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How Do Iranian Women Experience Divorce? A Grounded Theory Study Exploring Their Lived Experiences Through Personal Narratives

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Abstract

The present study explored how Iranian women experience divorce and the meanings they attribute to this experience through personal narratives. This qualitative study employed a grounded theory approach and was conducted cross-sectionally from December 2025 to March 2026. Participants were Iranian women aged 20–50 years seeking divorce who had sought services at family counseling clinics in Tehran. Participants were recruited through purposive and convenience sampling until theoretical saturation was achieved. Data were collected through semi-structured interviews and analyzed using open, axial, and selective coding. Following analysis of nine interviews, 93 open codes, 21 axial codes, and 11 selective codes were identified. Findings showed that women's experiences of divorce were multilayered and shaped by individual, marital, economic, social, and psychological factors. Major contributors included fundamental differences between spouses, addiction, financial difficulties, divergent life attitudes, inadequate psychological skills, persistent behavioral patterns, job insecurity, socioeconomic problems, and mental health difficulties. Divorce was not perceived as inherently positive or negative; rather, women interpreted its meaning according to their circumstances and the extent of harm experienced. For some women, divorce represented a means of escaping harm and protecting themselves and their children, whereas for others, it was experienced as a process accompanied by psychological and social pressures.

Introduction

Divorce is a social phenomenon that exists in all societies and has various consequences for family and social life, which may negatively affect life satisfaction and hope for the future [1]. Although divorce can serve as a means of ending unsatisfactory marital relationships, it is also an important social issue that can affect the psychological and social well-being of couples, children, and extended families [2]. Therefore, divorce can be considered not merely an individual event but also a phenomenon with significant social and economic consequences. For many women, it entails more substantial consequences, particularly in terms of economic conditions and post-divorce well-being, than for men [3]. In general, women experience numerous negative emotions following divorce, and their psychological well-being tends to be lower than that of married women [4]. Various studies have shown that divorce is associated with a significant increase in symptoms of anxiety, depression, and somatization, and that even one year after divorce, these symptoms remain higher than those observed in the general population [5, 6].

From a psychological and biological perspective, Field (2025), in a narrative review of divorce and breakup distress, reported that the increasing divorce rate in the United States, estimated at approximately 42%, has been accompanied by greater prevalence of separation anxiety [7]. Pellón-Elexpuru et al. (2024), in a three-level meta-analysis of 94 studies involving more than 1.38 million participants, found that divorced individuals, compared with married individuals, reported poorer self-rated health and more physical symptoms and were at greater risk of certain physical health problems, including cardiovascular diseases, cerebrovascular conditions, and diabetes [8].

The social consequences of divorce may be intensified in unstable contexts. In this regard, Kadhim et al. (2024) reported that parental divorce was associated with juvenile delinquency, particularly among adolescents [9]. Similarly, Rinaldo et al. (2024), through an examination of divorce narratives in Indonesia, emphasized that class inequalities shape both the process and experience of divorce [10]. Their findings indicated that lower-income couples may be more likely to accept divorce, whereas educated middle-class couples may encounter more complex conflicts and longer divorce processes.

Divorce also involves a complex process of meaning-making for children. Eikrem and Andenæs (2025), in a qualitative study of children aged 6 to 12 years, showed that children's agency and the ways in which divorce is communicated and experienced play an important role in shaping their understanding of this event [11]. Nikolova and Chen (2025), in a study of Canadian adolescents aged 13 to 18 years, similarly reported that parental divorce is associated with initial emotional confusion, identity reconstruction, changes in relationships, and meaning-making. Although some adolescents may develop resilience following divorce, the need for supportive and educational interventions remains important [12].

One factor influencing women's responses to divorce is gender-related norms and inequalities affecting women [13]. Alongside the psychological, social, and economic consequences of divorce, women's liberation from patriarchal gender norms represents an important challenge for human development. This importance derives not only from the role of freedom of choice in individual well-being but also from the relationship between economic development and women's ability to access opportunities and exercise control over the course of their lives [14]. Within this framework, divorce may provide some women with an opportunity to redefine their identities, regain agency, and achieve personal independence.

This issue has also been emphasized in recent research on Iranian women. Haghani and Sosa (2025), in a qualitative study, examined the perceptions of Iranian women regarding gender inequality during the divorce process. Their findings indicated that women encounter a range of legal, economic, and sociocultural barriers throughout this process [15]. Factors such as family support, education, employment, and social beliefs may influence women's experiences of divorce and their access to rights and resources. These findings suggest that the experience of divorce among Iranian women cannot be examined independently of the prevailing social and gender structures.

In a similar vein, Almog and Herbst-Debby (2025), in a qualitative study entitled Women Who Initiate Divorce Embrace Autonomy, conducted semi-structured interviews with 38 Jewish Israeli mothers and found that life after divorce could be experienced as a transitional period characterized by new opportunities [16]. This finding is particularly significant in a traditional and family-oriented society such as Israel, where marriage and divorce are subject to religious regulation. It suggests that women who initiate divorce may, by moving beyond prevailing social norms, achieve greater autonomy, control over their lives, and a renewed sense of personal agency [16].

Within the cultural and social context of Iran, despite the legal restrictions and broader social pressures faced by women seeking divorce, women's initiation of divorce has been increasing [17]. In this context, a

phenomenological study by Rajabpour Azizi et al. (2025), conducted with 20 divorced Iranian women, showed that divorce, alongside its associated difficulties and contributing factors, may also result in outcomes such as enhanced critical thinking and problem-solving skills, increased individual and social resilience, greater financial independence, and improved self-awareness and emotion regulation [18]. These findings highlight the importance of adopting a multidimensional and multifaceted perspective on the experience of divorce, suggesting that for women, divorce may simultaneously constitute an experience of suffering and an opportunity for personal reconstruction and transformation.

Similarly, Naeimi and Motamedi (2021), in a qualitative assessment of post-divorce adaptation strategies, found that the adjustment process may involve increased cognitive, emotional, and behavioral awareness, acceptance of unchangeable circumstances, the establishment and maintenance of new boundaries in relationships, and the redefinition of women's roles alongside their maternal roles [19]. These findings indicate that women do not necessarily encounter only negative consequences following divorce; rather, in adapting to new circumstances, they may also redefine their identities and reorganize their lives.

Research evidence suggests that divorce can function as a transformative learning experience for many women, contributing to the development of critical thinking, increased individual and social resilience, greater financial independence, and enhanced self-awareness and emotion regulation [18]. From this perspective, women's experience of divorce should not be viewed as a linear and exclusively harmful process. Rather, it is a dynamic and multilayered process in which individual factors, family relationships, economic conditions, gender norms, and social structures interactively influence how women make meaning of separation and reconstruct their lives. This perspective further underscores the importance of examining women's lived experiences throughout the divorce process, as the attitudes, meanings, and coping strategies that women develop during this journey are strongly influenced by the cultural context, gender norms, and prevailing social structures.

Despite this evidence, a substantial proportion of existing studies have either focused on the psychological and economic consequences of divorce or examined women's experiences within different cultural and social contexts. In contrast, understanding how Iranian women experience and make meaning of the divorce process, particularly at the local level and within the cultural context of smaller cities, remains in need of deeper investigation. Therefore, an in-depth qualitative examination of these experiences is essential. Accordingly, the present study was conducted to investigate the lived experiences and perspectives of women seeking divorce in Sabzevar County, with the aim of elucidating the various dimensions of these experiences and developing a final axial coding model that explains the divorce process from women's perspectives.

Conceptual Framework of the Study

The present study draws on the perspective of Symbolic Interactionism and employs the logic of Grounded Theory to examine how women experience and make meaning of the divorce process.

Symbolic Interactionism is based on the premise that individuals act toward people, situations, and events according to the meanings they attribute to them, and that these meanings are formed through social interactions and subsequently interpreted and redefined in light of new experiences [20]. Accordingly, divorce should not be viewed merely as a legal event or the termination of a marital relationship; rather, it should be understood as a social and interactional process through which women engage in meaning-making, identity reconstruction, and self-redefinition following divorce [21].

Within this framework, divorce may emerge from the interaction of multiple relational, psychological, economic, and family-related factors, including marital conflict, controlling or aggressive behaviors, infidelity, addiction, economic difficulties, and family interference. Qualitative evidence from Iran suggests that women's decisions to divorce are rarely attributable to a single factor but rather develop through the accumulation and interaction of multiple difficulties [22]. Moreover, gender norms, family expectations, social attitudes toward divorced women, and legal and economic constraints may shape women's perceptions and experiences of divorce [15, 17].

The consequences of divorce may also extend across individual, family, and broader social contexts. Hajiheydari et al. (2026) identified a range of divorce-related harms among Iranian women, including personal, family, ex-husband-related, child-related, and friendship-related harms at the micro level, as well as economic, legal, and cultural harms at the macro level [23]. Their findings highlight the interconnected influence of cultural, social, economic, and interpersonal conditions on women's experiences following divorce. At the same time, family support, employment, education, financial independence, social networks, and psychological resources may facilitate women's adjustment, whereas social pressure, economic insecurity, lack of support, and negative attitudes toward divorce may intensify post-divorce difficulties.

Thus, women experiencing similar circumstances may not necessarily develop identical experiences or meanings of divorce. Rather, through interactions with family members, former spouses, children, and the wider society, women interpret and reconstruct the meaning of divorce according to their individual resources, relationships, and sociocultural contexts. From the perspective of Symbolic Interactionism, divorce can therefore be understood not simply as the dissolution of a marital relationship, but as an ongoing process of meaning-making, identity reconstruction, and redefinition of social roles and future life.

Method

This qualitative study aimed to explore the lived experiences of women seeking divorce and the meanings they attributed to the divorce process. The study employed a grounded theory approach based on the Corbin and Strauss framework. Participants were women seeking divorce in Sabzevar County, Iran, and data were collected over a four-month period from December 2025 to March 2026. Participants were recruited using purposive and convenience sampling, with maximum variation considered in terms of age, educational level, employment status, duration of marriage, and family characteristics.

The study sample consisted of nine women seeking divorce, aged 25–60 years, who varied considerably in educational attainment, duration of marriage, age at marriage, occupation, and number of children. Participants' educational levels ranged from middle school to a master's degree, while their spouses' educational levels ranged from elementary school to a master's degree. The duration of marriage ranged from 1 to 22 years, and participants' ages at marriage ranged from 13 to 38 years. Participants had diverse occupational backgrounds, including homemakers, lecturers, tailors, and hairdressers, whereas their spouses worked in occupations such as driving, mechanics, manual labor, and self-employment, with some being unemployed. Some participants had one or two children, whereas others had no children. This variation provided a diverse context for exploring the lived experiences of women seeking divorce.

Eligibility criteria included being a woman aged 25–60 years, being married and experiencing marital dissatisfaction, having a permanent marriage, residing in Sabzevar County, and being willing to participate in and cooperate with the interviews. Participants were excluded if they requested withdrawal from the study or were unwilling to continue participating in the interview process.

Data were collected through in-depth, semi-structured interviews using a researcher-developed interview guide informed by the study objectives, relevant literature, and expert perspectives in family counseling and qualitative research. The interview guide began with the broad question, "How did you come to this point in your life? Where would you like to begin your story?" and included probing questions addressing participants' marital experiences, the emergence and progression of conflicts, experiences of the divorce process, and sources of emotional and financial support. The sequence and wording of questions were flexibly adapted to participants' responses. Following informed consent, the interviews were audio-recorded, transcribed verbatim, and manually coded. Participants were informed about the voluntary nature of participation, the confidentiality of their information, and their right to withdraw at any stage. To ensure confidentiality, each participant was assigned an identification code, and identifying information was excluded from the findings.

Data collection and analysis were conducted concurrently and iteratively, with emerging findings and concepts from each interview informing subsequent interviews. In accordance with the Corbin and Strauss approach, data analysis involved three stages: open, axial, and selective coding. During open coding, meaningful segments of the interview transcripts were identified and organized into initial concepts and preliminary categories through constant comparison. During axial coding, relationships among concepts and categories were examined according to the paradigmatic model, including causal conditions, the central phenomenon, contextual and intervening conditions, action/interaction strategies, and consequences. During selective coding, the main and subcategories were integrated around the central phenomenon to develop the final theoretical model. Constant comparison among transcripts, codes, concepts, and categories was maintained throughout the analytic process to ensure consistency between the emerging categories and the raw data. Data collection continued until theoretical saturation was reached after nine interviews, at which point subsequent interviews yielded no substantively new

concepts, properties, or relationships relevant to the emerging categories and theoretical model. Overall, the coding process resulted in 93 open codes, 21 axial codes, and 11 selective categories.

The trustworthiness of the findings was assessed according to the criteria of credibility, dependability, confirmability, and transferability. Credibility was enhanced through prolonged engagement with participants, empathetic and nonjudgmental interviewing, and the use of probing and follow-up questions. Dependability was supported through systematic documentation of data collection and analysis procedures and review of interview transcripts and coding by colleagues with expertise in family studies and qualitative research methodology. To enhance confirmability, the researcher maintained reflexive notes and documented analytic decisions, while peer review of coding and categorization was used to assess the extent to which interpretations were grounded in the raw data. Participants were also invited to review summaries of their interviews and interpretations to identify and correct possible misunderstandings. Transferability was supported through maximum variation sampling and attention to the diverse characteristics and experiences of participants. Throughout the interviews, exploratory questions such as “Could you elaborate further on this?” and “Could you provide an example?” were used to deepen the data without leading or directing participants’ responses.

Findings

Data analysis resulted in the identification of 93 open codes, 21 axial codes, and 11 selective categories. The coding process and the extraction of the elements of the paradigmatic model are summarized in Table 1.

Table 1
Condensed Paradigmatic Model Derived from the Axial Coding Process

Paradigm Elements	Selective Codes (Categories)	Axial Codes (Components)	Condensed Open Codes (Findings)
Causal Conditions	Fundamental Differences	Relational, cultural, and value differences	Cultural differences, disrespect, infidelity, emotional coldness, communication problems, forced marriage, material interests
	Addiction	Substance-related problems	Substance abuse, drug addiction, secrecy, relationship problems
	Financial Issues	Economic instability and irresponsibility	Unemployment, financial problems, lack of responsibility, inadequate financial provision
Contextual Conditions	Divergent Attitudes	Differences in marital expectations and attitudes	Excessive pride, dishonesty, personality differences, excessive fault-finding, selfishness, unrealistic expectations
	Deficiency in Basic Psychological Skills	Weaknesses in interpersonal and emotional skills	Lack of self-control, poor communication, psychological instability, restricting interactions, excessive dependence or self-sacrifice
Intervening Conditions	Enduring Maladaptive Habits and Their Consequences	Persistence of problematic behaviors	Controlling behavior, aggression, verbal abuse, addiction, repeated conflicts, resistance to change, prolonged arguments
	Job Security and Responsibility	Economic and behavioral instability	Unemployment, financial dependence, lack of responsibility, lack of stability
Strategies	Building a Life Based on Reason and Logic	Rational decision-making and relationship management	Making appropriate decisions, forgiveness, detachment, ending the relationship, resisting external interference
	Building an Ideal and Purposeful Life	Rebuilding life and pursuing goals	Goal setting, hope for the future, education, independence, financial planning, personal growth
Consequences	Social and Livelihood Problems	Social and economic difficulties	Social judgment, gossip, financial problems, fear of

Paradigm Elements	Selective Codes (Categories)	Axial Codes (Components)	Condensed Open Codes (Findings)
			remarriage, loneliness, rejection
	Psychological/Mental and Positive Consequences	Psychological distress and personal transformation	Depression, distrust, confusion, psychosomatic problems, inner peace, renewed motivation, future planning

Table 1 demonstrates that the findings derived from the open, axial, and selective coding can be extracted within the framework of 11 categories across five main axes (Causal Conditions, Contextual Conditions, Intervening Conditions, Strategies, and Consequences). In the selective coding phase, considering the concepts, axes, and main categories, the central phenomenon was named 'Divorce.' Given the central phenomenon and the relationships between the identified categories and axes, a paradigmatic model can be extracted, which is presented in Fig. 2.

Having established this paradigmatic model outlining the lived experiences of women pursuing divorce, we will now proceed to detail its constituent elements.

Causal Conditions

In the present study, the causal conditions include "Fundamental differences, addiction, and financial issues."

1. Fundamental Differences

One of the themes extracted from the data was the fundamental cultural and communication differences between spouses. Ziba (one of the participants) refers to her husband's disrespectful behavior in public and a difference in cultural tolerance threshold when describing her experience, stating:

"My husband is humiliating in public and whenever he gets angry, he speaks ill of me in front of others without consideration. I feel there are cultural differences between our families because my sister-in-law is experiencing similar behavior but tolerates it, whereas for me, it is unacceptable."

This experience demonstrates that divergence in communication norms and the way anger is expressed can lead to feelings of humiliation, marital dissatisfaction, and ultimately, the inclination towards divorce.

2. Addiction

The spouse's addiction was another pivotal theme in the lived experience of women seeking divorce. Samira, one of the participants, points to her husband's secrecy and its psychological consequences:

My husband was addicted from the beginning of our marriage, and this situation continued for about seven years. Before the engagement, he had quit using for a short period so it wouldn't show up in the

tests. Throughout these years, I tried to keep his addiction hidden from my family because my father is very sensitive about addiction.

This narrative illustrates the psychological pressure resulting from concealment, feelings of insecurity, and mistrust in marital life that a spouse's addiction creates for women, playing a significant role in the decision to divorce.

3. Financial Issues

One of the main themes extracted from the data was chronic financial problems accompanied by unemployment, addiction, and domestic violence. Fatemeh, one of the study participants, describes her experience as follows:

"If there was even a small amount of money at home, my husband would refuse to go to work using it as an excuse. Due ausal Conditions

The causal conditions underlying the divorce experience included fundamental differences, addiction, and financial issues. Fundamental differences involved cultural and communication differences, disrespect, infidelity, emotional coldness, and divergent expectations. Addiction, particularly the spouse's substance use and concealment of use, contributed to mistrust, insecurity, and psychological distress. Financial problems, often accompanied by unemployment, irresponsibility, and violence, further intensified women's dependence and distress.

Contextual Conditions

The contextual conditions included divergent attitudes and deficiencies in basic psychological skills. Differences in attitudes toward marital and emotional boundaries, together with disregard for women's psychological and physical needs, contributed to dissatisfaction. Deficiencies in commitment, self-control, honesty, communication, and interpersonal regulation further undermined trust and psychological security within the relationship.

Intervening Conditions

The intervening conditions consisted of enduring maladaptive habits and their consequences and lack of job security and responsibility. Persistent patterns of addiction, aggression, irresponsibility, and resistance to change reduced women's expectations of improvement. In addition, unemployment, financial instability, and the unequal distribution of economic responsibilities increased psychological exhaustion and weakened marital stability.

Strategies

Participants described two main strategies: establishing a life grounded in reason and logic and building an ideal and purposeful life. Some women responded to prolonged marital distress by reassessing their circumstances, prioritizing their psychological and physical well-being, and making more deliberate

decisions regarding separation. Others viewed divorce as an opportunity to rebuild their lives, pursue financial independence, establish personal goals, and develop greater hope for the future.

Consequences

The consequences of the divorce experience were social and economic problems, psychosomatic and psychological difficulties, and the attainment of inner peace and new goals. Participants reported social judgment, financial challenges, loneliness, distrust, and concerns about remarriage. Some also described anxiety, depression, physical symptoms, and other health-related difficulties associated with prolonged marital conflict and emotional insecurity. Conversely, some participants experienced greater psychological peace, independence, motivation, and optimism regarding their future after deciding to divorce.

Discussion

The present study explored the lived experiences of women seeking divorce and the meanings they attributed to the divorce process. The findings showed that divorce is a complex process shaped by interpersonal, psychological, cultural, and socioeconomic conditions.

The causal conditions included fundamental differences, addiction, and financial problems. Differences in values and personal orientations may be associated with relationship dissolution [24]. Differences in marital expectations and family roles may also contribute to relationship instability [25]. Addiction can reduce relationship quality and increase marital conflict [26]. Financial conflict may similarly undermine marital stability [27].

The contextual conditions included divergent attitudes and deficiencies in basic psychological skills. Cultural and gender-related expectations can shape marital attitudes and interactions [28]. Lower marital commitment has also been associated with more favorable attitudes toward infidelity [29]. In addition, differences in spouses' self-control may contribute to marital conflict [30].

The intervening conditions included persistent maladaptive behaviors and lack of job security and responsibility. Intimate partner violence may increase before divorce and continue to affect women after separation [31]. Economic and employment insecurity can also increase marital stress and instability [32].

The strategies identified in this study involved rational decision-making and rebuilding a purposeful life. These strategies reflect women's efforts to regain independence and establish new life goals. Divorce may therefore involve identity reconstruction and personal development [27].

The consequences included socioeconomic difficulties, psychological problems, and, for some participants, greater inner peace and renewed goals. Social stigma may increase psychological and social difficulties among divorced women [33]. However, some individuals may experience positive psychological changes following divorce [34].

Overall, the findings indicate that divorce should not be understood as inherently positive or negative. Its consequences depend on the conditions surrounding the marital relationship and the resources available to women during and after separation.

Limitations

The findings of this study, given its qualitative approach and the limited sample of women seeking consensual divorce, do not possess statistical generalizability and are primarily characterized by conceptual generalizability. The use of self-reported data may also have been influenced by individual biases and cultural considerations. Furthermore, the cross-sectional nature of the study did not allow for an examination of changes in the experience of divorce over time. Therefore, future studies are recommended to employ longitudinal designs and more diverse samples.

Based on the findings of the present study, it is recommended that specialized premarital counseling and assessment be strengthened, with an emphasis on identifying fundamental differences between couples in terms of values, beliefs, life goals, and communication styles. In addition, given the role of addiction, domestic violence, and marital conflicts, specialized premarital screening and training in communication skills, conflict resolution, self-control, and marital commitment are recommended. Considering the role of financial difficulties and job insecurity, programs aimed at economic empowerment, employment, and enhancing the financial independence of divorced women should be developed. Furthermore, to reduce social stigma and negative attitudes toward divorced women, the implementation of cultural and educational programs and the strengthening of social support are recommended. Finally, given the role of goal setting, identity reconstruction, and personal independence in women's post-divorce adjustment, post-divorce counseling and psychological services should be provided to promote mental well-being, self-efficacy, and adaptation to post-divorce life.

Implications and Conclusion

Conclusion

The present study identified three main domains of divorce consequences: socioeconomic difficulties, psychological and emotional challenges, and the attainment of inner peace and new goals. The findings showed that divorce is a multidimensional process affecting women's personal, family, economic, and social lives. Social judgments, stigma, and reduced social support may make adjustment to post-divorce life more difficult, consistent with the findings of Al-Ziadat and Al-Dalaeen [33]. Socioeconomic difficulties were also identified as important challenges during the reconstruction of women's lives, consistent with research on the economic and social consequences of divorce [3].

The findings further indicated that marital conflict, addiction, domestic violence, financial difficulties, and job insecurity may intensify the psychological and emotional challenges associated with divorce. However, divorce was not experienced solely as a negative event. Some women reported greater

independence, control, and agency through identity and role reconstruction, consistent with Almog and Herbst-Debby [3]. Similarly, T. L et al. [21] highlighted identity reconstruction and the creation of new meanings following divorce.

Overall, the consequences of divorce depend on relationship conditions, individual and social factors, and coping processes. Therefore, divorce should be understood as a complex and dynamic transition involving both challenges and opportunities for rebuilding one's life. Strengthening social support, reducing social and economic pressures, and facilitating identity reconstruction and personal independence may help women adapt to post-divorce life.

Declarations

Ethics approval and consent to participate

The research was approved by the Research Committee of **Hakim Sabzevari University** (Approval ID: IR.HSU.REC.1403.019) on 2024/10/16 and was conducted in accordance with the **Declaration of Helsinki**. All participants provided their informed consent prior to participation in any study activities. The ethical approval letter is provided in the cover letter.

Informed Consent

Informed consent was obtained from all participants prior to their involvement in the study. Specifically, Iranian women who had experienced divorce and met the study's inclusion criteria were recruited. The consent process was conducted individually before the commencement of each in-depth, semi-structured interview for the grounded theory study. Participants were provided with comprehensive written and verbal explanations regarding the study's purpose, research procedures, expected duration, potential emotional discomfort (given the sensitive nature of personal narratives regarding divorce), and potential benefits to the field of counseling and women's studies. Participants were explicitly informed that their involvement was entirely voluntary and that they had the unconditional right to refuse participation or withdraw at any point during the research without penalty or consequence. Strict assurances were given regarding the confidentiality and anonymity of their data, confirming that pseudonyms would be used and no personally identifiable information would be linked to the collected narratives or subsequent publications. Furthermore, participants were informed that interviews would not be audio-recorded due to confidentiality and privacy preferences, and instead, detailed notes would be taken during the sessions with their explicit permission.

Consent for Publication

Not applicable. This manuscript does not contain any individual person's data in any identifiable form.

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Author Contribution

Sampling process: P. H. SH., conducting clinical interviews: P. H. SH, and E. N., completing questionnaires: P. H. SH, and E. N.,, clinical intervention P. H. SH., and E. N., and analyzing data by E. N., are involved in the process of writing and submitting an article.Financial support

Data Availability

The datasets generated and/or analyzed during the current study are not publicly available due to the sensitive nature of the participants' personal narratives and ethical constraints regarding anonymity. However, the data are available from the corresponding author on reasonable request.

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Figures

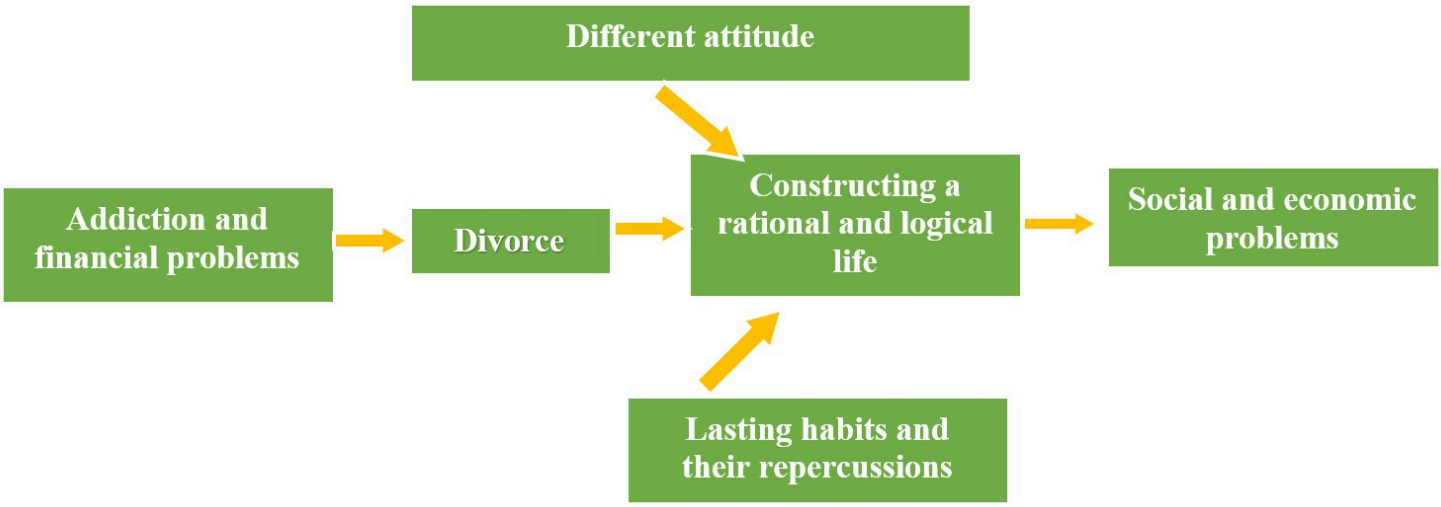


Figure 1

Figure 2. The Paradigmatic Model Extracted from Axial Coding

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