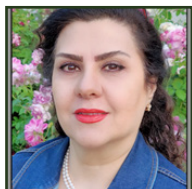


Predicting Psychological Well-being Based on Five Personality Traits by Mediating Role of Marital Control

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This study aimed to predict psychological well-being by considering five personality traits while mediating the role of marital control. The research followed a descriptive correlation method with structural equation modeling for data analysis. The study focused on married individuals residing in Western Azerbaijan (Urmia) in Iran and included 587 participants selected through convenience sampling. Key research instruments encompassed the Big Five Inventory (BFI-10), Marital Controlling Scale (MCS-21), and Ryff Psychological Well-Being Scale (RPWS-18). Path analysis through structural modeling was employed to assess the variables' direct and indirect effects. The findings demonstrated that the relationship between personality traits and psychological well-being is well-suited to mediate the impact of marital control. This research confirmed the mediating role of marital control in the connection between neuroticism, conscientiousness, agreeableness, openness to experience personality traits, and psychological well-being. However, the mediating role of extroversion was not established. Consequently, marital control emerges as a significant factor capable of mitigating the positive impact of various personality traits on couples' lives, potentially exposing them to detrimental influences on their psychological well-being. Clinical implications for working with married couples in Western Azerbaijan who are grappling with issues of marital control, including cultural sensitivity and an understanding of the unique dynamics present in the region, were highlighted.

Biography:

Dr. Laleh Aflatooni is a licensed marriage and family therapist, currently serving as a Visiting Assistant Professor at the California School of Professional Psychology at Alliant International University in Irvine, CA, within the Marriage and Family Therapy program. Dr. Aflatooni offers a diverse array of courses, including Law and Ethics, Introduction to Psychopathology, Advanced MFT Theories, Chemical Dependency, as well as Individual and Family Life Cycle studies.