial Fulfillment of the Requirements for the Degree of Doctor of Philosophy, Nova Southeastern University.
- Scheeren, P., Apellániz, I. D. A. M. D., & Wagner, A. (2018). Marital infidelity: the experience of men and women. *Temas em Psicologia*, 26(1), 355-369.
- Schonfeld, P., et al. (2016). The effects of daily stress on positive and negative mental health: Mediation through self-efficacy Efectos del estrés cotidiano en la salud mental positiva y negativa: mediación de la autoeficacia. *International Journal of Clinical and Health Psychology*, 16, 1-10.
- Stanton, R., & Happell, B. (2013). Exercise for mental illness: A systematic review of inpatient studies. *International of Mental Health Nursing*, 23(3), 232-242.
- Snyder, D.K., Baucom, D.H., Gordon, K.C. (2007). *Treating infidelity: An integrative approach to resolving trauma and promoting forgiveness*. In: Peluso PR, editor. *Infidelity: A practitioner's guide to working with couples in crisis*. New York, NY: Routledge.
- Stanley, J.W., & Wear, C. (2008). *The Effect of Internet Use On Political Participation Retrieved January 27*.
- Vossler, A. (2016). Internet Infidelity 10 Years On: A Critical Review of the Literature. *The Family Journal*, 24(4), 359–366. <https://doi.org/10.1177/1066480716663191>
- Young, K.S. (1998). Internet Addiction: The Emergence of a New Clinical Disorder. *CyberPsychology & Behavior*, 1(3), 237–244
- Wang, C.C., & Hsiung, W. (2008). Attitudes towards online infidelity among Taiwanese college students. *J Cyber Soci*, 1(1), 61-78.
- Whitty, M. (2003). Pushing the Wrong Buttons: Men's and Women's Attitudes toward Online and Offline Infidelity. *CyberPsychology & Behavior*, 6(6), 569-579.
- Whatley, M. (2006). *Attitude towards infidelity scale*. Valdosta state University.
- Zakiei, A., Alikhani, M., Farnia, V., Khkian, Z., Shakeri, J., & Golshani, S. (2017). Attachment Style and Resiliency in Patients with Obsessive-Compulsive Personality Disorder. *Korean Journal of Family Medicine*, 38(1), 34–39. <http://doi.org/10.4082/kjfm.2017.38.1.34>
- Zhang, X., Liu, S., Chen, X., & Gong, Y. (2017). Social Capital, Motivations, and Knowledge Sharing Intention in Health Q&A Communities. *Management Decision*, 55(7), 1536-1557.