

Predicting self-differentiation based on family communication models and personality types of married women

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Abstract

Introduction: The aim of this study was to predict self-differentiation based on family communication models and personality types of married women

Method: The statistical population of this study includes all women in Mashhad. Among the married women who referred to the municipal cultural centers, which were about 460 people, which were by cluster sampling method and based on Krejcie and Morgan table 210 People were selected as a sample. They answered three questionnaires of family communication models, personality types and self-differentiation. In order to analyze the data of this study, descriptive statistics of mean and variance and inferential statistics of Pearson correlation coefficient and regression were used

Results: The results showed that there is a relationship between family communication models and personality types with self-differentiation in married women. In fact, the communication model of family dialogue, extraversion, openness and adaptation to self-differentiation in married women have a positive and significant relationship.

Conclusion: The two communication models of conformity and neurotic personality have a negative and significant relationship with self-differentiation. Also, among the communication models of family and personality types, the dimensions of conformity and dialogue, openness, adaptability and conscientiousness predict self-differentiation, but neuroticism and extroversion are predictable. They do not have a meaningful nose of self-differentiation.

Keywords: Family communication models" Personality types" Self-differentiation

Citation: Sheyda S., Raziroode D., Froughi E., Masoodi SH.. Predicting self-differentiation based on family communication models and personality types of married women, family and health, 2021;11(3):79-98

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Introduction:

Marriage is one of the most important events in life and is socially recognized as a stable and purposeful bond between men and women. However, marriage as a voluntary act is subject to individual desires, inclinations and views, but man's social life and his complex relationships with his environment put marriage in cross-cultural, economic, social, demographic and even political variables. Marriage and marital relationship are the source of support, intimacy and human pleasure and will lead to the emergence of cooperation, empathy, unity, interest and responsibility towards the family (1).

On the other hand, according to the research of Talebi and Ghobari Bonab (2), one of the problems of people after marriage is their low self-differentiation. So that these people still have emotional problems for intimate relationships to achieve optimal maturity with others (2). The concept of differentiation was introduced by Murray Bowen, one of the most creative thinkers in the field of family therapy. He believes that the current problems of the family reflect the unresolved issues of the main family, and these unresolved issues may manifest as behavioral patterns that match the symptoms of the disease. Bowen describes the family as an "emotional unit" with a network of intertwined relationships. And it can be better understood when analyzed in a multi-generational or historical context (3). In the marital system, when the differentiation of couples is high, couples are more likely to adapt properly to conflicts, and anxiety, emotional reactions, and eventually fusion are reduced; On the other hand, the use of low-discrimination couples by avoidance, when a conflict occurs (4), upsets the balance between "being together and individuality." And in the long run leads to boredom and decreased attachment (5). On the other hand, the results of Latifian and Fakhari (2014) showed that one of the factors that can affect the marital relationship of individuals along with self-differentiation is personality types (6). The five-factor model is one of the most popular personality models in the field of factor analysis. These five factors are: Nowruzism, extroversion, openness, self-control and conscience (7). Anxiety or neurosis that refers to a person's tendency to experience anxiety, stress, compassion, hostility, impulsivity, depression, and low self-esteem. Extraversion refers to a person's desire for positivity, aspiration, energy, and intimacy. Openness or flexibility refers to a person's desire for curiosity, love of art, artistry, flexibility, and rationality. Acceptance or liking is related to a person's desire for generosity, kindness, generosity, empathy, like-mindedness, altruism and trustworthiness. Conscientiousness or conscientiousness refers to a person's desire for orderliness, efficiency, reliability, self-regulation, progressiveness, rationality, and calmness (8). Finally, another variable that according to Bidram, Bani Asadi and Rahmati (9) research is related to marital adjustment and satisfaction and also according to Latifian and Fakhari (6) research is related to self-differentiation, is family communication models. The concept of family communication models refers to how family members relate to each other and how family members interpret family relationships, which has two basic dimensions: compliance orientation and dialogue orientation (10). The status of dialogue refers to the extent to which families create the conditions. In which all family members are encouraged to participate freely and freely in interacting and discussing a wide range of issues, and family members make family decisions with the same mindset. Conformity status means the extent to which family relationships emphasize the need for similar attitudes, values, and beliefs. In other words, the compliance orientation emphasizes coordination, avoidance of conflict and dependence of members on each other (11). Given that a person's lack of differentiation is rooted in his unhealthy interpersonal relationships with those around them, and differentiation and communication between family members affect the psychological health

of individuals. Also, by looking at the variable structure of self-differentiation, which refers more to a process than an achievable goal. It can be concluded that self-differentiation can have a significant relationship with the communication structure of the family (12). Therefore, considering the importance of self-differentiation in couples, which is the source of many conflicts and marital problems, Also, the necessity of examining the related variables and also due to the lack of a coherent research on the subject, the researcher in this research has decided to answer the following question: Can family communication models and personality types predict the self-differentiation of married women?

Methods:

The method of the present study was descriptive and correlational, the statistical population of this study includes all women who referred to the cultural centers of Mashhad Municipality in 1399. There were about 460 people available by sampling method and 210 people were selected as a sample based on Krejcie and Morgan table. The sample answered three questionnaires of self-differentiation, the revised five-factor form of NEO-personality and family communication models.

Inclusion and exclusion criteria in this study include: married women between the ages of 20 and 45, minimum cohabitation age of 3 years, minimum diploma education, no mental disorder in the individual. Data collection tools:

Self-differentiation questionnaire (DSI): A 46-item tool used to measure individual differentiation, The focus of this tool is on the important life relationships and current relationships of the individual with the main family. This questionnaire has 4 subscales of emotional responsiveness, my position, escape, emotional and integration with others. This questionnaire was graded with a Likert scale in a 6-choice spectrum. Each question is given a score between 1 and 6, respectively, from strongly disagree to strongly agree. And some questions are scored in reverse. A lower score on this questionnaire indicates lower levels of self-differentiation. The content validity of this questionnaire has been confirmed by consulting 10 experts in this field (6). Skian reported Cronbach's alpha for the general self-differentiation scale as 0.81 and for the subscales as 0.80, 0.80, 0.80 and 0.74, respectively (13).

Revised form of the five-factor neo-personality questionnaire: Revised form of the five-factor neo-personality test that Grossi (2001) has standardized in Iran, It is one of the personality tests based on factor analysis and a 60-item questionnaire is used to assess the five main personality factors. The questions of this questionnaire are graded on a five-part Likert scale from zero to four. And each factor with 12 items is given a score from zero to 48. In order to evaluate the validity of the test criterion, the correlation method was used between the two forms of personal report and the observer form, which obtained coefficients between 0.45 and 0.66. In order to evaluate the reliability of the test, the alpha coefficient method was used and the obtained coefficients were obtained between 0.56 to 0.87 (14). In another study, the reliability of this test was obtained using the internal stability method for factors of psychosis and responsibility (conscientiousness) higher than 0.7 and for other factors higher than 0.5. In order to evaluate the validity of the structure, Pearson torque correlation was calculated between 5 factors of Neo questionnaire and 9 dimensions of SCL-90-R test. The results of these analyzes show that the factor of psychological distress with all dimensions and the factor of responsibility with all dimensions except (paranoid thoughts (considering Bonferroni correction) are also factors of agreement and extraversion.

According to Bonferroni, it has a significant correlation with 7 and 3 after SCL-90-R, respectively. In general, this test has good reliability and validity (14).

Family Communication Models Questionnaire: This questionnaire belongs to Ritchie and Fitzpatrick. Contains 26 items and is set in a 5 degree range from strongly agree (score 1) to strongly agree (score 5). The first 15 questions are related to measuring the dialogue dimension and the next 11 questions are related to the compliance dimension. In Latifian and Kouroshnia study, the validity of the criterion in the dialogue orientation dimension was 0.74, and the conformity orientation dimension was 0.49 and the instrument reliability in these two dimensions was obtained with Cronbach's alpha equal to 0.87. The reliability of the tool with Cronbach's alpha mean is 0.89 in terms of dialogue and 0.79 in terms of compliance. In Hashemi and Latifian research, the reliability of the dialogue dimension was 0.90 and the concordance dimension was 0.91 (15). Finally, in order to describe and deduce the data of this study, the mean standard deviation, correlation and multivariate regression were used using SPSS21 software.

Results:

The following is a descriptive and inferential review of the data.

Table 1: Descriptive characteristics and test of normal distribution of research variables

| Components | Mean | SD | Kolmogorov Smirnov | Significance |
|-----------------------------|--------|------|--------------------|--------------|
| Dialogue | 45.91 | 7.6 | 0.97 | 0.3 |
| Compatibility | 28.14 | 5.1 | 1.40 | 0.03 |
| Psychedelic | 27.4 | 8.05 | 1.35 | 0.05 |
| Extraversion | 25.52 | 4.37 | 1.22 | 0.1 |
| Openness | 24.64 | 6.12 | 1.17 | 0.12 |
| Compatibility | 28.9 | 7.11 | 1.6 | 0.01 |
| Conscientious | 24.20 | 6.64 | 1.14 | 0.14 |
| Emotional reactivity | 38.24 | 5.89 | 1.38 | 0.09 |
| My place | 37.35 | 4.22 | 1.06 | 0.21 |
| Emotional escape | 46.7 | 5.55 | 1.26 | 0.08 |
| Blending | 33.38 | 4.19 | 0.96 | 0.28 |
| Self-differentiation | 155.69 | 9.74 | 1 | 0.26 |

In Table 1, the mean and standard deviation of the dimensions of the studied variables as well as the results of Kolmogorov-Smirnov test are reported to investigate the normal distribution of

scores of the variables. For example, the mean and standard deviation of the total self-differentiation score is 155.69 9 9.74. The other variables are summarized in the same way in the table. Also, according to Kolmogorov-Smirnov statistic and significance ($P > 0.01$), the variables of conformity and compatibility of distribution are not normal. However, considering that variables are not criteria, we can ignore their normality. Therefore, parametric tests can be used to test the hypotheses derived from these variables.

In the table below, the correlation coefficients of the dimensions of the studied variables with the total score and self-differentiation components are reported.

Table 2: Correlation coefficients of dimensions of research variables with self-differentiation

| Variable | Emotional reactivity | My place | Emotional escape | Blending | Self-differentiation |
|---------------|----------------------|----------|------------------|----------|----------------------|
| Dialogue | 0.29** | 0.31** | 0.20** | 0.19** | 0.51** |
| Compatibility | -0.13 | -0.28** | -0.22** | -0.20** | 0.42** |
| Psychedelic | 0.11 | -0.12 | -0.15** | -0.32** | 0.21** |
| Extraversion | 0.11 | 0.14** | 0.08 | 0.02 | 0.19** |
| Openness | 0.23 | 0.28** | 0.41** | 0.23** | 0.47** |
| Compatibility | 0.14 | 0.19** | 0.13 | 0.004 | 0.22** |
| Conscientious | 0.05 | 0.03 | 0.05 | 0.09 | 0.05 |

In the above table, the correlation coefficients of all dimensions of the studied variables with the dimensions and total score of self-differentiation are reported. The coefficients marked with (**) are significant ($P < 0.01$). According to the table above, the discussion of family communication models has a positive ($R = 0.51$) and significant ($P < 0.001$) relationship with its differentiation. The conformity dimension of family communication models has a negative ($R = -0.42$) and significant ($P < 0.001$) relationship with self-tendency. The personality dimension of irritability has a negative ($R = -0.21$) and significant ($P < 0.001$) relationship with self-efficacy. Extraversion has a positive ($R = 0.19$) and significant ($P < 0.01$) relationship with its tendency. Openness has a positive ($R = 0.47$) and significant ($P < 0.001$) relationship with self-efficacy. The personality dimension of adaptation has a positive ($R = 0.22$) and significant ($P < 0.001$) relationship with self-determination. The dimension of conscientious personality has a positive relationship with self-tendency ($R = 0.05$) but this relationship is not statistically significant ($P > 0.05$).

Table 3: Results of analysis of variance to explain self-differentiation through family communication patterns and personality traits

| Model | Source of changes | Total squares | Df | Average square | F | Sig | R | R ² |
|-------|-------------------|---------------|-----|----------------|-------|--------|------|----------------|
| | regression | 9101.86 | 7 | 1300/26 | 24.47 | 0.0001 | 0.67 | 0.46 |
| | Residual | 10730.62 | 202 | 53/12 | | | | |
| | Total | 19832.49 | 209 | | | | | |

The results of analysis of variance showed that in the analysis, the dimensions of family communication patterns and personality traits are good predictors of their differentiation. According to the level of significance, it was found that this model is a significant model. And the value of R² also shows that 46% of its differentiation is explained by these variables.

Table 4: Standard coefficients entered into the model

| Variable | B | df | Beta | T | Sig |
|-------------------|--------|------|-------|-------|-------|
| Constant | 126.28 | 7.13 | | | |
| Dialogue | 0.43 | 0.07 | 0.34 | 5.93 | 0.001 |
| Compatibility | -0.44 | 0.10 | -0.23 | -4.17 | 0.001 |
| Psychedelic | -0.08 | 0.6 | -0.07 | -1.30 | 0.19 |
| Extraversion | 0.16 | 0.11 | 0.07 | 1.40 | 0.16 |
| Openness | 0.39 | 0.09 | 0.25 | 4.33 | 0.001 |
| Compatibility | 0.18 | 0.07 | 0.13 | 2.4 | 0.01 |
| Conscientiousness | 0.20 | 0.08 | 0.13 | 2.44 | 0.01 |

In the above table, according to the amount of T and the level of significance in the regression model, it was found that in the dimensions of family communication models with decreasing compliance (Beta = 0.23) and increasing dialogue (Beta = 0.34) self-differentiation scores increase. In other words, differentiation has a negative relationship with compliance and a positive relationship with dialogue. On the other hand, among personality types, differentiation scores increase with increasing openness (Beta = 0.25), compatibility (Beta = 0.13) and conscientiousness (Beta = 0.13). In other words, the types of openness, adaptation and conscientiousness have a positive relationship with self-differentiation, but the types of psychotic and extroversion, along with other variables, did not show significant predictive power of self-differentiation. To create a regression equation, we use the non-standardized regression coefficient (B). The regression equation is used to accurately predict the values of the dependent variable and its equation is as follows $Y = a + bx$. The regression equations are reported in the table below.

Table 5: Table of regression equations

| Independent variables | Regression equation |
|-----------------------|-----------------------|
| Dialogue | $Y = 126.28 + 0.43 X$ |
| Compatibility | $Y = 126.28 + 0.44 X$ |
| Psychedelic | - |
| Extraversion | - |
| Openness | $Y = 126.28 + 0.39 X$ |
| Compatibility | $Y = 126.28 + 0.18 X$ |
| Conscientiousness | $Y = 126.28 + 0.20 X$ |

In the table above, regression equations are reported. The results showed that among the communication models of family and personality types, the dimensions of conformity and dialogue, and the types of openness, adaptation and conscience, predict self-differentiation. But psychoticism and extraversion could not significantly predict self-differentiation.

Conclusion:

In this study, we examined our self-differentiation predictors based on family communication models and personality types of married women. The results showed that there is a relationship between family communication models and personality types with their differentiation in married students. In other words, the communication models of family dialogue with differentiation, extraversion with differentiation, openness with differentiation and adaptation to self-differentiation in married students had a significant positive relationship. Communication models of compliance with self-differentiation, neurotic personality had a significant negative relationship with self-differentiation. Differentiated individuals have a defined identity and do not move in existing interpersonal roles and issues with the emotional wave of the family, do not experience high anxiety, and are not prone to psychological problems and symptoms. In fact, we have two boundaries, discrete and continuous. Discrete boundaries in individuals enable them to maintain their identity and individuality in their individual interactions, and at the same time to establish healthy interpersonal relationships. This finding is consistent with the results of Askari, Rashidi, Naghshineh and Sharifi (13), Rezaian, Masoumi and Hassanian (16), Costa (17) and Allegri and Pits (18).

Explaining this research finding, it can be said that the status of dialogue is the extent to which families create conditions in which all family members participate freely and comfortably in interacting and discussing a wide range of topics, and family members make family decisions together. On the other hand, a person's differentiation is rooted in his unhealthy interpersonal relationships with those around him. In fact, communication between family members affects the psychological health of individuals, also by looking at the variable structure of self-differentiation, which refers more to a process than an achievable goal (19). It can be concluded that self-differentiation can have a significant relationship with its communication model (20), which was also significant in our study. Improving the level of family dialogue is related to the differentiation of members' lives. The more people express their emotions in the family environment and are encouraged to express their feelings and are able to discuss and exchange freely, the higher the self-differentiation. This finding can be explained based on the results of previous research; Thus, strengthening the dialogue dimension leads to the use of effective conflict resolution methods and healthy relationship (parent-child) and increase self-esteem, love of others, attention to the feelings and emotions of others, sense of responsibility, proficiency in problem solving, skills Stronger communication, higher level of resilience and growth of independence (management power). For this reason, people with a conversational orientation find their personal situations and abilities easier to see, and this in turn leads to self-differentiation (21).

Orientation also refers to coordination between family members and avoiding conflicts and disputes, and differentiation is the degree to which an individual is able to distinguish between intellectual and emotional processes. Therefore, it is necessary to achieve a degree of emotional independence that one can make autonomous and rational decisions in emotional and emotional situations, without drowning in the emotional atmosphere of those situations (22). Certainly, the high conformity communication pattern reduces the self-differentiation of individuals in the

family. Because the emphasis in families is on the homogeneity of ideas and attitudes, children avoid raising challenging issues. This type of relationship will cause major problems in the future. In the field of extraversion, the research of forgiveness (23) shows that people with high levels of extraversion are energetic, talkative, interested in group work, expressiveness, collectivism, activity, optimism and so on. Extraversion refers to a person's desire for positivity, aspiration, energy, and intimacy. These people do not have social anxiety because they communicate more easily with the public, naturally from the types of extroverts, including self-differentiation, intrapersonal capacity to differentiate thinking and feeling, and interpersonal ability to maintain internal independence in deep relationships with individuals. They enjoy life.

When people's self-differentiation is high, they are more likely to adapt well to conflicts, and anxiety, emotional reactions, and eventually their interaction are reduced. On the other hand, the use of low-discrimination avoidance by individuals in the event of a conflict (4) upsets the balance between "being together and individuality." and in the long run it causes emotional conflicts (5). In other words, an increase in the compatibility variable causes an increase in the differentiation component and vice versa. Explaining this finding, it can be said that one of the factors that make a person more adaptable to the needs and threats of life is flexibility, which has a special place in the field of developmental psychology, family and mental health. In fact, this factor causes the person to continue his adaptive growth and maintain his mental health, despite the bad conditions and negative events. A person can successfully overcome the unfortunate events of life and despite being exposed to severe stress, his social, educational and professional competence will be promoted. As a result of this adaptive flexibility, people with high levels of adaptive flexibility, people with high levels of flexibility are more likely to experience positive emotions in their lives, and have higher levels of self-confidence, and these are the hallmarks of differentiated individuals. In explaining this research hypothesis, it can be said that the concept of family communication models refers to how family members communicate with each other and how family members mean family relationships. In fact, one of the preconditions and effective factors in the formation of self-differentiation is family communication models, and the five dimensions of personality certainly have a strong predictive role in the differentiation of individuals. According to the research results, it can be said that among the communication models of family and personality traits, the dimensions of conformity and dialogue, types of openness, adaptation and conscientiousness predict self-differentiation. But psychoticism and extraversion did not have the potential to significantly predict self-differentiation, so people who are more compliant, more adaptable, and more conscientious are more likely to have more self-differentiation. Therefore, therapists, counselors, and clinical psychologists, in order to increase the marital satisfaction of married students, must first train individuals to move away from neuroticism, then train extroversion, and finally train individuals to break free from the pattern of communication.

Limitation:

Research limitations include the limitation of the research community due to the prevalence of coronation, which in itself reduces the generalizability of research results. Also, not paying attention to cultural, economic and educational issues was another limitation of the research. Therefore, it is suggested that in future research, the community and the research sample be expanded and also pay attention to the cultural, economic and educational issues of the subjects.

Application of research:

According to the results of research, the application of this method for couples, especially married women in order to reduce psychological problems and conflicts.

Ethical considerations:

In this study, ethical considerations included: written information about the research to the participants, reassuring the subjects about the confidentiality of the information and using it only in research, voluntary participation of people in the study and obtaining Written consent of the participants.

Conflict of interest:

There is no conflict of interest between the authors.

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