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Prediction of dangerous sexual behaviors, deviant behavior and extramarital relationships in couples based on dark triads of personality

Najme Sadeghi, Tendency Clinical Psychology, Birjand branch, Islamic Azad University, Birjand, Iran

najme.sadeghi1991@gmail.com

Farid Malayeri, Master of General Psychology, West Tehran branch, Islamic Azad University, Tehran, Iran

Faridmalayeri@yahoo.com

Elham Hashemi, Specialized PhD student health (pre-defense), Kish branch, Islamic Azad University, Kish, Iran

Elhamhashemi1356@gmail.com

Saeedeh Zomorodi, Faculty of psychology, West Tehran branch, Islamic Azad University, Tehran, Iran

zomorodi.saeedeh@wtiau.ac.ir

Mohammad Eslahi, Faculty of psychology and Education, West Tehran branch, University of Tehran, Tehran, Iran 12630

Eslahi.mohammad@ut.ac.ir

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Abstract

Background and purpose: this research was conducted with the aim of predicting dangerous sexual behavior, deviant behavior and extramarital relationships of couples based on dark triads of personality.

Methodology: this research is applied in terms of purpose and descriptive-correlation in terms of method. The sample of this research includes 247 couples who referred to Baran counseling clinic in the first 3 months of 2013 in Tehran. The data of this research have been collected using standard questionnaires. Cronbach's alpha method was also used to determine the reliability of the questionnaire. Finally, the hypotheses were tested using path analysis modeling and using AMOS version 22 software.

Findings: the results of this research were based on the prediction of dangerous sexual behaviors, deviant behavior and extramarital relationships of couples based on the dark triads of personality. The findings of this research showed that three dark aspects of personality (Machiavellianism, narcissism and psychosis) had a positive effect on sexual risk behavior and deviant behaviors. The effect of Machiavellianism and psychosis on extramarital relationships was also positive ($p < 0.05$) but the effect of narcissism on extramarital relationships was not significant ($p > 0.05$).

Conclusion: the general framework of this research will be a basis for an emerging research field and outline the main directions for future research.

Keywords: dark personality triads, risky sexual behaviors, deviant behavior, extramarital relationships

Introduction

Evidence shows that marital infidelity has reached a high rate of prevalence and that men commit infidelity more often than women. The experience of marital betrayal as a destructive interpersonal event causes cognitive, emotional and behavioral symptoms in the victim (Rahnama et al., 2022). One of the factors influencing marital infidelity is personality traits. The dark triad as a subclinical construct as defined by Paulhus and Williams (2002) has become increasingly popular in forensic science. This dark triad includes the hated personality traits of psychosis, narcissism and Machiavellianism. Each feature should be considered as an independent construct despite the high positive correlation. Psychosis is a construct defined by Hare et al. (1990) and includes a variety of personal aspects such as superficial attractiveness, impulsiveness and lack of empathy. Also subclinical psychosis is related to constructs such as inexorability, impulsiveness, manipulation, villainy and violent tendencies (Albrecht et al, 2023). On the other hand, narcissism as a personality construct, has conceptual dimensions that are characterized by intense narcissism, a strong sense of merit and the need for attention, praise

and approval (Miller et al., 2011). The Diagnostic and Statistical Manual identifies mental disorders related to narcissistic personality disorder which is an extreme manifestation of narcissism and has an adverse effect on marital relationships (Oliver et al, 2024).

Finally, Machiavellianism as another dark trait, is a personality trait inspired by the strategic views of Niccolò Machiavelli (Italian diplomat) and characterized by cynicism, collusion, inexorability and lack of morality (Jones and Paulhus, 2010). Machiavellianism is that humans should act based on personal expediency without giving much importance to ethics. This view can cause deviant and dangerous behaviors in sexual and extramarital relationships (Brewer, G. and Abell, 2015). People with more traits in the dark triad prefer to have a short-term relationship (Jonason et al, 2015). Psychotic people tend to have extramarital relationships more than others and in general, Machiavellian and anti-social personalities have negative preconceptions about marriage (Mansobifar et al., 2023). Therefore, people with dark triad traits can create situations in which there is an incentive to cheat or end a relationship. According to previous studies in this field, people with dark triad characteristics are more prone than others to dangerous and extramarital sexual behaviors and infidelity (Kardum et al, 2019). Sexual risk behavior (RSB) refers to any sexual behavior that increases the likelihood of adverse sexual health and pregnancy outcomes. Examples of these behaviors include unprotected sex and having multiple sexual partners without consistent or correct use of contraception. Health consequences can also include unintended pregnancy, unsafe abortion, HIV/AIDS and other sexually transmitted infections (STIs). In a study, Mauda (2013) showed that the nature of the relationship between dark triad personality traits depends on the specific type of sexually risky behavior. According to other previous studies, narcissism as an aspect of the dark triad of personality is associated with poor commitment in relationships (Campbell et al, 2002, Foster et al, 2006). On the other hand, previous research has pointed to a positive relationship between dark triad traits and deviant behavior and extramarital relationships (Jonason et al, 2012, Jonason et al, 2009). High scores on narcissism, Machiavellianism and psychosis seem to result mainly in a less serious relationship. The results of previous research showed that people with dark triad characteristics are more likely to commit infidelity, sexual deviant behaviors and extramarital behaviors and these deviant sexual behaviors have a positive relationship with Machiavellianism, narcissism and psychosis (Brewer et al., 2015, Jones and Weiser). , 2014, Sevi et al., 2020). In general, the association between dark triad personality traits with marital infidelity, sexual deviant behaviors and extramarital behaviors can reflect a number of factors such as individuals with high scores in dark triad traits with more sexual interest and motivation. Dark triad traits influence risky sexual attitudes and

behaviors (Koladich and Atkinson, 2016). Thus, dark triad traits can influence perceptions of infidelity and these perceptions contribute to more infidelity among individuals who have dark triad traits. Based on theoretical evaluations in this matter, we come to the conclusion that people with a high score in the dimensions of the dark triad of personality are more inclined to risky sexual behaviors, deviant behavior and extramarital relationships and people with high narcissism can exhibit dangerous sexual behaviors because They prioritize their own desires and lack empathy when dealing with others. Those who have severe Machiavellianism can be successful in manipulating the psychology of their partners in relationships to achieve their goals which causes deviant behaviors. People with psychosis can enter into extramarital relationships where they exploit others for personal gain. The role of personality in sexual behavior has been studied to some extent over the years.

Dark triad personality traits are some of the personality variables that need empirical attention. Also some studies have supported the view that when the dark triad personality traits are measured in normal populations, they are different in nature despite the overlap in changes (Williams and Paulhus, 2002). Despite these findings, both dark triad personality traits and risky sexual behavior remain debatable topics worth studying. On the other hand, although the effects of these three aspects of personality on sexual deviations are somewhat clear, there are very few researches in this field and especially in Iranian society, this issue has not been given much attention. By doing this research and in general, by understanding the dark triad of personality traits and the potential impact of these traits on extramarital behaviors and sexual deviations, professionals can better assess potential risks. Also these issues should be treated with sensitivity and the similarities and differences of the dark triad personality traits should be evaluated more in terms of dangerous sexual behavior, especially in our country, where this issue has been neglected and this area is the first research gap that this research will address. Seeking to fix it. Therefore, our goal was to determine whether risky sexual behaviors, deviant behavior and extramarital relationships in couples' relationships can be predicted based on dark triads of personality.

An overview of the research background

Dark personality types in this study refer to a set of three personality types that are usually called dark personalities and include these items: 1- Subclinical narcissism which refers to the pattern of exaggeration, need for praise and lack of empathy. 2- Psychosis which is defined by a set of altered experiences of reality. 3- Machiavellianism which refers to a personality focused on psychological manipulation, lack of emotion and disregard for ethics without regard to negative human consequences (such as injury or suffering of people) and justifies any means

to achieve the goal (Baloyi, 2019). People with any of these personality types are likely to be selfish and have a sense of arrogance and entitlement and often use domineering expressions (Baughman et al, 2014).

Sexual behaviors refer to infidelity, sexual aggression, extramarital relationships and creating abnormal relationships. Wheeler et al. (2002) believe that sexual aggression refers to coercion and sexual assault in an inclusive way. Socio-sexual behavior also refers to the dimensions of sexual desire as measured by the scale of Penke and Asendorpf (2008) and its dimensions include behavior, attitude and desire that reflect a person's participation in sexual behavior with a life partner without commitment to a partner. They are long-term intimate relationships. In traditional research, sexual risk behaviors are defined as sexual encounters that increase the risk of unwanted pregnancies and sexually transmitted infections through any form of unprotected sex (such as not using a condom or not taking birth control pills) (Bowling et al. et al., 2022). The term sexual deviant behavior describes any sexual arousal or preference that is directed toward objects or activities outside of social norms (Lodi-Smith et al, 2014). At worst, the interest in such behavior is labeled as a paraphilia by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Paraphilias are grouped by the DSM into two broad organizing frameworks:

- 1- Abnormal activity preferences (such as showmanship, algolagnic, masochism and sadism)
- 2- Abnormal goal preferences (such as pedophilia, fetish and transgenderism) (American Psychiatric Association, 2013).

On the other hand, extramarital relationships are one of the most destructive phenomena of marital life. These relationships can create a deep sense of worthlessness and insecurity in the affected partner. Extramarital relationships mean crossing the boundaries of marital relationship and creating physical or emotional intimacy with another person (Fekoor et al, 2024). In recent years, the definition of extramarital relationships has expanded to include a wider range of behaviors. For example, extramarital relationships include behaviors such as making illicit connections, cheating, watching porn movies, excessive physical intimacy with someone other than the spouse and even emotional intimacy beyond normal friendships with someone other than the spouse. Therefore, any behavior that violates the marital commitment between two people can be classified as an extramarital relationship (Fouladiyan et al, 2021). Also many researchers have sought to explain why people who can be classified into any of the dark triad personality traits have difficulty staying committed to long-term marital relationships. (Schmitt, 2004). In this regard, it has been found that men with dark triad personality traits tend to have more sexual partners and more short-term relationships compared to women (Jonason et al, 2009). Mauda (2013) points out that

among the characteristics of the dark triad, there is a link between risky sexual behavior and gender differences. On the other hand, the study of risky sexual behaviors and personality can help identify personality traits related to marital infidelity. Some studies have concluded that there is a relationship between personality traits, extramarital relationships and risky sexual behaviors (Hittner et al, 2016). The role of personality in sociosexual behavior is well supported by relevant literature. Of course, the results regarding the relationship between bright and dark personality traits are different (Fernández del Río et al, 2019). Albrecht et al. (2023) found that dark personality traits can predict sexual risk behavior as well as dominant and aggressive behavior in intimate relationships and, to some extent, attachment anxiety in adults. Dark personality traits have a significant relationship with committing sexual aggression. There is also a significant correlation between dark personality traits and committing sexual violence in intimate relationships. Lee et al. (2013) found that high psychosis scores were associated with striving for more sexual experience in sexual relationships. Semenyna and Honey (2015) obtained the same correlation for narcissism and Machiavellianism with attempts at extramarital relationships. Jonason et al. (2012) showed that people with high dark dimensions of personality can have difficulties in establishing stable and healthy intimate relationships. Steininger and Pietschnig (2022) found that the dimensions of narcissism and psychosis are positively related to increased sexual motivation and sexual diversity and this is the main theme of this study, based on which, sexual risky behaviors, deviant behavior and extramarital relationships of couples based on dark triads They are predictable characters. In this regard, Albrecht et al. (2023) state that high scores of Machiavellianism are related to increased sexual activity. Other studies also found a significant relationship between dark triad structures and sexual behavior (Baughman et al., 2014). Dark triad structures influence the sexual behaviors of individuals with high dark triad traits (Freyth and Jonason, 2023).

This dark triad is associated with marital relationship strategies associated with violence and risky sexual behaviors (Jonason et al, 2009). Forth et al. (2021) asked women who had husbands with psychotic features. These women reported experiences ranging from emotional abuse (98 percent), deception (96 percent), and physical assault (32 percent) to sexual abuse (32 percent). High psychosis scores were significantly correlated with sexual victimization. Day et al. (2022) also followed a similar method to assess the impact of the second dark triad construct (narcissism) on sexual partners in intimate relationships. Here, 43.9 percent of study participants reported abuse from a sexual partner with narcissism such as sexual abuse (5.7 percent of female participants).

Research methodology

This research is a quantitative research project that is applied in terms of orientation and hypothetical in its approach. The research strategy is survey and field type. Also this research is of the descriptive-correlation type in terms of its purpose and in terms of the time horizon, it is of the single section type. Questionnaire and individual analysis unit were used to collect data. The statistical population of this research included all couples referred to Baran counseling clinic in the first 3 months of 2013. To prepare the sample size, sample selection methods were used for structural equation modeling. The first solution to determine the minimum sample size required for structural models is to refer to the opinion of experts. Although the minimum sample size required here was 200 people but for more certainty, a sample of 250 people was used by the available random sampling method.

Sexually Risky Behavior Scale (RSBQ)

Questionnaire of sexually dangerous behaviors presented by Zareay et al. (2019) consists of 4 subscales (non-use of condoms, drug use, multiple sexual partners and unusual sexual relations) and is used to evaluate sexually dangerous behaviors. The design of this questionnaire is in the form of four options and five options and includes 10 questions. The scoring of the first 8 questions is direct (0 to 4) and the last two questions are reverse (0 to 3). Here, the higher a person's score is, the higher his sexual risk behaviors are. Zareay et al. (2009) calculated the reliability of this questionnaire using Cronbach's alpha coefficient, 0.86. Also the validity of this questionnaire was obtained by Zareay et al. (2009) using appropriate exploratory factor analysis. In this research, the reliability of the scale using Cronbach's alpha method was obtained equal to 0.82.

Marital Infidelity Questionnaire (PDIQ)

This questionnaire was designed by Drigotas et al. in 1999 and has 11 items that evaluate marital infidelity in the form of 3 components: cognitive infidelity, emotional infidelity and sexual infidelity. This questionnaire is on a 7-option Likert scale (1 to 7), where higher scores indicate more betrayal. The minimum score for this questionnaire is 11 and the maximum score is 77. Drigotas et al. (1999) found the content validity of this tool to be 0.96 and the overall reliability of this tool to be 0.87 in a 3-week interval. This tool was normalized in Iran, where the concurrent validity of this scale based on the treacherous behavior questionnaire through correlation was found to be equal to 0.46 and the reliability of this test was also found to be equal to 0.93 using Cronbach's alpha method for the entire questionnaire (Moshrefi and colleagues, 2021). In this research, Cronbach's alpha for the entire questionnaire was equal to 0.85.

Sexual deviant behavior scale

This questionnaire was designed by Olson and Fowers in 1989. This questionnaire consists of 12 scales that are related to the existing fields in married life and can show the potential problems of couples and determine the fields of its strengthening. The scale of sexual communication in this questionnaire includes 10 items that are answered in the form of 5 options (range from always to never). Olson and Favers (1989) reported an internal consistency of 0.9 for the sexual communication subscale. Heydari and Hosseinpour (2005) also reported the internal consistency of the sexual relationship scale of the Enrich questionnaire. The internal consistency of the scale in the sample of this research was 0.77.

Short Dark Triple Scale (3SD)

The dark personality triangle questionnaire was prepared by Jones and Paulhus (2014) in 12 items and in the form of a self-report questionnaire that measures three dark personality traits (Machiavellianism, psychosis and narcissism). This questionnaire is answered based on the Likert scale (from completely disagree (1) to completely agree (7)). Jones and Paulhus (2014) reported a range of coefficient alpha from 0.7 to 0.87. In internal studies, the findings of Amiri and Yaghobi (2015) showed that this scale has alpha coefficients of 0.65 to 0.82 in three subscales in terms of reliability. In this study, the Cronbach's alpha coefficient for all three subscales was between 0.74 and 0.8.

Analysis strategy

In this research, structural equation modeling has been used to analyze the data and test the resulting hypotheses. The software used in data analysis were amos22 and spss22. To evaluate the data distribution, the crookedness and elongation coefficient tests were used. Structural equation modeling has also been used to test the research model and research hypotheses. According to Joreskog and Sorbom (1989), path analysis modeling by providing the possibility of using maximization methods can provide estimation of model parameters. Therefore, in this research, the two-stage strategy of Anderson and Gerbing (1988) has been used to analyze the data and test the conceptual model of the research. In the first step, the measurement models were validated for evaluation and the relationship between the unobserved variables and the observed variables using factor analysis. In the second step, structural models were used to evaluate the relationship between the hidden variables and the results of the hypotheses using path coefficients and t values.

Research findings

The first part of the analysis was related to the demographic characteristics of the respondents. Here, the gender statistics showed that 247 people answered the questions of this research (63 percent women and 37 percent men) and 53 percent of these people had a diploma, 28 percent

had an associate degree and 19 percent had a master's degree or higher. Also the age of 38 percent of the respondents was less than 30 years and 62 percent of them were more than 30 years old. In Tables 1 and 2, you can see information related to descriptive statistics and correlation between research variables.

Table 1- information related to descriptive statistics of variables

Variables	Number	Average	SD	Crookedness	Elongation
Sexual risk behavior	247	12.44	22.2	-0.447	-0.122
Sexually deviant behavior	247	9.38	1.38	-0.714	0.210
Extramarital relations	247	10.22	2.11	-0.324	-0.074
Machiavellianism	247	16.42	2.47	-0.142	-0.014
narcissist	247	99.19	2.71	-1.31	0.941
psychosis	247	22.21	3.21	-1.44	0.411

Before evaluating the structural model of this research, the assumptions of the path analysis modeling were first evaluated. The variable crookedness is in the range of -1.44 to -0.142 and the elongation is in the range of -0.122 to 0.941. Chou and Bentler (1995) consider a cut-off point of ± 3 as suitable for crookedness. For the elongation cut point, values greater than ± 10 for this index create a challenge. Bentler (1998) believes that the multivariate normal situation corresponds to when the value of this index is less than 3. Here, the value of crookedness and elongation is less than ± 2 so the data of this research are assumed to be normal and parametric tests and path analysis modeling (using AMOS22 software) were used for analysis.

Table 2- correlation between the main research variables

Variables	1	2	3	4	5	6
Sexual risk behavior	1					
Sexually deviant behavior	**45/0	1				
Extramarital relations	**51/0	**30/0	1			
Machiavellianism	**39/0	**41/0	**45/0	1		
Narcissist	**52/0	**28/0	**48/0	**74/0	1	
Psychosis	**34/0	**30/0	**39/0	**71/0	**69/0	1

**p<.001

Here there is a positive correlation between the main variables of the research and the relationship between the dimensions of dark personality traits is stronger and positive. Next, we will test the research hypotheses. In structural equation modeling, most researchers evaluate

the measurement model before evaluating the structural model. First, confirmatory factor analysis is performed on the research variables and then the required corrections are made.

Structural models

In order to test the conceptual model of the research and to evaluate how well the developed research model conforms to the reality based on theoretical foundations, fit indices were used so in the first step, the fit indices **were evaluated**.

Table 3- fit indices for the final research model

Structural model fit indices	Indicators
2.15.59	Kai Square
98.000	Degree of freedom
0.351	P values
2.2	ChiSqr/df
0.071	RMSEA fit index
0.89	Goodness of Fit Index (GFI)
0.88	Adjusted goodness of fit index (AGFI)
0.75	Parsimony Goodness of Fit Index (PGFI)
0.065	SRMR fit index
0.91	Normalized Fit Index (NFI)
0.9	Tucker-Lewis index (TLI)
0.92	Comparative Fit Index (CFI)

You can see that all the indicators are higher than the allowed value and the results show Goodness in the research model and in accordance with the model developed with theoretical foundations. After confirming the goodness of fit indices, the path regression coefficients model was determined (figure 1).

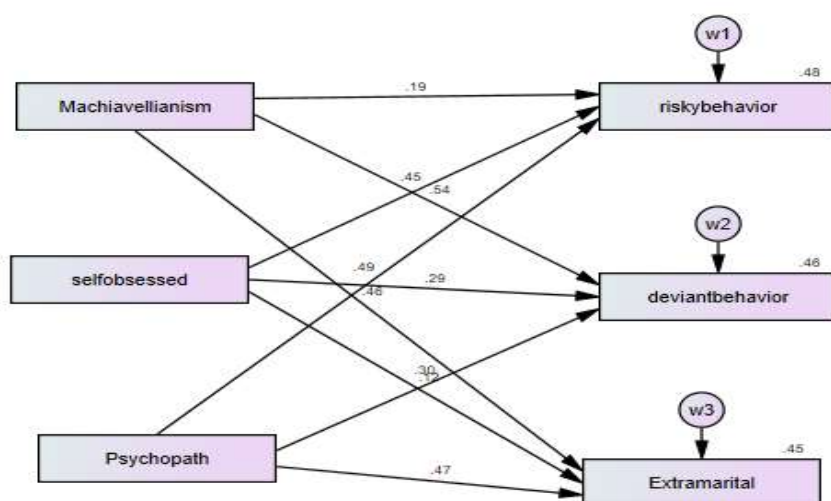


Figure 1- structural equation model for direct paths test

According to the above figure, all paths except one path are not significant but other paths are positive. In the table below, a summary of the results of the research hypotheses is presented.

Table 3- summary of the results of research hypotheses

Paths			Path coefficients	z value	SD	p value
Machiavellianism	---	Sexual risk behavior	.163	3.248	.050	.001
Machiavellianism	---	Deviant behaviors	.450	9.051	.050	***
Machiavellianism	---	Extramarital relationships	.366	7.660	.048	***
narcissism	---	Sexual risk behavior	.310	7.668	.040	***
narcissism	---	Deviant behaviors	.194	4.826	.040	***
narcissism	---	Extramarital relationships	.075	1.955	.039	.051
psychosis	---	Sexual risk behavior	.395	8.477	.047	***
psychosis	---	Deviant behaviors	.238	5.131	.046	***
psychosis	---	Extramarital relationships	.347	7.790	.045	***

Discussion and interpretation

This study was conducted with the aim of predicting dangerous sexual behaviors, deviant behavior and extramarital relationships of couples based on dark triads of personality. In this

research, using theoretical foundations and experimental tests, we collected data and the relationship between research variables was evaluated. The results showed the significance of most of the developed relationships and hypotheses. In this study as we expected, dark triad personality traits were able to predict risky sexual behavior, deviant behavior and extramarital relationships. The findings of this research showed that all three dark aspects of personality (Machiavellianism, narcissism and psychosis) have a positive effect on sexual risk behavior. These findings are in line with the studies of Crysel et al. (2013), Mauda (2013), Hittner et al. (2016), Maneiro et al. (2020), Furth et al. (2021), Day et al.) and Albrecht et al. (2023). In this regard, Krisal et al. (2013) emphasized that the dark triad traits (Machiavellianism, narcissism and psychosis) are theorized to facilitate short-term and exploitative social tactics. Therefore, dark triad traits are positively related to risky sexual behaviors. Also Machiavellianism, narcissism and psychosis are known as negative personality traits that are often associated with dangerous and deviant sexual behaviors. Machiavellianism refers to the use of deceptive tactics to achieve personal goals and Machiavellian individuals can directly or indirectly exacerbate sexually dangerous behaviors. Also narcissism means a strong desire to focus on oneself and one's personal needs and is related to sexual aggression. In this regard, Widman and McNulty (2010) found that narcissism was associated with frequent reports of sexual aggression, three specific types of sexual aggression (unwanted sexual contact, sexual coercion and attempted sexual assault) and its likelihood. Finally, psychosis means a deficiency in human feeling and respect for the rights of others which can lead to dangerous sexual behavior. Morelli et al. (2021) in a study showed that both risky and aggravated sexual relations were positively predicted by Machiavellianism and psychosis. The findings of this research showed that all three dark aspects of personality (Machiavellianism, narcissism and psychosis) have a positive effect on deviant behaviors.

These findings are in line with the studies of Lodi Smith et al. (2014) withers et al. (2017), Maniro et al. (2020) and Steininger and Peshnig (2022). In this regard, the results of Lodi Smith et al.'s (2014) research showed that deviant sexual behaviors can indicate a degree of antisocial personality functioning and personal acceptance. Interpersonal antisocial behaviors associated with sexually deviant behaviors are consistent with an underlying antisocial personality. Specifically, sexual deviant behaviors related to low satisfaction and the dark triad with narcissism are the strongest predictors associated with such behaviors. Sexually deviant behaviors can be a part of entitlement behavior and lack of empathy is also a prominent feature of narcissists. Also such behaviors can show a degree of personal acceptance (Wismeijer and van Assen, 2013).

Machiavellianism, narcissism and psychosis have different roles in understanding sexual deviant behaviors. Machiavellianism refers to the use of deception tactics to achieve personal goals. Machiavellian people can use others to fulfill their needs and desires (such as fulfilling sexual goals). Also these people can obtain sexual services by using tricks and deception. Although narcissism means a person's high interest in himself and his personal identity, narcissists are likely to have a tendency to satisfy their own sexual needs and desires and not care about others which can lead to unstable and unpleasant sexual relationships. Psychotic people cannot have sexual behaviors in accordance with social regulations and harm others. Finally, the findings of this research showed that two dark aspects of personality (Machiavellianism and psychotic) have a positive effect on extramarital relationships but the effect of narcissism on extramarital relationships was not significant. The findings of these hypotheses were consistent with the studies of Semnina Hani (2015), Hiter et al. (2016), Cai and Luo (2018), Steininger and Peshnig (2022), Albrecht et al. (2023), Rahnama et al. (2022). Rahnama et al. (2022) emphasize that in the dark triangle of personality, psychotic people are actually antisocial, criminal and exploitative people and show a direct relationship with aggression and due to high impulsiveness, hostility and anger, couples can commit adultery. Usually, this happens for revenge and because of the tendency to exploit, the tendency to extramarital relationships increases. Characteristics of psychosis associated with betrayal include atrocity, lack of empathy and antisocial personality. Also Machiavellian people exploit others for personal gain without considering empathy or respect for the other party. These types of behaviors can gradually destroy the trust in the relationship and the feeling of security in the marital life which can promote extramarital relationships among couples.

In order to prevent this anti-social phenomenon in the society, there is a need to provide proper information and increase people's awareness about the factors and conditions of occurrence of social, psychological and other injuries related to betrayal. According to the results of this research, it is necessary to try to create two types of couples' understanding of each other and continuous counseling to create and guide the family system and familiarize couples with their duties, just as counseling before divorce is mandatory. Also pre-marital counseling should be made mandatory in Iranian society. Holding educational workshops for parents and appropriate intervention services can prevent many problems resulting from extramarital relationships and unauthorized sexual relations and reduce this damage so all institutions and officials should try to prevent this destructive social phenomenon. Similar to most research in this field, this research also has limitations. The data of this research were collected through self-report. This method of data collection is prone to deliberate distortion of reality. Future research should use

methods that do not rely on self-reports such as intuitive methods and reports from others who know the study participants well. Lack of sample diversity was also a major limitation in this study. This study was conducted in one area of Tehran which limits the generalization of the results to other communities and ethnic groups. Therefore, the generalizability of the results should be through replication in a more general sample.

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