



# Mediating Role of Anxiety in the Relationship between Perceived Stress and Marital Satisfaction among Married Students

Bahareh Bahadori<sup>1</sup>, Parviz Asgari<sup>2\*</sup>, Farah Naderi<sup>3</sup>

1. Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran

\*Corresponding author:  
Parviz Asgari, Department of  
Psychology, Ahvaz Branch, Islamic  
Azad University, Ahvaz, Iran  
Tel: +986133348320  
Email: paskarii45@gmail.com

Received: 22 November 2024  
Accepted: 09 January 2025  
ePublished: 24 February 2025



## Abstract

**Background and Objective:** Marital satisfaction is regarded as a crucial aspect of overall well-being, affecting mental health, physical health, and overall life satisfaction. The present study aimed to assess the mediating role of anxiety in the relationship between perceived stress and marital satisfaction among married students.

**Materials and Methods:** This cross-sectional study employed structural equation modeling (SEM) to examine the relationships among anxiety, perceived stress, and marital satisfaction. Participants were 356 married students recruited via stratified random sampling from Azad University in Ahvaz, Iran, in 2023. Data were collected using the State-Trait Anxiety Inventory, the Perceived Stress Questionnaire, and the Marital Satisfaction Scale. Statistical analyses, including SEM, were conducted using SPSS (version 26) and AMOS (version 26) software packages.

**Results:** The obtained results indicated a significant positive relationship between perceived stress and anxiety ( $\beta = 0.37$ ;  $P = 0.001$ ). Furthermore, perceived stress ( $\beta = -0.16$ ;  $P = 0.011$ ) and anxiety ( $\beta = -0.19$ ;  $P = 0.002$ ) were both negatively associated with marital satisfaction. Bootstrap analyses confirmed the mediating role of anxiety in the relationship between stress and marital satisfaction among married students ( $P = 0.010$ ).

**Conclusion:** As evidenced by the findings of this study, higher perceived stress leads to higher anxiety, which in turn, negatively impacts marital satisfaction. The results suggested that interventions targeting anxiety reduction could improve marital satisfaction among married students.

**Keywords:** Anxiety, Marital satisfaction, Married students, Perceived stress

## Background

The stability of family structures hinges on the quality of marital relationship. Dysfunctional marital relationships or unsuccessful marriages not only threaten the mental health of the couple but also jeopardize the survival of the family [1]. Marital satisfaction encompasses various components, such as sexual fulfillment, receiving support from one's partner, participating in decision-making processes, relationships with in-laws, social support, psychological well-being, and overall life satisfaction [2]. Marital satisfaction is a psychological state that is not automatically achieved but requires continuous efforts from both partners, especially in the early years of marriage when marital satisfaction is unstable and the relationship is at risk. Couples experience marital satisfaction when their marital relationship aligns with their expectations [3]. A combination of intrapersonal factors (personality traits, physical and mental health, positive cognitive characteristics, and spirituality), interpersonal factors (communication skills, constructive

relationships, love, and affection, as well as sexual relationships), and environmental factors (social support, employment, and adequate economic status) can affect the health of marital relationship [4]. According to Zaheri et al. [5], several aspects, such as family conflicts and stress, can influence how a family functions. Researchers have long been interested in identifying factors that affect marital satisfaction. Studies have demonstrated that individual and contextual characteristics can impact quality of life; among these influential characteristics and factors are antecedents, such as perceived stress and anxiety [6, 7].

Numerous studies have pointed to a negative correlation between stress and marital satisfaction [8, 9]. Consequently, this concept has garnered increasing attention in marital research. Studies have focused on various types of stress (such as internal versus external, minor versus major, and chronic versus acute) and two key theoretical models (the family stress model and the couple stress model). They have

illustrated that the role of stress is detrimental to the quality and longevity of a relationship, and perceived stress by either spouse not only affects their own marital satisfaction but also impacts their partner's marital satisfaction [8]. A shaky marriage and weak marital relationships gradually become a stressful life event for the couple; to the extent that the quality of the spouses' relationship depends on their adaptation to stressful situations. Meanwhile, the satisfaction of one spouse displays a marked decrease with the decline of the other spouse's satisfaction [9]. An optimal level of stress is necessary to create a sense of competition among individuals; nonetheless, if the stress level exceeds a certain limit, so that individuals do not have enough time to balance, they will gradually lose their power. The effects of stress lead to decreased job and family performance, manifesting themselves in marital dissatisfaction and reduced quality of life [10].

When marital satisfaction is absent in a shared life between couples, dissatisfaction in a relationship can act as a trigger for the development of anxiety disorders and can also be responsible for the development, exacerbation, and maintenance of these disorders [11]. The elements of distress that play a role in the creation or control of anxiety disorders are diverse, and it is sometimes difficult to identify the so-called exacerbating and reducing factors. Nevertheless, we can refer to some factors, such as the level of perceived stress [12]. Anxiety disorders, as one of the most common mental disorders, are debilitating not only for those who suffer from them but also for those close to them. Studies have highlighted that anxiety disorders have a negative impact on patients' social functioning, including their partners' lives [13]. Anxiety disorders can be a burden for both the patient and their family and can affect a person's interpersonal relationships, making it difficult for family members to adapt and consequently leading to impaired family functioning, especially in marital relationships. In societies with traditional fabrics, a woman marries not only one man but also a large family, and for this reason, extended families have a great impact on the quality of marriage [14].

The pressures of extended families sometimes exacerbate psychosocial stress [15]. Psychosocial stressors, in turn, are a strong predictor of anxiety disorders and marital problems. The fact that marital relationships and shared life with a spouse, often in marriage, may be stressful for vulnerable individuals and may also lead to the development of an anxiety disorder is still not fully understood [16]. In addition, anxiety disorders, like any mental disorder, may cause or be a consequence of marital discord and decreased marital satisfaction [17]. To

date, studies have suggested that the level of perceived stress prevalent among couples in traditional societies, due to interventions and pressures from extended families, significantly affects the quality of marriage. On the other hand, perceived stress itself also leads to anxiety disorders and consequently marital problems [18, 19]. Nevertheless, the assessment of how anxiety affects the relationship between perceived stress and marital satisfaction highlights the important possibility that researchers can gain insights into how these factors impact marital well-being. By pinpointing factors that influence marital satisfaction, it may be possible to enhance couples' chances of a successful marriage and contribute to lowering the alarming rates of divorce.

### Objectives

In light of the aforementioned issues, the present study aimed to assess the mediating role of anxiety in the relationship between perceived stress and marital satisfaction among married students.

### Materials and Methods

#### Design

This cross-sectional study utilized a structural equation modeling (SEM) approach to assess the causal relationships among perceived stress, anxiety, and marital satisfaction.

#### Participants

**Participants:** A stratified random sample of 356 married students (mean age:  $29.72 \pm 5.40$ ) from Azad University of Ahvaz, Iran, was recruited in 2023. The sample comprised 172 (48.31%) male students and 184 (51.69%) female students, with a mean marriage duration of  $4.38 \pm 1.82$  years. The stratified random sampling method, with stratification based on faculty/department, was employed to ensure proportional representation of different student groups within the university. The inclusion criteria entailed (1) currently married students enrolled at the Azad University of Ahvaz and (2) the provision of voluntary informed consent to participate in the study. On the other hand, the exclusion criteria were (1) being divorced, (2) unwillingness to continue their participation, and (3) incomplete questionnaires (more than 10% of the items). The sample size of 356 was determined based on a power analysis conducted using G\*Power software. Assuming a medium effect size ( $f^2=0.15$ ) for multiple regression (appropriate for testing mediation), a desired power of 0.80, and an alpha level of 0.05, the required sample size was calculated to be approximately 350. To account for potential

attrition or incomplete data, we aimed to recruit 360 participants, resulting in a final sample of 356 after data cleaning.

### Procedure

Procedure: Ethical approval was obtained from the Ethics Review Board at the Islamic Azad University Ahvaz Branch prior to data collection. Participants were recruited via announcements on the university's online learning platform, emails to relevant departmental student listservs, and flyers posted on campus bulletin boards. Recruitment materials provided a concise study description and a link to an online platform containing the study information and consent form. Upon accessing the link, participants were presented with a detailed information sheet outlining the study's purpose, procedures, data confidentiality measures, potential risks, and benefits, as well as their right to withdraw from the study without penalty. Informed consent was obtained electronically via an "I agree" button before participants were directed to the online questionnaires. The online platform employed measures to ensure data security and participant anonymity.

### Study tools

#### 1. The Marital Satisfaction Scale (MSS)

The Marital Satisfaction Scale (MSS) is a 35-item instrument assessing various aspects of marital satisfaction, including communication and conflict resolution. The ENRICH Marital Satisfaction Scale provides a broader assessment, encompassing factors, such as idealization, personality traits, financial management, and intimacy. Both scales utilize a 5-point Likert scale for responses [20]. The Persian version of the MSS demonstrated satisfactory reliability with a Cronbach's alpha of 0.74 [21]. Cronbach's alpha for the scale in this study was 0.77.

#### 2. The State-Trait Anxiety Inventory (STAI)

The State-Trait Anxiety Inventory (STAI) is a 40-item self-report measure assessing both temporary (state) and enduring (trait) anxiety. Participants rate items on a 4-point Likert scale, with higher scores indicating greater anxiety levels [22]. The STAI has demonstrated robust reliability, with Cronbach's alpha coefficients of 0.88 for trait anxiety and 0.84 for state anxiety [23]. The questionnaire demonstrated a Cronbach's alpha of 0.80 in the present study.

#### 3. The Perceived Stress Questionnaire (PSQ)

The Perceived Stress Questionnaire (PSQ) is a 14-item self-report measure developed by Cohen et al.

[24] to assess one's perception of stress in their daily life. Participants rate items on a 5-point Likert scale, with higher scores indicating greater perceived stress. Some items are reverse-scored. The PSQ exhibits acceptable internal consistency, with a Cronbach's alpha coefficient of 0.72 [25]. The internal consistency of the questionnaire in this study, as measured by Cronbach's alpha, was 0.75.

### Data Analysis

Descriptive statistics, including means, standard deviations (SD), skewness, and kurtosis, were calculated for all study variables using SPSS software (version 26). Pearson correlation coefficients were computed to examine the bivariate relationships among perceived stress, anxiety, and marital satisfaction. Structural equation modeling (SEM) was conducted using AMOS software (version 26) to test the hypothesized relationships. Bootstrapping was used to evaluate the mediating effect of anxiety.

### Results

A sample of 356 married undergraduate students (184 women, 172 men) aged 20-40 years participated in this study. The data were normally distributed, as indicated by skewness and kurtosis values within acceptable limits (Table 1). The results revealed a significant negative correlation between anxiety and marital satisfaction ( $r=-0.35$ ). In addition, a significant positive correlation was found between anxiety and perceived stress ( $r=0.34$ ). Furthermore, perceived stress was significantly negatively correlated with marital satisfaction ( $r=-0.31$ ).

Table 1. Mean, standard deviation (SD), skewness, kurtosis, and Pearson correlation coefficients of the studied variables

Variables	Mean (SD)	Skewness	Kurtosis	1	2	3
1- Perceived stress	56.02 (8.61)	0.22	-0.72	1		
2- Anxiety	80.17 (10.54)	0.07	-0.63	0.34**	1	
3- Marital satisfaction	71.79 (8.98)	-0.44	-0.51	-0.31**	-0.35**	1

\*\* $P < 0.01$

Structural equation modeling (SEM) was used to test the hypothesized model. The model included three variables: marital satisfaction as the outcome, perceived stress as the predictor, and anxiety as the mediator. Model fit was assessed using various fit indices, including  $\chi^2/df$ , NFI, CFI, IFI, TLI, and RMSEA. As illustrated in Table 2, the model exhibited adequate fit to the data (RMSEA= 0.07). Figure 2 displays the proposed model.

Table 2. Fit indicators of the proposed model

Fit indicator	$\chi^2$	df	( $\chi^2/df$ )	NFI	IFI	TLI	CFI	RMSEA
Proposed model	433.29	155	2.80	0.93	0.93	0.91	0.95	0.07

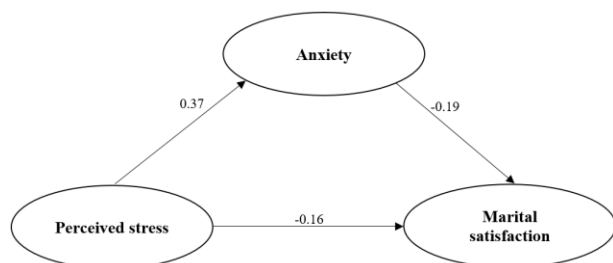


Figure 2. Proposed model of the research

The results of the SEM revealed a significant positive relationship between perceived stress and anxiety ( $\beta=0.37$ ;  $P=0.001$ ). Furthermore, both perceived stress ( $\beta= -0.16$ ;  $P=0.011$ ) and anxiety ( $\beta= 0.19$ ;  $P=0.001$ ) were negatively related to marital satisfaction. Bootstrap analyses confirmed the mediating role of anxiety in the relationship between perceived stress and marital satisfaction ( $\beta=0.07$ ;  $P=0.010$ ) (Table 3).

Table 3. Direct and indirect path in the proposed model

Paths	Proposed model	
	$\beta$	P
Perceived stress $\rightarrow$ Anxiety	0.37	0.001
Perceived stress $\rightarrow$ Marital satisfaction	-0.16	0.011
Anxiety $\rightarrow$ Marital satisfaction	-0.19	0.002
Perceived stress $\rightarrow$ Marital satisfaction through anxiety	0.07	0.010

## Discussion

This study assessed the mediating effect of anxiety on the relationship between perceived stress and marital satisfaction among married students. The findings indicated that perceived stress significantly affected anxiety among married students, such that an increase in perceived stress was associated with an increase in anxiety. This finding is consistent with previous studies, including those by Meleki et al. [26] and Chen et al. [27], which pointed to the direct effect of perceived stress on anxiety. Based on these findings, it appears that exposure to stressful conditions can play a crucial role in the development of anxiety. Stress occurs when an individual's personal, social, and occupational circumstances do not align with their current capacities and resources. This mismatch can cause imbalances, conflicts, and internal struggles, resulting in the onset and escalation of stress. Perceived stress is a cognitive response to a perceived threat in specific situations. After

experiencing a stressful event, individuals make judgments about the severity of the crisis based on their understanding and knowledge, which can trigger various physiological and psychological reactions, including anxiety [26]. Consequently, a lack of control or inability to manage perceived stress is associated with increased psychological pressure and negative emotions, leading to a decreased sense of security in individuals. This, in turn, can be linked to symptoms of anxiety [28].

Furthermore, the findings revealed a negative impact of perceived stress on marital satisfaction. As perceived stress increased, marital satisfaction among married students decreased. Consistent with these results, previous studies [29, 30] have highlighted the negative correlation between perceived stress and marital satisfaction in both men and women. To explain this finding, it can be argued that couples who are more prone to perceiving stress experience higher levels of stress in response to mundane life events. They may also feel more powerless and less capable of coping with difficult life situations, which can lead to a weakened immune system and potentially poorer mental health. These factors can, in turn, negatively impact marital relationship and reduce marital satisfaction [6]. Such couples are likely to experience intense negative and distressing emotions when faced with challenges or difficult life circumstances. These emotions can not only interfere with their cognitive and social functioning but also negatively affect their mental health. Over time, the experience of negative emotions can lead to the development of negative emotions in their partners as well, contributing to relationship strain and dissatisfaction. In essence, the nature, intensity, frequency, and duration of an individual's emotions can affect the value and importance that partners place on each other and affect their relationship. This mechanism can be explained by the creation of positive or negative feelings in both partners [31].

Another significant finding of this study was the impact of anxiety on marital satisfaction. As anxiety increased, marital satisfaction among married students decreased. This finding aligns with the results of previous studies [6, 7] which demonstrated a significant impact of couples' anxiety on marital satisfaction. To explain the relationship between anxiety and marital satisfaction, it can be argued that anxiety predicts lower levels of marital satisfaction. In general, anxiety disorders often have detrimental effects on marital and interpersonal relationships, leading to decreased marital satisfaction. Due to its nature and symptoms, anxiety negatively impacts marital life, and there is typically a strong negative correlation



between anxiety disorders and marital distress [7]. Assuming a bidirectional relationship between anxiety and marital satisfaction, it is possible that an anxious spouse, on the one hand, disrupts the marital relationship with their anxiety, and, on the other hand, the marital disruption exacerbates their anxiety. This vicious cycle seems to be associated with decreased marital satisfaction, especially when a decrease in satisfaction for one partner negatively impacts the other partner's satisfaction with the relationship.

Finally, the mediation analysis revealed that perceived stress influenced marital satisfaction through the mediating role of anxiety. While studies specifically examining the mediating role of anxiety between stress and marital satisfaction were not found, previous research [7, 32] implicitly supports this finding. To explain this result, stress can be considered a demand that simultaneously exists with a threat, triggering a set of "fight or flight" hormonal, neural, and other biological responses. In other words, perceived stress is a mental response to a perceived threat in any given situation, usually a short-term experience. Nonetheless, anxiety is the anticipation of impending threats or unpredictable stress and is a persistent psychological disorder that is not eliminated by the threat. Depending on the severity of the judgment and perception of a stressful event, couples may experience varying degrees of anxiety; the higher the stress, the more anxious they become [11]. Couples experiencing heightened stress and facing greater tension and anxiety in dealing with life challenges and daily issues are more susceptible to psychological instability and imbalance. Therefore, couples who frequently, intentionally or unintentionally, cause distress to their partners due to their stress, damage their marital relationship and create emotional distance between themselves and their spouses. Ultimately, this psychological instability negatively impacts the health of their marital relationship and disrupts the quality of their marital relationship and satisfaction.

This study was conducted on a specific population of married students at Azad University of Ahvaz, Iran. This limitation may restrict the generalizability of the findings to other populations, such as married individuals from different cultural backgrounds or socioeconomic statuses. The sole reliance on self-report measures may be subject to social desirability bias, where participants may provide responses that they believe are socially acceptable rather than accurate.

## Conclusion

The results pointed out a significant positive

relationship between perceived stress and anxiety, indicating that higher levels of perceived stress are associated with higher levels of anxiety. Furthermore, both perceived stress and anxiety were negatively related to marital satisfaction, suggesting that increased levels of stress and anxiety can negatively impact marital quality. A key finding of this study was the confirmation of the mediating role of anxiety in the relationship between perceived stress and marital satisfaction. This implies that anxiety serves as a psychological mechanism through which perceived stress exerts its negative influence on marital satisfaction. These findings suggest that interventions aimed at reducing anxiety, such as mindfulness-based stress reduction or cognitive-behavioral therapy, may be beneficial in improving marital satisfaction among married students. Future research may consider exploring the moderating role of such factors as social support, coping strategies, or religiosity in the relationship between perceived stress, anxiety, and marital satisfaction. Moreover, longitudinal studies could provide further insights into the causal relationships between these variables over time.

## Ethical Considerations

Study participants first read and completed a written informed consent form if they were willing to participate. The Ethics Review Board of the Islamic Azad University Ahvaz Branch approved the present study (IR.IAU.AHVAZ.REC.1402.055).

## Acknowledgments

The authors wish to express their sincere gratitude to all participants for their contributions to this research.

## Authors' Contributions

All authors contributed to the drafting and revision of the manuscript and are accountable for its accuracy.

## Funding/Support

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

## Conflicts of Interest

The authors declare that they have no conflicts of interest.

## References

1. Hannighofer J, Foran H, Hahlweg K, Zimmermann T. Impact of relationship status and quality (family type) on the mental health of mothers and their children: a 10-year longitudinal study. *Front Psychiatry*. 2017; 8:266. [DOI: 10.3389/fpsyt.2017.00266] [PMID] [PMCID]
2. Ghazanfari Shabankare M, Heidari A, Makvandi B, Marashian FS. Relationship of forgiveness and feeling of loneliness with attitudes toward marital infidelity regarding the moderating role of marital satisfaction in

- married students. *Avicenna J Neuro Psycho Physiology*. 2021;8(2):77-83. [DOI:10.32592/ajnp.2021.8.2.103]
3. Abreu-Afonso J, Ramos MM, Queiroz-Garcia I, Leal I. How couple's relationship lasts over time? A model for marital satisfaction. *Psychol Rep*. 2022;125(3):1601-1627. [DOI: 10.1177/00332941211000651] [PMID] [PMCID]
  4. Sayehmiri K, Kareem KI, Abdi K, Dalvand S, Gheshlagh RG. The relationship between personality traits and marital satisfaction: a systematic review and meta-analysis. *BMC Psychol*. 2020;8(1):15. [DOI: 10.1186/s40359-020-0383-z] [PMID][PMCID]
  5. Zaheri F, Dolatian M, Shariati M, Simbar M, Ebadi A, Hasanpoor Azghadi SB. Effective factors in marital satisfaction in perspective of Iranian women and men: a systematic review. *Electron Physician*. 2016;8(12):3369-3377. [DOI:10.19082/3369] [PMID] [PMCID]
  6. Maroufizadeh S, Hosseini M, Rahimi F, Froushani A, Omani-Samani R, Amini P. The relationship between perceived stress and marital satisfaction in couples with infertility: actor-partner interdependence model. *Int J Fertil Steril*. 2019;13(1):66-71. [DOI: 10.22074/ijfs.2019.5437] [PMID] [PMCID]
  7. Kasalova P, Prasko J, Holubova M, Vrbova K, Zmeskalova D, Slepecky M, et al. Anxiety disorders and marital satisfaction. *Neuro Endocrinol Lett*. 2018;38(8):555-564. [PMID]
  8. Kayabaşı LI, Yaman Suzbir Ş. The relationship between quality of life, perceived stress, marital satisfaction in women conceived through ART. *J Reprod Infant Psychol*. 2022;40(2):108-117. [DOI: 10.1080/02646838.2020.1788211] [PMID]
  9. Bogdan I, Turliuc MN, Candel OS. Transition to parenthood and marital satisfaction: A meta-analysis. *Frontiers in Psychology*. 2022;13:901362. [DOI : 10.3389/fpsyg.2022.901362]
  10. Haghtalab T, Ahmadpanah M, Madanchi F. Prediction of female sexual dysfunction based on perceived stress and body dysmorphic disorder. *Avicenna J Neuro Psycho Physiology*. 2022;9(3):131-136. [DOI: 10.32592/ajnp.2022.9.3.106]
  11. Rakhshani T, Amirsafavi M, Motazedian N, Harsini PA, Kamyab A, Jeihooni AK. Association of quality of life with marital satisfaction, stress, and anxiety in middle-aged women. *Front Psychol*. 2024; 15:1357320. [DOI: 10.3389/fpsyg.2024.1357320] [PMID] [PMCID]
  12. Naderi Nobandegani Z, Shiralinia K, Yasaminejad P. Investigation the relationship between anxiety attachment style, anger rumination, spouse forgiveness, and marital Quality. *J Social Behavior and Community Health*. 2021;5(2):729-738. [DOI: 10.18502/jsbch.v5i2.7837]
  13. Ghalandari S, Borjali A, Bagheri F. Prediction modeling of eating behavior based on attachment styles mediated by anxiety among adolescent girls. *Avicenna J Neuro Psycho Physiology*. 2021;8(1):25-32. [DOI: 10.32592/ajnp.2021.8.1.104]
  14. Farmakopoulou I, Lekka M, Gkintoni E. Clinical symptomatology of anxiety and family function in adolescents—the self-esteem mediator. *Children*. 2024; 11(3):338. [DOI: 10.3390/children11030338] [PMID][PMCID]
  15. Deng Y, Cherian J, Khan NUN, Kumari K, Sial MS, Comite U, et al. Family and academic stress and their impact on students' depression level and academic performance. *Front Psychiatry*. 2022; 13:869337. [DOI: 10.3389/fpsyg.2022.869337] [PMID] [PMCID]
  16. Zaider TI, Heimberg RG, Iida M. Anxiety disorders and intimate relationships: a study of daily processes in couples. *J Abnorm Psychol*. 2010;119(1):163-173. [DOI: 10.1037/a0018473] [PMID] [PMCID]
  17. Salehi F, Shahhosseini Z. Association between women's marital satisfaction and anxiety during pregnancy. *Iran J Psychiatry Behav Sci*. 2017;11(3): e7937. [DOI: 10.17795/ijpbs-7937]
  18. Tavares IM, Schlagintweit HE, Nobre PJ, Rosen NO. Sexual well-being and perceived stress in couples transitioning to parenthood: a dyadic analysis. *Int J Clin Health Psychol*. 2019;19(3):198-208. [DOI: 10.1016/j.ijchp.2019.07.004] [PMID] [PMCID]
  19. Timmons AC, Arbel R, Margolin G. Daily patterns of stress and conflict in couples: Associations with marital aggression and family-of-origin aggression. *J Fam Psychol*. 2017;31(1):93-104. [DOI: 10.1037/fam0000227] [PMID] [PMCID]
  20. Olson DH, Fournier DG, Druckman JM. *Counselor's manual for Prepare/Enrich* (Rev. ed). Minneapolis. 1987. [Link]
  21. Arab Alidousti A, Nakhaee N, Khanjani N. Reliability and validity of the Persian versions of the ENRICH marital satisfaction (brief version) and Kansas marital satisfaction scales. *Health Develop J*. 2015;4(2):158-167. [Link]
  22. Sydeman S. State-Trait Anxiety Inventory. In: Zeigler-Hill V, Shackelford TK, editors. *Encyclopedia of Personality and Individual Differences*. Cham: Springer International Publishing; 2020. p. 5209-10. [Link]
  23. Abdoli N, Farnia V, Salemi S, Davarinejad O, Ahmadi Jouybari T, Khanegi M, et al. Reliability and validity of Persian version of state-trait anxiety inventory among high school students. *East Asian Arch Psychiatry*. 2020;30(2):44-47. [DOI: 10.12809/eaap1870] [PMID]
  24. Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. *J Health Soc Behav*. 1983;24(4):385-396. [PMID]
  25. Khalili R, Sirati Nir M, Ebadi A, Tavallai A, Habibi M. Validity and reliability of the Cohen 10-item perceived stress scale in patients with chronic headache: Persian version. *Asian J Psychiatr*. 2017; 26:136-140. [DOI: 10.1016/j.ajp.2017.01.010] [PMID]
  26. Maleki B. Relationship between perceived stress and sense of cohesion with coronavirus anxiety in students: the mediating role of distress tolerance. *Rooyesh*. 2022;11(4):49-60. [Link]
  27. Chen D, Ni Y, Lu J, Wang Y, Qi Q, Zhai H. Examining the impact of perceived stress, anxiety, and resilience on depression among medical staff after COVID-19 quarantine: a chain mediation analysis. *Front Public Health*. 2023; 11:1250623. [DOI: 10.3389/fpubh.2023.1250623] [PMID] [PMCID]
  28. Karimyar Jahromi M, Minaei S, Abdollahifard S, Maddahfar M. The Effect of Stress Management on Occupational Stress and Satisfaction among Midwives in Obstetrics and Gynecology Hospital Wards in Iran. *Glob J Health Sci*. 2016;8(9):54170. [DOI: 10.5539/gjhs.v8n9p91] [PMID] [PMCID]
  29. Isik RA, Kaya Y. The relationships among perceived stress, conflict resolution styles, spousal support and marital satisfaction during the COVID-19 quarantine. *Curr Psychol*. 2022;41(6):3328-3338. [DOI: 10.1007/s12144-022-02737-4] [PMID][PMCID]
  30. Yadollahi P, Doostfateme M, Khalajinia Z, Karimi Z, Ghavi F. Perceived social support, marital satisfaction, and resilience in women with abortion experience through structural equation modeling. *Scientific Reports*. 2025;15(1):332. [DOI: 10.1038/s41598-024-83485-2] [PMID] [PMCID]
  31. Adibkia A, Emamipour S, Keshavarzi Arshadi F, Mohammadkhani P. Explaining the structural model of marital satisfaction based on personal authority in the family system with the mediation of conflict resolution strategies and marital stress. *J Modern Psychol Res*. 2024;19(73):161-169. [DOI: 10.22034/jmpr.2022.53862.5221]
  32. Onieva-Zafra MD, Fernández-Muñoz JJ, Fernández-Martínez E, García-Sánchez FJ, Abreu-Sánchez A, Parra-Fernández ML. Anxiety, perceived stress and coping strategies in nursing students: a cross-sectional, correlational, descriptive study. *BMC Med Educ*. 2020;20(1):370. [DOI: 10.1186/s12909-020-02294-z] [PMID] [PMCID]