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Predicting Psychological Well-being Based on Family Emotional Atmosphere: Mediating Role of Social Support

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ABSTRACT

Objective: The primary aim of the present study was to ascertain the role of social support as a mediator in the association between the emotional climate within the family and the psychological well-being of individuals who have been discharged from Tehran hospitals following their battle with the Covid-19 disease.

Methods: The research employed structural equation modeling as its methodology, with the statistical population consisting of all individuals who had been discharged from Tehran hospitals due to Covid-19 between the years 2021 and 2022. Among this population, a sample of 400 individuals was selected using accessible and purposive sampling techniques. Data collection was conducted through the utilization of the short form of the psychological well-being questionnaire (Reif, 1989), the family emotional climate questionnaire (Hillburn, 1964), and the multidimensional scale of perceived social support (Zimmet et al., 1988). Data analysis was carried out employing the structural equation modeling method in AMOS 24 and SPSS 26 software.

Results: The findings of the study indicated that the emotional atmosphere within the family has a positive impact on both social support and the psychological well-being of patients who have been discharged from the hospital after being affected by Covid-19. Moreover, social support was found to have a positive and significant influence on the psychological well-being of these patients. Further analysis of the mediation effect revealed that social support plays a mediating role in the relationship between the emotional atmosphere within the family and psychological well-being.

Conclusions: The results of this study provide support for the importance of attending to the psychological state of patients following hospital discharge and for the provision of social support and a positive emotional climate within the family as means of enhancing their psychological well-being.

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Introduction

The announcement made by the World Health Organization on March 11, 2020, regarding the outbreak of the 2019 coronavirus, which was declared a global pandemic, served as both a warning and a grave threat to public health (Cucinotta & Vanelli, 2020). In order to combat the immense power of the epidemic and prevent the further spread of the disease, the World Health Organization, through the declaration of a state of emergency, advised societies to adopt measures aimed at reducing person-to-person transmission, particularly in high-risk areas such as healthcare facilities, where infected individuals and healthcare workers come into close contact (World Health Organization statement, January 2020). Regrettably, this approach alone proved to be insufficient, as evidenced by the staggering number of patients affected by the virus. It became apparent that, apart from those showing symptoms, there were also numerous asymptomatic carriers within society. Consequently, certain areas resorted to implementing complete quarantines. Nevertheless, the implementation of such health policies, while yielding positive outcomes, also resulted in negative psychological repercussions at the community level (Alizadeh Fard & Safarinaia, 2018). Thus, the emergence of the COVID-19 epidemic, characterized by its urgency, uncertainty, distress, and overwhelming psychological pressure, is widely recognized as a severe and devastating threat to mental health indicators and social relationships worldwide (Ensafdaran et al., 2022). These threats include the stress associated with becoming ill, the fear of mortality, the proliferation of false news and rumors, disruptions to daily routines, the enforcement of travel and commuting restrictions, the reduction in social interactions (including those with family, colleagues, and friends), as well as the occurrence of job and financial difficulties. Undoubtedly, in such circumstances, the mental well-being of society is jeopardized (Alizadeh Fard & Safarinaia, 2018).

Systematic psychological investigations and meta-analyses of current studies have demonstrated that COVID-19, in addition to its economic implications, has exerted detrimental effects on mental health due to the implementation of quarantine measures, social distancing protocols, feelings of isolation and loneliness (Salari et al., 2019), as well as the psychological distress experienced by infected individuals, who are more likely to exhibit higher levels of emotional problems (Pi, et al., 2020). Furthermore, these individuals are susceptible to mental health conditions such as anxiety or depression (Deng et al., 2021, Papa, et al., 2020, Wendy Gard & Benros, 2020), and

may even display symptoms of post-traumatic stress disorder (Vendigard & Benros, 2020), sleep disorders (Papa et al., 2020), chronic fatigue, and pain (Higgins et al., 2021). Consequently, it is reasonable to anticipate that an epidemic-induced quarantine can lay bare fundamental social and psychological issues that have long-lasting consequences for both societies and individuals (Radnik, 2020).

In addition, based on previously published research studies that were conducted prior to the onset of the Covid-19 pandemic, it has been demonstrated that there exists a correlation between higher levels of anxiety and lower levels of overall well-being (Hunt et al., 2004). Furthermore, as per the definition provided by the World Health Organization, mental health can be described as a state of well-being wherein individuals possess an understanding of their own potential abilities, possess the capacity to effectively cope with the normal stresses that arise in life, are able to engage in productive and fruitful work, and can make meaningful contributions to society (2004, p. 12).

Therefore, it can be inferred that the well-being of individuals is also impacted by this disease, which refers to the subjective satisfaction and happiness experienced by each individual and encompasses both cognitive and emotional components (Desi & Rayan, 2008). The cognitive component pertains to the evaluation of life satisfaction, while the emotional component is characterized by the presence of positive and negative emotions (Blasco-Beldet et al., 2018). Essentially, the concept of psychological well-being encompasses one's thoughts and feelings, whereby individuals evaluate their lives in a positive and meaningful manner (Kabzanski Hoffman, Boehm et al., 2018).

In a broader sense, the examination of theoretical studies, as well as the background of existing research and the Rief model of psychological well-being, all indicate a significant relationship between psychological well-being and various other variables that are relevant to the current research being conducted. Psychological well-being has the capacity to elucidate the unique challenges faced by individuals who suffer from emotional disorders, as it serves as a determining factor in their ability to effectively combat depression and other related illnesses. Additionally, psychological well-being contributes to the establishment of healthy and productive interactions with both children and spouses, ultimately fostering an overall sense of equilibrium within the family unit and promoting mental health among its members (Lawrence et al., 2019).

Amidst the backdrop of the Covid-19 pandemic, in addition to the material hardships faced by families, the inherent unpredictability of this disease has further exacerbated the stress levels experienced by caregivers and other family members, thereby significantly impacting the emotional atmosphere and overall psychological well-being within the household. It appears that during the course of this viral epidemic, the various processes involved in maintaining well-being, such as engaging in intricate and complex interpersonal interactions, have been significantly disrupted (Hall, Hafencom et al., 2015). This disruption can be attributed to a multitude of factors, such as the unstable financial income of the family, the challenges faced by caregivers in terms of managing their finances, and the difficult decisions that must be made regarding the expenses associated with their children. These factors collectively contribute to increased stress levels and heightened levels of conflict and discord among family members, ultimately resulting in a diminished sense of warmth and decreased opportunities for continuous interaction, while also disrupting the normal routines and functioning of the family unit (Hall et al., 2015).

Financial challenges and disrupted family processes can have a direct impact on individuals' mental well-being. Moreover, children who are raised in turbulent family environments may encounter difficulties in meeting their emotional needs and developing effective self-regulation skills. Consequently, they become highly vulnerable to behavioral problems and experience a deterioration in their psychological state of being, as highlighted by Mehrali et al. (2021). The current study aims to shed light on the role of social support as a mediating variable in the psychological well-being of individuals who have been discharged from hospitals due to COVID-19. Perceived social support serves as an indicator of an individual's level of perceiving love, support from family, friends, and significant individuals in their life, particularly in times of tension and adversity. These sources of support contribute to an individual's sense of being cared for, cherished, and valued, thereby boosting their self-esteem, as outlined by Khan Karami (2015), which encompasses emotional support, intimacy, positive interaction, and material assistance according to the research by Shariat Niya and Kord Afshari (2013). The provision of instrumental and emotional support has been found to be associated with improved quality of life across the psychological, social, and environmental domains, as demonstrated by Ivanovich-Palous et al. (2019). In summary, the research findings suggest that social support exerts a multitude of effects on the physical and mental structure, life satisfaction, and various aspects of individuals' quality

of life. Furthermore, it is recognized as an influential factor in adapting to and coping with stressful life conditions. Individuals who avail themselves of social support tend to experience better health conditions compared to those who lack such support. Additionally, as the level of social support increases, so does the level of mental well-being, leading to a decrease in the incidence of severe clinical symptoms and disorders, as supported by Mishra (2020).

Finally, based on the existing body of research, it can be concluded that perceived social support has a significant impact on individuals' physical and mental well-being, satisfaction, life satisfaction, and various dimensions of their quality of life, as indicated by Tajlai and Ghanbari Panah (2019) and Clara et al. (2003). The main objective of this study is to investigate and evaluate the direct and indirect effects of the family environment (through social support) on the psychological well-being of individuals discharged from hospitals due to COVID-19. By examining conceptual assumptions and drawing on similar theoretical and experimental frameworks, the researcher aims to provide insights into the aforementioned question.

Materials and Methods

This cross-sectional study and its descriptive-correlation method was based on structural equation modeling. The primary statistical population is the entire population of patients who have recovered from Corona, discharged from the hospital, over 20 years old and living in Tehran. To determine the sample size, a very important question in structural equation modeling is 300 samples. Therefore, in the present research, according to the necessary research, based on Klein's suggestion as well as Gadagnoli and Weliser (1998), who considers at least 300 people sufficient for structural modeling studies, or according to Myers et al.'s suggestion (2016) that the ratio of 15 subjects for each observed variable is the basis of the sample number in structural equation studies, the researcher was able to better fit the data with the conceptual model of the research, also considering the drop of people in general, 400 people who meet the entry criteria and there was no exclusion criteria, using accessible and purposeful sampling method to attract. The sample was selected in such a way that the researcher initially referred to the hospitals in Tehran city that admitted corona patients as inpatients during the covid-19 epidemic. After obtaining the necessary permits through the study and review of the medical records in the hospitals, he obtained the list

of patients who were hospitalized, cured, discharged, and qualified, then according to the entry and exit criteria that will follow, the primary people Then, in order to participate in the current research, the researcher contacted them and after explaining the objectives of the study, invited them to participate in the study.

In order to answer the research questions and draw conclusions, different statistical methods and tests from AMOS-24 and SPSS-26 software were used. In this way, in order to check the normality of the data from the skewness coefficient and the stretching coefficient, Pearson's correlation coefficient was used to check the relationship between the variables. Confirmatory factor analysis (CFA) was used to check the appropriateness of the measurement tool (questionnaire) with a covariance approach, and path analysis was used to check the research questions and hypotheses.

Instruments

Short form of psychological well-being questionnaire: Psychological well-being questionnaire was created by Rif in 1989 and revised in 2002. This questionnaire consists of 18 questions, which are scored on a five-point Likert scale from completely agree to completely disagree, and six factors of independence, control over the environment, personal growth, positive communication with others, purposefulness in life and self-acceptance. It measures. The sum of the scores of these 6 factors forms the overall score of psychological well-being.

Affective Family Climate Questionnaire (AFCS): This scale was created by Hillburn, B. (1964) in order to measure the level of affection in child-parent interactions. This scale has eight subscales (loving, caressing, validating, shared experiences, giving gifts, encouraging, trusting and feeling safe). The whole family emotional climate scale consists of 16 questions, each of which includes a subscale. Also, the answer sheet of this five-option scale consists of very little, little, moderate, high and very much answers, which the subject marks one of them according to his feelings.

Social Support Scale (MSPSS): The Multidimensional Perceived Social Support Scale (MSPSS) is a 12-item instrument developed by Zimmet, Dahl, Zimmet et al. This scale measures the level of perceived social support of the individual in each of the three areas mentioned in the 5-point Likert scale from completely disagree to completely agree. To obtain the total score of this scale, the score of all items is added together and divided by their number (12).

Results

First hypothesis: the emotional atmosphere of the family has a significant direct effect on social support.

Table 1. The results of examining the effect of the emotional atmosphere of the family on social support

Path	Beta	C.R	p
Emotional atmosphere of the family → social support	0.57	7.81	0.001

As can be seen in table 1, the value of the critical ratio (CR) between the emotional atmosphere of the family and social support has exceeded the borderline limit of 1.96, and the significance level of the test in this regard is equal to 0.001 and less than 0.05. Therefore, it can be stated that the existence of the effect of the emotional atmosphere of the family on social support is confirmed. Because the coefficient of the standard path between these two variables is positive and equal to 0.572, it can be said that with an increase of one standard deviation in the emotional atmosphere of the family, we will see an increase in social support as much as 0.572 standard deviation; therefore, the first research hypothesis is confirmed.

Second hypothesis: The emotional atmosphere of the family has a significant direct effect on psychological well-being.

Table 2. The results of examining the effect of the emotional atmosphere of the family on psychological well-being

Path	Beta	C.R	p
Emotional atmosphere of the family → psychological well-being	0.51	5.31	0.001

As can be seen in table 2, the value of the critical ratio (CR) between the emotional atmosphere of the family and psychological well-being has exceeded the limit of 1.96, and the significance level of the test in this regard is equal to 0.001 and less than 0.05. Therefore, it can be stated that the existence of the effect of the emotional atmosphere of the family on psychological well-being is confirmed. Because the coefficient of the standard path between these two variables is positive and equal to 0.514, it can be said that with an increase of one standard deviation in the emotional atmosphere of the family, we will see an increase in psychological well-being as much as 0.514 standard deviation; therefore, the second research hypothesis is confirmed.

Third hypothesis: Social support has a significant direct effect on psychological well-being.

Table 3. The results of examining the impact of social support on psychological well-being

Path	Beta	C.R	p
Social support → psychological well-being	0.36	4.76	0.001

As can be seen in table 3, the value of the critical ratio (CR) between social support and psychological well-being is equal to 4.768 and is more than the limit of 1.96, and the significance level of the test in this regard is equal to 0.001 and less than 0.05. Therefore, it can be stated that the existence of the effect of social support on psychological well-being is confirmed. Because the coefficient of the standard path between these two variables is positive and equal to 0.364, it can be said that with an increase of one standard deviation in social support, we will see an increase in psychological well-being as much as 0.364 standard deviation. Therefore, the third research hypothesis is confirmed.

The fourth hypothesis: The atmosphere of the family through social support has a significant indirect effect on psychological well-being.

In order to investigate the fourth hypothesis, two ways of influencing the emotional climate of the family on social support and the way of influencing social support on psychological well-being were tested. The method of judging is that if the effect of the independent variable on the mediator and the effect of the mediator variable on the dependent variable become significant at the same time, then the role of mediation is confirmed and the indirect effect is confirmed. The results of the fourth research hypothesis are shown in the table 4.

Table 4. Examining the fourth research hypothesis

Path	Beta	T value	P	Result	
Emotional family atmosphere -- Social support	0.57	7.81	0.001	Confirmed	
Social support -- Psychological well-being	0.36	4.76	0.001	Confirmed	
Emotional atmosphere of the family --Psychological well-being	0.51	5.31	0.001	Confirmed	
Effects of family emotional atmosphere on psychological well-being				Sobel test	
Direct	Indirect	Total	VAF	T value	P
0.51	0.21	0.72	0.29	7.88	0.001

As can be seen in the table 4, the effect of the emotional atmosphere of the family on social support was accepted with a path coefficient of 0.572 and a critical value of 7.817. Also, the effect of social support on psychological well-being was confirmed with a path coefficient of 0.364 and a statistical value of 4.768. According to the test of these two paths in the form of a model, it can be concluded that the variable of social support plays a mediating role in influencing the emotional atmosphere of the family on psychological well-being. On the other hand, considering that the absolute value of the Sobel statistic is equal to 7.880 and is greater than 1.96, and the significance level of the test (0.00) is lower than the error level of 0.05, it can be found at the confidence level of 95 The percentage of the mediating effect of social support in the relationship between the emotional atmosphere of the family and psychological well-being was once again confirmed. It should be said that the VAF index shows that 28.8% of the effects of the emotional climate on psychological well-being are mediated. Therefore, the fourth hypothesis is confirmed.

Discussion

In examining the first hypothesis, it can be said that according to the results of the findings of the current research, this hypothesis was confirmed. that the emotional atmosphere of the family has a significant direct effect on social support, in other words, the effect of the emotional atmosphere of the family on social support was positive. The result of the present study is in line with the results of the previous studies of these researchers: Zaid Ghaziani (2022), Asodi Ghoshe Gonbdi and Nazer (2019) and Akbari et al. (2017). In general, psychologists in the field of their numerous researches have reached the conclusion that the ideal family is a family that provides emotional security, a sense of worth, the belief of belonging and being liked, so that in these families, people have more opportunities to reach They will have independence and responsibility, and family members will have a more suitable adaptation (Asghari & Sherfaddin, 2019). As stated in this research, parents are facing many problems and even their free time has been affected, in addition to their own stress, the stress caused by their children and the closure of their schools has also been added to it, all of which in case of not evaluating support at the same time, the perception of support from others, including family members, makes a person suffer from psychological fatigue. If a person in this family suffers from covid-19 disease, it will have its own problems and will be added

to other problems because recovered covid-19 patients also show low resilience after being discharged from the hospital, which affects mental well-being. It affects their cognition (Dini et al. 2021). Therefore, the direct impact of the virus on physical and mental health (due to emotional, socio-economic effects) is significant (Kuri et al., 2020), which requires empathy, care and all-round support in order to adapt to the current conditions.

The results of examining the second hypothesis confirmed the existence of the effect of the emotional atmosphere of the family on psychological well-being. This finding can be considered in line with previous researches (Ensafdaran et al., 2022; Delbar Naqabi 2021). According to the theoretical framework of this research, in the explanation of the confirmation of the second hypothesis, it can be said: while environmental demographic factors (environmental stressors) can increase people's susceptibility to mental problems, several protective factors provide opportunities for them to develop psychological well-being and achieve positive adaptation to adversity (Stark et al., 2020). Dunkel-Schetter and Bennett (1990) also point out that researchers have noted that "perceptions of family support" influence health, well-being, and well-being. It affects people, and this effect on well-being is of particular importance compared to other supports, because according to some researchers, positive parental relationships and a warm family atmosphere better predict adaptation during the epidemic, which itself is the main factor for accepting the conditions of Covid. - 19, which has turned into an emotional crisis due to the reduction of communication. On the other hand, in these sensitive conditions, the level of parental stress and anxiety may have reduced the positive effects, on the other hand, parental support effectively inhibits stress regardless of the intensity of stress (Jost et al., 2023). Also, based on the theoretical frameworks of this research, positive family emotions are effective in creating a positive perspective on various issues, and by providing a warm and welcoming environment, it strengthens trust in each other, help in times of need, encouragement, empathy, assistance and participation, and finally satisfying the needs. The psychology of people that strengthens the ability to control and manage issues by a person. That this important principle will be effective in the type and amount of people's efforts in order to reach their goals and gain the necessary motivation to continue living and fight against hardships, and as a result, they will cope with environmental events more easily. Therefore, we conclude that it is very important that people can react more adaptively during epidemics and indeed pandemics like the recent disease and keep their

psychological well-being at high levels. Considering that the emotional climate of the family refers to the overall context of family members, when the emotional climate of the family is negative or unpredictable, people are likely to be more emotionally reactive and less secure (Ma and Feng, 2019). Since the positive emotional atmosphere of the family is related to positive emotions and the negative emotional atmosphere of the family is also related to depression and anxiety of individuals (Yap, Allen, Oshie et al., 2011), therefore, negative emotions of parents and conflict between family members can be directly affect emotional well-being (Mahmoud Ahmad et al., 2022).

The emotional atmosphere of the family can also ensure the psychological well-being of people by preventing psychological distress (Marrokin, 2011). Therefore, it leads to the improvement of psychological well-being and also to the increase of the disturbance tolerance (Ensafdaran et al., 2022). In addition, since the emotional atmosphere of the family can be influenced by the resilience of individuals and its members in the face of injuries, by increasing the psychological capacity of people, it is effective in their psychological and behavioral well-being (Ensafdaran et al., 2022). In fact, according to the results of the present study, the emotional atmosphere Family acts as an influencing factor on well-being. Understanding that dealing with important life changes, difficult challenges or a painful loss is an unacceptable part of life, can help a person to adapt better and acts as a key factor for creating a positive atmosphere and friendly relations between family members. If the family atmosphere is positive, it will be easier to bear hardships. Also, if a person feels peace of mind and confidence in that family, he will control and manage his actions and reactions. Therefore, the adaptation methods of the individual and the supportive characteristics of the family help him to control the pressures and adverse conditions of life and as a result, he does not get confused and upset when facing the pressures and tensions of life. In addition, the purpose of control is that the person uses his abilities to influence Belief in the outcome of events (Suri et al., 2017). which can ultimately be useful and effective on public health and psychological well-being (Rashidi, Mohsani and Golmohamedian, 2015). Finally, in the time of Covid-19, the aggravation of the issues of this disease creates problems that both major life events and daily problems in parenting can threaten emotional well-being. Some evidence shows that parental stress caused by daily problems may have a stronger effect on psychological well-being (Jenning and

Dietz, 2007). Because parents struggle with balancing family and work in addition to following stay-at-home guidelines and other public health safety measures. However, we should note that the relationship between parents' stress and their psychological well-being can be bidirectional (Jenning & Dietz, 2007). Parents' psychological well-being may in turn help reduce stress, especially during times of crisis (Brown et al., 2020).

Based on the findings of the present study, the significant effect of social support on psychological well-being was confirmed. The result of this hypothesis in the present study was consistent with the previous researches (Zaid Ghaziani, 2022; Aghajani, et al., 2021; Asodi Ghoshe Gonbadi & Nazer, 2020; Samadipour & Qardashi, 2020; Bao et al., 2023). During the Corona epidemic, it seemed that the weakness or strength of social support can be related to many factors. The most important of them is psychological well-being. Researchers believe that social support has a beneficial effect on physical health, mental health, efficiency, creativity and self-efficacy, and as a predictive variable for all aspects of human health and well-being, quality of life. and the quality of sleep is considered (Pappi, Karimi, Qaidamini Harouni et al., 2019). Several studies have investigated the effects of chronic illness and disability on psychological distress (Anderson, et al., 1985, Turner & Noah, 1988). Anxiety and depression and stressors are common consequences of these cases (Taylor, 1990). A number of variables that help people cope with chronic diseases have been studied, according to research theories. It has been mentioned that the implementation of health policies by societies, in addition to positive consequences, also caused negative psychological effects. From the stress caused by getting sick to the fear of dying, and the spread of false news and rumors, interference in daily work, travel bans or restrictions, which ultimately led to a decrease in social communication, all of which threaten psychological well-being. People from the community were accompanied by a variety of symptoms from serious clinical disorders; From fear and worry to stress and anxiety. Also, in accordance with the research literature inside and outside the country in relation to the prevalence of infectious diseases in general and the corona disease in particular and the effective role of the social support component on psychological well-being in general conditions and natural and social crises, it can be said that the support of family, friends and others as a factor It is essential and effective neutralizer in facing and adapting to stressful events in life.

The results of the current investigation have provided confirmation of the presence of the mediating effect of social support in the intricate and interconnected linkage between the emotional atmosphere that pervades the familial unit and the overall state of psychological well-being. Numerous studies that bear a semblance to the aforementioned research and delve into the multifaceted relationship that exists between social support, the emotional climate within the familial context, and psychological well-being have been conducted, some of which include the works of Aghajani, et al. (2022), Zaid Ghaziani (20221), Osodi Ghoshe Gonbdi and Nazer (2019), Samadipour and Qardashi (2019), Zandi Payam et al. (2018), Saberi Fard and Haji Arbabi (2018), and Ma and Feng (2019). These aforementioned studies have all focused on exploring the intricate nature of the relationship that exists between social support and psychological well-being, not solely limiting their examination to the mediating variable aspect of this dynamic.

Within the context of the emotional makeup that characterizes the familial unit, various factors come into play, such as the specific type of emotions that are experienced and the manner in which they are expressed, as well as the temporal and spatial dimensions within which these emotional expressions occur, as asserted by Koak, Cheng, and Wang (2015). Negative emotions expressed in the family are related to depression and anxiety disorders, on the other hand, reducing interpersonal conflicts and less control in the family has a role in psychological well-being and is associated with fewer psychological disorders (Stucker, et al., 2007). In addition, the results of John and Dixon's studies show that in families with a positive emotional atmosphere and fewer behavioral problems, the prevalence of anxiety disorders is lower and the self-confidence of people is higher. They have protection against challenges and problems (Gross, 2011). Finally, they can be useful and effective on psychological health and well-being (Rashidi, et al., 2015).

Considering that in a physical illness, one person supports another, the evidence research shows that how supporters respond to support recipients is important, for example through cognitive reframing of situations, which can reduce the support recipient's distress (Lepore, et al., 2004). Such an approach, i.e. reframing, promotes effective coping and well-being, and predicts close relationships and social support, severity of illness and death (Marrokin, et al., 2017).

Like other psychological, behavioral and social researches, this research also has limitations that can be mentioned: 1) Conducting the research on the population of those discharged from the

hospital due to covid-19 in Tehran and uncertainty in generalizing the results to other populations

2) The large number of questions in the questionnaire and the lack of use of other data collection tools in addition to self-assessment questionnaires. In the end, it is suggested that: 1) the use of short-form questionnaires should be prioritized and used for research, and researches with long questionnaires should be avoided as much as possible. 2) Use methods to measure variables that are not based solely on self-reporting (including interviews and non-self-reporting methods) and 3) The role of other social, cognitive, behavioral and emotional variables in relation to psychological well-being should be investigated.

Data availability statement

The original contributions presented in the study are included in the article/supplementary material, further inquiries can be directed to the corresponding author.

Ethics statement

The studies involving human participants were reviewed and approved by ethics committee of Islamic Azad University.

Author contributions

ZD, BN and FS contributed to the study conception and design, material preparation, data collection and analysis. The author contributed to the article and approved the submitted version.

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Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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