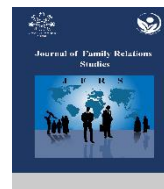




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## Research Paper

### Design and validation of pessimism questionnaire in married people



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**Citation:** Porzoor, P., Khademi Astaneh, Z., HeidariRaziabad, N. & Momeni Shabani, S. (2025). [Design and validation of pessimism questionnaire in married people (Persian)]. *Journal of Family Relations Studies*, 5 (1): 40-50. <https://doi.org/10.22098/jfrs.2023.13126.1129>



10.22098/jfrs.2023.13126.1129

#### ARTICLE INFO:

Received: 2023/06/13

Accepted: 2023/08/06

Available Online: 2025/02/20

#### Key words:

Design, validation, pessimism questionnaire, married people

#### ABSTRACT

**Objective:** The present study was conducted with the aim of designing and validating a pessimism questionnaire in married people.

**Methods:** The research method was based on the applied objective and the mixed research method (qualitative-quantitative). The socio-statistics of the research were all professors and experts of clinical psychology and family counselors of Ardabil province in 2022. Among the statistical population, 15 people (11 men and 4 women) were selected based on the principle of opinion saturation as a statistical sample of the qualitative part, and 250 people (136 men and 114 women) were selected as a sample of the quantitative part as a non-random sampling available (easy access) became Interviews and researcher-made questionnaires were used to collect information. Thematic analysis was used with MAXQDA 2018 software to code the interview texts. Additionally, Cronbach's alpha method, construct validity (convergent and discriminant validity), and partial least squares (PLS) were used to analyze the data from the researcher-made questionnaire using SPSS and SmartPLS software.

**Results:** The results indicated that the reliability and validity of the structure (convergence and divergence) were confirmed at an excellent level, and then the confirmatory factor analysis models were confirmed both in the mode of standard coefficients and the mode of absolute significance ( $p < 0/05$ ). Based on the results of this research, it is suggested that due to the innovation of this questionnaire, this questionnaire should be administered to couples before marriage in counseling centers and psychotherapy under the supervision of experienced professors with university experience and couples with pessimism problems before starting life.

**Conclusion:** The joint should be examined and treated during effective protocols to prevent the problems caused by pessimism, which sometimes leads to the disintegration of the joint life if it is aggravated.

## 1. Introduction

In recent years, the concept of pessimism has generated much interest in the fields of personality, social, and clinical psychology research. Throughout history, some have concluded that a pessimistic attitude, although justified, must be avoided to endure. Optimistic attitudes are favored and of emotional consideration. Major

depressive disorder (MDD) is a highly prevalent psychiatric disorder, with an estimated 300 million people affected globally. Patients with MDD tend to show pessimistic thinking about the future due to a reduced ability to imagine a positive future, which predisposes them toward hopelessness (Organization, 2019).

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Philosophical pessimism is not a state of mind or a psychological disposition, but rather, it is a worldview or philosophical position that assigns a negative value to life or existence. Philosophical pessimists commonly argue that the world contains an empirical prevalence of pains over pleasures, that existence is ontologically or metaphysically adverse to living beings, and that life is fundamentally meaningless or without purpose (Van der Lugt, 2021). Some people may be biased pessimistically and take strict preventive measures; however, excessive pessimism can induce psychological problems such as anxiety due to fear of infection (Arslan, Yildirim, Tanhan, Buluş, & Allen, 2021). One of the effective elements of couples' relationships is self-differentiation (Shoaa Kazemi & Moein, 2023). It is important to note that pessimism can have a great impact on people's mental and physical health because pessimism is a personality trait that is associated with depression, stress, and reduced quality of life. Pessimistic people are disappointed in their future due to their negative attitudes toward all matters and are not satisfied with their jobs, income, and lives. They always pay attention to their shortcomings and weaknesses in life and ignore their assets. for this reason, they never They do not enjoy their lives, and the symptoms of severe depression are extremely high in these people (Seria, Farko, Mahmoud, Isahu, and Zara, 2021). As key emotional responses became clear and emotional engagement began, couples began a new level of engagement; they showed more desire for closeness and non-avoidance (Ataimehr et al., 2023). Pessimistic people often worry, avoid establishing relationships with others, and often use repetitive responses in situations they find themselves in and suffer from severe post-traumatic stress disorder (Taylor, Landry, Paluszek, Rachor, & Asmundson, 2020). Pessimism is one of the most important tools that reduces personal health and social well-being. In accordance with Beck's cognitive theory of depression, a recent systematic review of the empirical literature indicates that patients with MDD have a less concrete style of processing (i.e., abstract thinking) and reduced ability to imagine possible futures and patients with MDD have specific irrational and pessimistic thoughts about future opportunities and prospects with self-respect, but not with respect to others; these negative cognitive biases produce the depressive mood and hopelessness that are characteristic of depression, rather than vice versa (Hallford, Austin, Takano, & Raes, 2018). By examining the records of pessimism, we found that Brownlie and Shaw (2019) concluded that pessimistic people constantly interpret the actions of others and sometimes seek to humiliate and threaten others (Brownlie & Shaw, 2019). Herando and

Constantinides (2021) concluded that pessimists are often morbidly jealous of others and think that others are gaining information about them and using it against them (Herrando & Constantinides, 2021). They do not have the ability to establish social relationships and be intimate with others, and they tend to become more isolated. Goldenberg and Gross (2020) found that pessimistic people are without normal feelings and emotions, and sometimes they seem active and successful in social situations and always attribute their pessimism to others; such people are usually irritable and angry (Goldenberg & Gross, 2020). A previous study confirmed that the single-item question was highly correlated with the Life Orientation Test-Revised, a widely used 10-item scale (Chopik et al., 2020). Certain personality characteristics may promote the development of all kinds of adverse network behavior, and pessimistic individuals may show symptoms such as excessive information search (Bajcar & Babiak, 2020). Rozanski et al. (2019) found that pessimistic people, due to their negative attitude, when faced with a negative event, consider its worst case i.e. (Rozanski, Bavishi, Kubzansky, & Cohen, 2019). death and destruction and focus on its positive and pleasant aspects. During COVID-19, pessimists who have a lower sense of trust in others and the outside world have a higher degree of fear in receiving information, a negative attention bias, and negative cognitive evaluation of the epidemic information and try to protect themselves differently than they have in the past (Galić, Mustapić, Šimunić, Sić, & Cipolletta, 2020; Jovančević & Miličević, 2020; Li & Li, 2022). In a word, the public is affected by cognitive and affective factors in public emergencies; that is, the public combines social factors with cognitive factors to form social cognition so that the public makes emotional responses and then produces personal behaviors and behavioral factors, including excessive attention to relevant information or avoiding contact with information. Therefore, it can be assumed that pessimism can indirectly influence adverse behavior through risk perception, and pessimism can indirectly influence adverse behavior through negative affect. In spite of these issues, according to the review of the current backgrounds in domestic studies, there is no standardized questionnaire and measurement tool regarding the study and measurement of pessimism of married people in Iran, so the purpose of this research is to design and validate a questionnaire of pessimism in married people.

## 2. Materials and Methods

The aim of the present study is to design and validate a pessimism questionnaire in married people.

Due to the fact that the results of this research can be directly used, the current research was applied in terms of purpose and mixed (qualitative and quantitative) in terms of the nature of the data. The research method in the qualitative part was theme analysis, and in the quantitative part, the structural equation model method was used. The qualitative statistical population of the research consisted of specialists, experts, and experts in family counseling. In this research, purposive sampling, which is one of the non-probability sampling methods, was used to select the sample for the qualitative part of the work. The concept of purposive sampling used in qualitative research means that the researcher selects the people and the place of study for the study that can be effective in understanding the research problem and the central phenomenon of the study (Klassen, Creswell, Plano Clark, Smith, & Meissner, 2012). Based on this, an interview was conducted with 15 university professors specializing in clinical psychology and family counseling, who are experts in the field of personality traits of people and have the necessary and sufficient experience related to the subject under study. Sampling adequacy in conducting interviews was realized based on the saturation and repeatability of the collected data. Semi-structured interviews were used to collect data. In order to implement the research, a week before the interview, the title and purpose of the research were explained to the professors. In the next step, an interview form was designed to collect the data obtained from the interview, and note-taking was used to record the views of the experts. The duration of the interviews was from 30 to 60 minutes. Interviews with a general and open question with the theme "What is the nature of pessimism, and what are the characteristics of pessimistic people?" It started and continued to explore the phenomenon in depth with persistent questions such as "Can you explain more about this?" used. The ethical

issues observed in this research included ensuring the informed consent of the participants to participate in the research and recording the content of the interviews, as well as the right to withdraw from the research at all stages. After collecting the data from the interview, the data were coded into 3 sections: basic themes, organizing themes, and overarching themes. Coding was done using maxqda2018 software. After coding, themes were presented in the form of figures. In the quantitative part of the research, the statistical population consisted of professors, experts, and consultants in the field of family in Ardabil province. Sampling in the quantitative section is 5 to 15 times the number of observed or apparent components, which is  $5q < n < 15q$  (Crilly, Hansen, & Zollo, 2016). Considering that the number of basic themes (manifest variables) was around 25, the sample size is between 125 and 375 people, and therefore, 250 people from the statistical population were selected as a sample by non-random sampling. After selecting the sample, a questionnaire of 25 questions (designed from basic themes) was designed, compiled, and distributed among the sample for validation. In the validation of the questionnaire, reliability, convergent and divergent validity, composite reliability, model fit indices, factor loadings, and T-statistics of the questions were examined. The reliability of the questions was obtained using Cronbach's alpha test in SPSS, and because the data had a non-normal distribution, partial least squares (SmartPLS) were used to check the model and its validity indicators.

**3. Results**

**Findings of the qualitative section:** After collecting the data, coding was done using the theme or theme analysis method using maxqda2018 software, and their output was in 3 sections of basic themes, organizer, and comprehensive theme as described in the table below;

**Table 1. Components identified in the pessimism of people**

Basic themes	Organizer themes	Overarching theme
Constant arguments with children	Suspicion and negative feelings	<b>pessimism</b>
Constant arguments with colleagues		
Constant argument with wife or husband		
Extremeness and strictness in decision-making		
Waiting for something bad to happen		
Disappointment at once	disappointment	
Despair about the future		
Lack of thought in line with progress		
Having no reason to live		
Not taking risks		
Lack of thinking about reaching your goals	Distrust	
Not expecting success in your work		
Skeptical of others		
Lack of easy trust in others		
Belief about being harassed		
Single-minded in doing their work		

Basic themes	Organizer themes	Overarching theme
Lack of consultation in doing things	Distrust	pessimism
Not getting warm with friends and family		
The feeling of frustration and blame after failure	frustration	
Not forgetting past failures and bitter experiences		
Constantly suffering from frustration	feeling worthless	
Non-participation in group and social issues and affairs		
Feeling worthless to others		
being isolated		
lacking self-confidence		

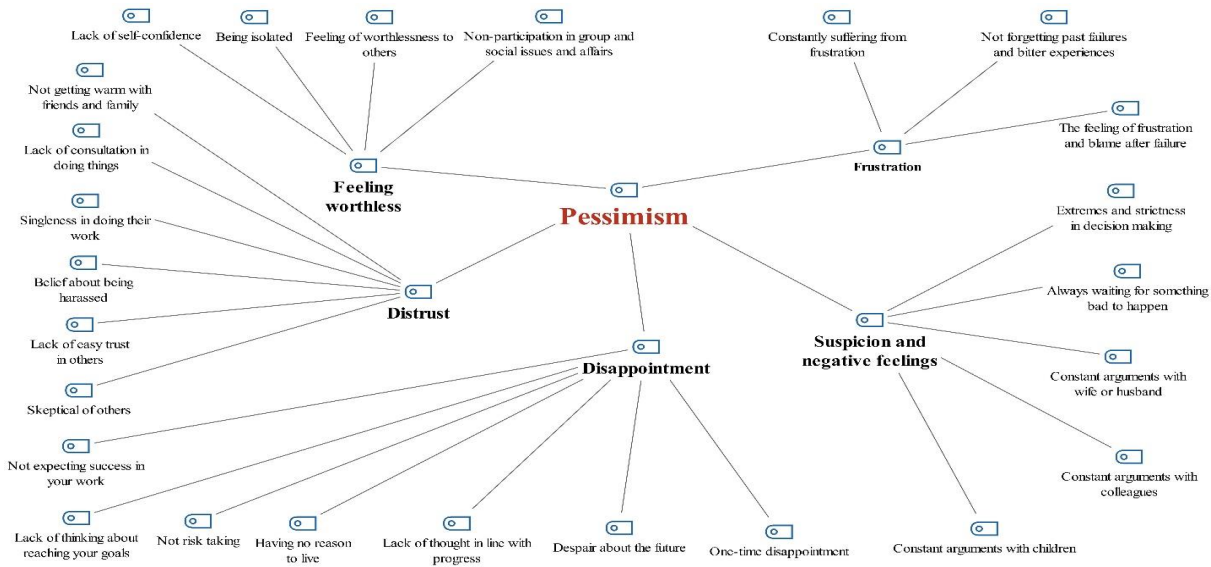


Figure 1. The components and sub-components of people's pessimism

**Findings of the quantitative section:** In order to review and validate the qualitative findings of the research, a questionnaire was first designed using the basic themes (25 themes). Then, the questionnaire was sent to 250

professors, experts, and family counselors in Ardabil province for completion. The designed questionnaire was as follows;

Table 2. Questionnaire designed for the pessimism of people

Questions	I completely disagree	I disagree	No idea	I agree	I quite agree
1. Pessimistic people are constantly arguing with their children.					
2. These people constantly argue and fight with their colleagues at their workplace.					
3. These people constantly argue with their spouses.					
4. They are extreme and strict in their decisions.					
5. These people wait for something bad to happen every time their phone rings.					
6. If they don't succeed in something at the very beginning, they will never do it again					
7. They are always disappointed about the future.					
8. They never think about progress in anything.					
9. They feel like they have no reason to live.					
10. They are not risk-takers in life.					
11. They think they can never achieve their goals in life.					
12. When they participate in something, they never expect to succeed in it.					
13. These people are generally suspicious of others when they enter a group.					
14. They cannot trust anyone easily.					
15. These people constantly think that others are going to annoy them.					
16. They can never leave something to someone else.					
17. They do not trust anyone to advise them when doing something.					

Questions	I completely disagree	I disagree	No idea	I agree	I quite agree
18. They can never warm to anyone.					
19. When they fail in something, they feel frustrated and constantly blame themselves.					
20. They cannot forget their past failures and bitter experiences.					
21. They suffer from a feeling of intense frustration all the time.					
22. They are less likely to participate in group and social issues and affairs.					
23. They feel that they have no value to others.					
24. When they enter a party, they sit in a corner to attract less attention from others.					
25. These people do not have self-confidence and cannot show their abilities.					

After the participants' responses, the collected information was analyzed and interpreted in two demographic and inferential sections. In the demographic information of the respondents, their

gender, age, level of education, field of work, and work experience were investigated, and their results were described in the table below;

**Table 3. Gender, Age, Respondents' education, Respondents' field of work, and Work experience of the respondents**

	Frequency	Percent	Total percentage
Man	136	54/4	54/4
woman	114	45/6	100
20 to 25 year	39	15/6	15/6
26 to 30 year	42	16/8	32/4
31 to 35 year	39	15/6	48
36 to 40 year	25	10	58
41 to 45 year	26	10/4	68/4
46 to 50 year	48	19/2	87/6
Over 50 years old	31	12/4	100
B.A	94	37/6	37/6
M.A	92	36/8	74/4
Ph.D.	64	25/6	100
Governmental centers	75	30	30
Private centers	82	32/8	62/8
University	93	37/2	100
Less than 5 years	41	16/4	16/4
Between 5 and 10 years	50	20	36/4
Between 10 and 15 years	59	23/6	60
Between 15 and 20 years	50	20	80
More than 20 years	50	20	100

After examining the demographic information of the respondents, the information related to the validation of the questionnaire was examined. Cronbach's alpha test

was used to measure the reliability of the questionnaire, the results of which were described in the following table;

**Table 4. Cronbach's alpha value of the pessimism questionnaire subscales**

Subscales	Number of items	Number of items	Cronbach's alpha
Suspicion and negative feelings	1-5	5	0/861
disappointment	6-12	7	0/907
Distrust	13-18	6	0/881
frustration	19-21	3	0/837
feeling worthless	22-25	4	0/839
pessimism	1-25	25	0/927

Considering that the reliability of the subscales is more than 0/8, it can be said that they have an optimal level and are reliable. The reliability of the whole questionnaire was 0/927. After the reliability check, the

construct validity of the questionnaire was checked. Construct validity includes convergent and divergent validity, the results of which are described in the table below;

**Table 5. Investigating convergent and divergent validity**

Factors	Suspicion and negative feelings	disappointment	Distrust	frustration	feeling worthless	AVE
Suspicion and negative feelings	0/802					0/643
disappointment	0/301	0/802				0/643
Distrust	0/617	0/325	0/792			0/627
frustration	0/265	0/863	0/288	0/868		0/754
feeling worthless	0/572	0/287	0/599	0/238	0/821	0/674

According to the information in the table above, it can be said that all the AVE values of the subscales are greater than 0/5, which indicates that the convergence validity of the research tool is acceptable. The Fornell-Locker method was used to check the divergent validity of the questionnaire. According to the information of the AVE square root table of each construct, the correlation

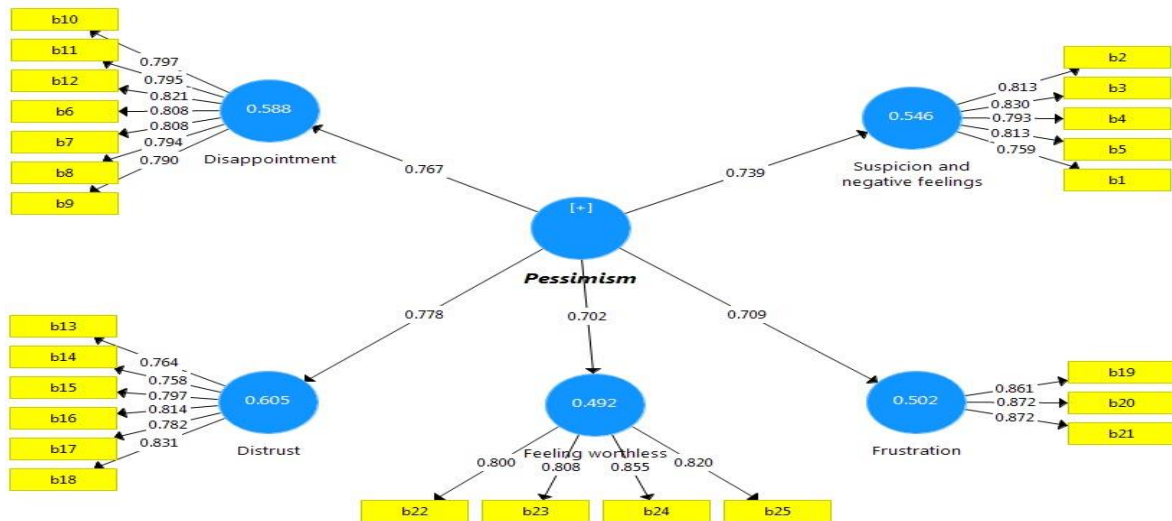
coefficients of that construct with other constructs have increased, which shows the acceptability of the divergent validity of the subscales. To check the normal or non-normal distribution of the data, the Kolmogorov-Smirnov test was used, the results of which were described in the following table;

**Table 6. Kolmogorov-Smirnov test to check the normal or non-normal distribution of data**

	Suspicion and negative feelings	disappointment	Distrust	frustration	feeling worthless	pessimism
Sample size	250	250	250	250	250	250
Test statistics	0/060	0/052	0/062	0/084	0/079	0/083
The significance level	0/030	0/200	0/021	0/000	0/001	0/000

According to the information in the above table, the data of the subscales of suspicion and negative feelings, mistrust, frustration, feelings of worthlessness, and total pessimism have a non-normal distribution ( $p < 0/05$ ); therefore, non-parametric partial least squares (PLS) model was used to check the research model. Became. The partial least squares method determines the

coefficients so that the extracted model has the most power of interpretation and explanation. So that the model can predict the final dependent variable with high precision and accuracy. Figure No. (2) Shows the model extracted from the confirmatory factor analysis in terms of standard coefficients estimation.



**Figure 2. Confirmatory factor analysis model in standard coefficient estimation mode**

According to the information in Figure (2), the value of factor loading for all questions has exceeded 0/5. Therefore, it can be concluded that the questionnaire questions are valid and aligned to measure pessimism at this stage. In other words, the figure shows that the researcher's desire to measure pessimism through designed questions has been realized.

Figure number (3) shows the confirmatory factor analysis

model in terms of the absolute significance of the coefficients (t-value). According to this model, the path coefficient is significant at the 0/095 confidence level. Since the value of all statistics is greater than 1/96, it means that the findings of this research confirm the general explanation of the model and the significance of all pessimism subscales and questions.

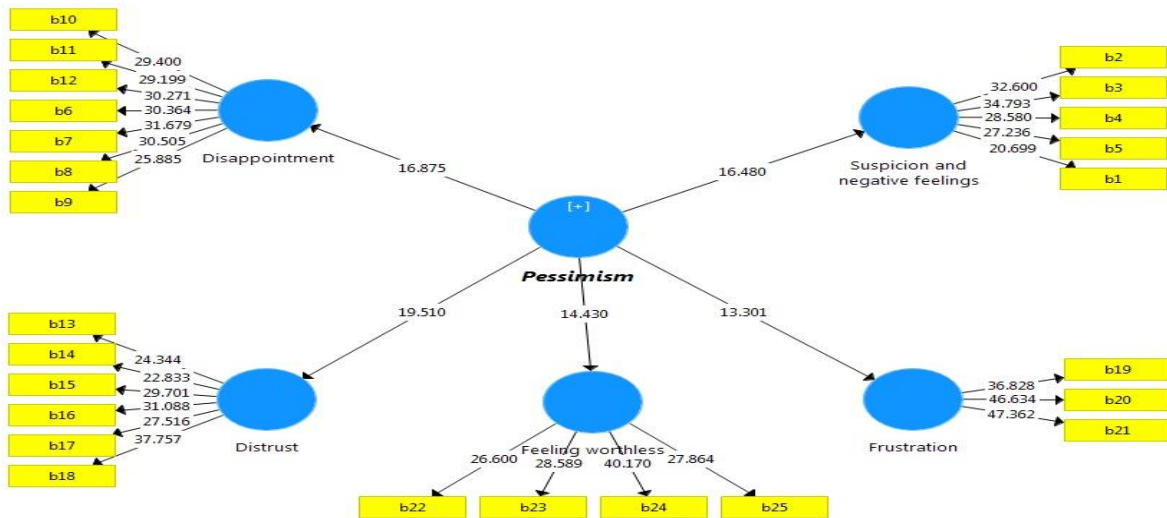


Figure 3. The confirmatory factor analysis model in the case of absolute value of significance (T coefficients)

Table 7. Classification and ranking of questions and subscales of pessimism questionnaire in people

Components	factor load	T statistic	degree	Result
Suspicion and negative feelings	0/739	16/480	Third	Accept
Arguing with children	0/759	20/699	25	Accept
Constant arguments with colleagues	0/813	32/600	7	Accept
Constant argument with wife or husband	0/830	34/793	6	Accept
Extremeness and strictness in decision-making	0/793	28/580	17	Accept
Always waiting for something bad to happen	0/813	27/236	20	Accept
Disappointment	0/767	16/875	Second	Accept
Disappointment at once	0/808	30/364	11	Accept
Despair about the future	0/808	31/679	8	Accept
Lack of thinking about progress	0/794	30/505	10	Accept
Having no reason to live	0/790	25/885	22	Accept
Not taking risks	0/797	29/400	14	Accept
Not thinking about reaching your goals	0/795	29/199	15	Accept
Not expecting success in your work	0/821	30/271	12	Accept
Distrust	0/778	19/510	First	Accept
Generally skeptical of others	0/764	24/344	23	Accept
Lack of easy trust in others	0/758	22/833	24	Accept
Believing in being harassed by others	0/797	29/701	13	Accept
They entrust work to others	0/814	31/088	9	Accept
They do not consult anyone in doing anything	0/782	27/516	19	Accept
They never warm to anyone	0/831	37/757	4	Accept
Frustration	0/709	13/301	Fourth	Accept
The feeling of frustration and blame after failure	0/861	36/828	5	Accept
Not forgetting past failures and bitter experiences	0/872	46/634	2	Accept
Constantly suffering from frustration	0/872	47/632	1	Accept
Feeling worthless	0/702	14/430	Fifth	Accept
Non-participation in group and social issues and affairs	0/800	26/600	21	Accept
Feeling worthless to others	0/808	28/589	16	Accept
being isolated	0/855	40/170	3	Accept
lacking self-confidence	0/820	27/864	18	Accept

According to the information in the table above, among the pessimism subscales, Distrust with factor load (0/778) ranks first, Disappointment with factor load (0/767) ranks second, Suspicion and negative feelings with factor load (0/739) ranks third, Frustration with factor load (0/709) ranks fourth and Feeling worthless

with factor load (0/702) ranks fifth in the subscale category. The best question is related to constant suffering from frustration, with a score of t (47/632), and the weakest question is the question related to arguing with children, with a score of t (20/699).

#### 4. Discussion and Conclusion

The aim of the present study was to design and validate a pessimism questionnaire in married people. According to the results obtained in relation to the relationship between pessimism and suspicion and negative emotions and their subsets, it can be said that what is going on in the minds of these people, the feeling of constant threat and fear of intimacy, the feeling of being threatened by rejection, loss and finally being alone. These findings are in line with the results of [Hsieh and Hong \(2017\)](#), [Gross \(2013\)](#), [Brownlie and Shaw \(2019\)](#), [Goldenberg and Gross \(2020\)](#) ([Brownlie & Shaw, 2019](#); [Goldenberg & Gross, 2020](#); [Gross, 2013](#); [Hsieh & Huang, 2017](#)). Their findings show that some couples love their partners and want to trust and grow with each other. However, they may feel insecure and doubt so much that despite the fact that they are trying to maintain their emotional relationship, they strongly damage the relationship. In the explanation of these findings, it can be stated that doubt and suspicion towards one's life partner lead to suspicion of the infidelity of the wife or husband, which is a very destructive emotion that arises in order to confront the individual with the risk of rejection. This doubt and suspicion, which form pessimism, can have a very negative effect on the functioning of the relationship with the children and the relationship with the colleagues at work. In fact, it can be said that pessimism and doubt are very important factors in quarreling. They are considered between pessimists and their partners as well as children and finally at work with their colleagues. In relation to the relationship between pessimism and feelings of hopelessness and its subsets, it can be stated that the results of these findings are in agreement with the results of [Avery and Vrshek-Schallhorn \(2016\)](#), [Dunkelly et al. \(2017\)](#), [Kim et al. \(2017\)](#), [Carver and Scheier \(2014\)](#), [Rozanski et al. \(2019\)](#) and [Zenger et al. \(2013\)](#) are in the same line ([Avery & Vrshek-Schallhorn, 2016](#); [Carver & Scheier, 2014](#); [Dunkley et al., 2017](#); [Kim et al., 2017](#); [Rozanski et al., 2019](#); [Zenger et al., 2013](#)). According to their findings, it can be concluded that pessimistic people have no hope for life, future, and progress with constant misinterpretations and misinterpretation of the behavior and intentions of the people around them and consider others as malicious. These people are always disappointed due to their negative view of issues and believe that problems and situations will never be resolved. In addition, the feeling of despair caused by pessimism is very debilitating and leads to the separation of friends and despair. Also, these people do not get any pleasure from doing the things they used to love. They are often sad and sad, and often, these feelings of frustration, together with other negative feelings of these

people, affect their quality of life and lead to problems such as low self-confidence and social anxiety. or even depression and also causing physical diseases such as cardiovascular diseases. In explaining these findings, it can be claimed that people are desperate because of their negative view of life, especially having a joint life, because they are skeptical about communicating with others, and because of this, their social relationships are usually associated with problems, so they cannot be with a partner. They should have a strong and loving emotional relationship in their life, and they can never be kind and emotional. Because love and affection have completely disappeared from them, life for them is without pleasure and meaningless, and they are always afraid of being threatened. Also, pessimistic people think that the people around them intend to deceive them and are always suspicious of the commitment and loyalty of others. That is why they never have hope for the future; they are full of negative thoughts and suspicion that there is no hope. It does not make it possible for them to live in the future. Since these people basically do not trust anyone and they cannot forgive those around them, and they think that others are trying to attack their personality, they extend the same mistrust in their life to their partner and the random looks of others and their partner They interpret their life badly, so their mind is so involved in negative interpretations and perceptions that they do not create any opportunity to progress in life, and due to negativity, they do not see the chance of such a situation and success in their life. They always struggle with these defective and uncomfortable thoughts and do not get any pleasure from their life, and they always face mental fatigue, which leads to not finding a reason for their own life. One of the other cases of pessimism in married people is distrust. In fact, pessimists suffer from doubt, pessimism and negativity due to lack of trust and the results of this research are in line with the results of [Watson and Naragon-Gainey \(2014\)](#), [Herrando and Constantinides \(2021\)](#), [Aldao, Nolen-Hoeksema and Schweizer \(2010\)](#), [Das and O'Keefe \(2006\)](#) are consistent ([Aldao, Nolen-Hoeksema, & Schweizer, 2010](#); [Das & O'Keefe, 2006](#); [Herrando & Constantinides, 2021](#); [Watson & Naragon-Gainey, 2014](#)). In explaining these findings, it can be stated that pessimistic people constantly think that others are persecuting them. As a result, pessimistic couples find an emotional attachment to their spouses or husbands due to pessimism and mistrust of their relatives and partners. They show their emotional attachment to their husband or wife with a lot of love for no reason, which leads to emotional heartbreak in their life together. Pessimistic people do not trust others to entrust their work to them, nor can they consult with them because they think that



everyone is against them, and they cannot be friendly with others because they think that everyone is against them. They are trying against him, and that is why pessimistic couples suffer from many distortions and cognitive damage. Pessimistic couples feel frustrated and blame themselves due to negativity, and due to rumination, they cannot face failures and experiences. forget their bitter past and live with those bitter experiences and generalize them to their lives and all situations and that is why they have a strong feeling of disappointment and suffer from this feeling permanently, which is related to the results of bodies of research [Buckner, Heimberg, Ecker and Vinci \(2013\)](#), [Epton, Harris, Kane, van Koningsbruggen and Sheeran \(2015\)](#) are in line ([Buckner, Heimberg, Ecker, & Vinci, 2013](#); [Epton, Harris, Kane, van Koningsbruggen, & Sheeran, 2015](#)). In explaining this finding, it can be acknowledged that the behavioral patterns of doubt and pessimism make people vulnerable to fulfilling their obligations. As a result, many people suffer from mental injuries caused by frequent doubts they inflict on themselves or their spouses and feel anxious. They induce more. The intensity of anxiety of skeptics and pessimists, especially in couples, sometimes reaches such an extent that they play the role of an investigator in the unconscious relationship and ask repeated questions in the hope of finding a moment of peace from the other party. In all these endless questions, a person seeks to find traces of his wife's infidelity and slip in order to complete his scenario writing and mental Chinese puzzle, and that is why they feels excessive frustration that affects all their life affairs. Pessimism causes severe devastation to remain in a person's mind after every failure. The greater the failure, the greater and wider the destruction. It is possible for people to experience failure in various fields such as job or business or love failure, and they are separated from the person they love and their life together has reached emptiness due to the unloving of their spouse or in the failure and ruin of their planning to themselves and They doubt their abilities and feel empty and worthless, which is in line with the results of [Ehring, Tuschen-Caffier, Schnülle, Fischer and Gross \(2010\)](#) ([Ehring, Tuschen-Caffier, Schnülle, Fischer, & Gross, 2010](#)). In explaining these findings, it can be stated that all these worthless and negative feelings of these people are caused by their negative and pessimistic views. After many people experience a failure, especially a failure in their emotional relationship or marriage, the defense mechanism of introjection is activated in them, and as a result, they consider themselves to be the main culprit of everything and feel extremely inferior, and this feeling of inferiority and worthlessness in them. It leads to them not having any participation in group and social issues and

affairs. Pessimists are faced with a series of mental traps or patterns of mental patterns that arise in a person during childhood and remain with him until adulthood and affect his behavior and decisions. The worthless traps that may arise in a person due to unloving, comparing, and blaming parents make the person always feel worthless and inferior and suffer from low self-esteem. People who constantly compare themselves with others also suffer from low self-esteem, and their self-confidence is destroyed. Due to their pessimism and negative attitudes, these people are constantly comparing themselves with others. It is true that comparing is a natural human trait, but it is dangerous to fall into its trap. Choosing this method actually leads to the person always being a loser. When pessimistic people compare themselves with others without fully examining the situation, they emphasize the positive characteristics and achievements of others and make their own positive characteristics and achievements appear more worthless and insignificant, which leads to a sharp decrease in their self-esteem. Moreover, as a result, they turn to isolation, and this isolation gradually makes a person suffer from depression. Among the limitations of the research, we can point out the lack of quick and easy access to professors, experts, and consultants in the field of family in Ardabil province. Among the research proposals, it can be stated that it is suggested that future researchers design and validate the pessimism questionnaire in other communities, such as students, etc, and not limit themselves to married people. Among the practical suggestions, it is suggested that due to the newness and originality of the present questionnaire, this questionnaire should be administered to couples before marriage in counseling centers and psychotherapy services under the supervision of experienced professors with university experience and couples with this problem before starting life. The joint should be treated through effective workshops and protocols to avoid the problems caused by pessimism, which sometimes leads to the disintegration of the joint life if it worsens. In addition to the mentioned cases, it is suggested that therapists avoid using the word pessimism and pessimistic people, especially married clients, in educational workshops. This work causes resistance from the client and his non-cooperation in treatment sessions and educational workshops, and it is considered a big obstacle in helping such people in their growth and prosperity.

## 5. Ethical Considerations

### Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were

also assured about the confidentiality of their information and were free to leave the study whenever they wished. If desired, the research results would be available to them.

### Funding

This research did not receive any grant from funding agencies in the public, commercial, or non-profit sectors.

### Authors' contributions

All authors have participated in the design, implementation, and writing of all sections of the present study.

### Conflicts of interest

The authors declared no conflict of interest.

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