PERCEIVED STYLES OF PARENTS ON ALEXITHYMIA WITH THE MEDIATING ROLE OF EMOTIONAL SCHEMAS IN MARRIED PEOPLE WITH MIGRAINE

ESTILOS PERCEBIDOS DOS PAIS SOBRE ALEXITÍMIA COM O PAPEL MEDIADOR DE ESQUEMAS EMOCIONAIS EM PESSOAS CASADAS COM ENXAQUECA

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Resumo. O objetivo desta pesquisa é investigar os estilos percebidos dos pais sobre alexitimia com o papel mediador dos esquemas emocionais em pessoas casadas com enxaqueca. Em termos de finalidade prática, a presente pesquisa é uma correlação descritiva com equações estruturais. A população estatística inclui todos os homens e mulheres casados em Teerã que foram encaminhados para tratamento de enxaqueca em hospitais em 2022, cujo número é de 440. Portanto, com a ajuda da fórmula de Cochran, 208 pessoas foram selecionadas e o questionário foi distribuído entre elas em um método aleatório conveniente e simples. O coeficiente alfa de Cronbach foi utilizado para determinar a validade do questionário utilizando o método de validade de conteúdo e confiabilidade do questionário. Por fim, os coeficientes mostraram que o instrumento de coleta de dados possui alta confiabilidade. Para verificar a validade do questionário, análise fatorial confirmatória e verificar as hipóteses de pesquisa a partir da modelagem de equações estruturais, foi utilizado o método de modelagem de equações estruturais (SEM) com auxílio do software SmartPLS 3. Conclusão: No final, todas as hipóteses de investigação foram confirmadas e foram apresentadas sugestões e soluções para melhorar os estados físicos e mentais das famílias e os estilos percebidos dos pais.

Palavras-chave: Estilos parentales percibidos, Alexitimia, esquemas emocionales

Abstract. The purpose of this research is to investigate the perceived styles of parents on alexithymia with the mediating role of emotional schemas in married people with migraine. In terms of practical purpose, the current research is a descriptive-correlation with structural equations. The statistical population includes all married men and women in Tehran who referred for migraine treatment to hospitals in 2022, the number of whom is 440. Therefore, with the help of Cochran's formula, 208 people were selected and the questionnaire was distributed among them in a convenient and simple random method. Cronbach's alpha coefficient was used to determine the validity of the questionnaire using the method of content validity and reliability of the questionnaire. Finally, the coefficients showed that the data collection tool has high reliability. In order to check the validity of the questionnaire, confirmatory factor analysis and in order to check the research hypotheses from structural equation modeling, the structural equation modeling (SEM) method was used with the help of SmartPLS 3 software. Conclusion: In the end, all research hypotheses have been confirmed and suggestions and solutions have been presented to improve the physical and mental states of families and the perceived styles of parents.

Keywords: Perceived parenting styles, Alexithymia, emotional schemas

INTRODUCTION

Recent advances in health psychology, mental health and behavioral medicine have paid attention to the role of parents' perceived styles in human health and illness (Arrindell et al., 2022). One of the variables related to parents' perceived styles is alexithymia. Another determining factor on the perceived styles of parents is emotional schemas (Allen and Kern, 2017). The family and the ruling relationships among its members, especially the perceived styles of parents, have a great impact on psycho-social development as well as a wide range of behaviors including mental well-being, health, educational issues, creativity and excitement of young people (Asgari and Naqavi, 2019). In particular, it should be said that one of the dimensions of the parent-child emotional relationship is the response of the parents to the emotional statements of the children, which is part of the sensitivity and responsibility of the parents towards their children and one of the characteristics of the parents in the parenting behavior, showing the emotional relationship between parents and children. At a young age, there are changes in the type and intensity of children's relationships with their parents, in a way that close relationships with their parents would decrease. In this regard, researches focused on the relationship between alexithymia and the perceived styles of parents. According to the above explanations, the focus of the current research is to deal with the impact of parents' perceived styles on alexithymia with the mediating role of emotional schemas in married people with migraine. People with migraine who have low quality emotional relationships with their children are more likely to show weak social skills in their relationships with peers and the opposite sex (Cheung and

Park, 2016). This unfavorable relationship between parents and children is especially seen in families where parents are insensitive, unresponsive, hostile, rejecting, unsympathetic, or unsupportive towards their children (Amerian et al., 2022; Bidari & Haj Alizadeh, 2018; Hormozi et al., 2022). Although the unfavorable relationship between parents and children has negative effects in general, the negative effects of the unfavorable relationship with the mother are more than the negative effects caused by the existence of this relationship with the father, because the children spend more time with the mother. It can also be said that children's social behavior is more influenced by the behavior they have observed from their mother. The type of interaction of parents with the child, especially the child's mother, has caused the emergence of a type of attachment that plays a significant role in the future social development of a person (Chapardar et al., 2019; Shomoossi et al., 2013).

Alexithymia and the perceived styles of parents in a person can be important factors of behavior. The parent-child relationship has long-term effects on people during childhood, which is the cause of certain behaviors in adulthood, leading to some substantial changes in their quality of life (Yoji, 2021).

Parental behavior style can predict some behaviors. Alexithymia is a condition of cognition and emotion that is recommended as a lack of emotional self-awareness. In fact, alexithymia refers to the failure to experience, express and regulate emotions. Alexithymia is a disorder in emotional processing that mostly refers to a decrease in the ability to identify and recognize emotions (Finsi Dutan, 2020; Afzalzadeh et al., 2014). The better people are able to exchange their emotions, the better they are able to build relationships, leading to greater psychological and physiological well-being in them. Of course, the capacity of people in creating emotional relationships is not the same, so the existence of differences in the level of emotional capability of people makes it necessary to investigate the effective factors related to alexithymia (Asgari & Naghavi, 2019; Arrindell et al., 2022). According to some theorists, since the family environment is the place where children are socialized about their emotions, therefore, family characteristics are related to the development of alexithymia. When people grow up in safe families and are supported in expressing emotions, they learn how to experience and identify emotions (Edwards et al., 2017). In this regard, some researches, such as Rykes and Thomson, reported the emotional atmosphere of the family as an important factor in the formation of the emotions of family members, considering that most of human life is spent in the family environment or in close contact with them, therefore, mood, emotional characteristics and parenting methods have an effect on the cognitive, emotional or behavioral changes of the child (Cheung & Park, 2016). The emotional schemas of the family refer to the relationship between parents and children and how to satisfy the emotional needs of the child. In this regard, it is necessary for the family to be a healthy and peaceful environment for children to learn how to deal with social issues and problems and to be able to reasonably solve it (Creswell & Creswell, 2017). The way parents interact with each other as well as with their children has an effect on the formation of the family's emotional schemas and can be effective on emotional and behavioral feedback in certain situations. Childhood experiences with caregivers who do not show and express their emotions, with those who do not recognize the evolving and forming emotions of the child and do not treat the child's emotions well, can have a profound effect on emotional regulation in the later stages of life. This way, the person becomes emotionally and cognitively confused and helpless (Barchakh et al., 2021). What we know about our emotions and our ability to recognize and regulate our own emotions is largely influenced by early interactions with caregivers. Based on this, it can be assumed that alexithymia is probably related to the perceived styles of parents (Buse et al., 2019). Considering that the impact of parents' perceived styles on alexithymia with the mediating role of emotional schemas in married people with migraine has not been investigated, the most important gap in this research is the relationship between important constructs of alexithymia and parents' perceived styles and emotional schemas, so we will deal with this issue in this research. In past researches, the role of emotional self-efficacy and parent-child relationship styles with other variables has been investigated, but no research has been conducted on the relationship between parents' perceived styles on alexithymia with the mediating role of emotional schemas. In this study, the researcher tries to answer the question whether the perceived styles of parents have a significant effect on alexithymia with the mediating role of emotional schemas in married people with migraine?

LITERATURE REVIEW

Alexithymia

In the meantime, one of the most well-known methods is used to operationalize this concept, namely the Toronto Alexithymia Scale (TAS-20) (Rey et al., 2022; Nodar et al., 2022; Edwards et al., 2017; Koushan

et al., 2019). The concept of alexithymia was created from clinical observations that patients with psychosomatic disorders faced during evaluation in psychodynamic interviews to evaluate emotions and imaginations (Gholivand et al., 2021). This issue has led to a definition of alexithymia that emphasizes the difficulties in identifying and describing emotions (and in distinguishing between emotions and bodily sensations). This definition was formed in combination with an external thinking style, that is, a relative lack of internal fantasies and increased focus on the details of external events and physical symptoms (Haratian et al., 2020). It should be noted that the structure of alexithymia from the beginning is tied to a deficit model, that is, a person's alexithymia communication (less talk about feelings and fantasies and more focus on external facts and signs). Alexithymia is attributed to an incomplete ability to identify and describe emotions and a deficit in imaginative capacity.

Parenting styles

In (Gholivand et al., 2021) described important dimensions of parenting in his naturalistic study on the interactions between parents and young children. These dimensions were intimacy (as opposed to conflict or indifference) and control strategies. Types of parenting are based on the intersection of intimacy, conflict and control: authoritative (high warmth, positive.bold control and high expectations from the teenager); authoritarian (low warmth, high conflict and coercion, punitive control efforts), facilitator (high warmth with weak control efforts) and oblivious.ignorant (low warmth and low conflict) (Gholivand et al., 2021). These four types have been repeatedly associated with multiple outcomes. Children and adolescents of authoritative parents are constantly described as beneficial to society, academically and socially competent, and have minimal signs of illness. Children whose parents are described as authoritarian, permissive, and ignorant experience significantly more serious consequences, among which the children of authoritarian parents typically find the most disturbances in adjustment among the four parenting styles (Kandemir et al., 2018).

Perceived parenting styles

One of the dimensions of the parent-child emotional relationship is the parents' response to the children's emotional expressions, which is part of the sensitivity and responsibility of the parents towards the children and one of the characteristics of the parents in their parenting behavior. In fact, this shows the emotional relationship between the parents and the child (Kim et al., 2021). The parents' role model is in understanding the children's emotions, feelings, thoughts, beliefs and goals that regulate and manage the individual's personal feelings as well as the child's feelings. Therefore, the behavior of the parents with the child is not only influenced by the special situation that they face at any moment, but it is directly related to the person's previous experiences, his worldview and the wider social context to which the person belongs (Rad et al., 2017)

Contrary to other fields that show the more acceptance and warmth of the parents, the greater the competence and authority in the child, the studies suggest that the reaction of the parents to the negative emotions of the child should be kept at an average level. In this sense, the parents' encouragement based on the occurrence of negative emotions and its relationship with the child's adaptation works in the form of a curve. If the parents' encouragement for children's negative emotions is set at an average level, the child will perform best and show adaptation to these emotions (Pellegrino et al., 2018).

But if the parents strongly encourage the child to express negative emotions, the child may be encouraged to cry often or express discomfort. In contrast, suppressing the child in the expression of emotion will contribute in abnormal and inconsistent behaviors of the child (Rezaee et al., 2018). The ability of parents to understand the positive and negative emotions of the child and create a suitable situation to control these emotions is another suitable response of the parents to the emotions of the child. For example, practicing problem-solving skills for a child will help him manage his emotions (Gholivand et al., 2021). The influence of the family in controlling these emotions during the children's education is also very high. The role of family in the education of children is in the second grade, but researches have shown that families that exchange positive feelings with their children and respond to their needs with patience can have a positive effect on their child's education. The existence of strong emotional relationships between family members facilitates the process of growth and learning (Salemi-Langroudi et al., 2021). Parents' discipline and parenting styles, parent-child relationship, and parent-school relationship are among the factors that play a role in the development of a child (Shahsavani et al., 2020).

The research about individual differences, during a period of two thousand years, started with the works of Galenus and then followed with the researches of Kant and Wundt. The belief that arousal is dependent

on the dimension of pleasure and that people sometimes increase it and sometimes decrease it, was expressed by Hall and Freud in the theory of drivers (Gholivand et al., 2021). Some psychologists have found a connection between the theories of progress and impulsive behaviors. For example, Hebb insists on the optimum field of energy, that if it is low, the motivation goes to find it, and on the contrary, if the field level is very high, efforts are made to reduce it (Shute et al., 2019). Other theorists, such as Berlyne, emphasize the power of motivation, which is related to short-term pleasurable or avoidance changes (Nodar et al., 2022).

Emotional schemas

The model of emotional schemas is based on this fundamental principle that emotions such as fear, discomfort, anxiety, and loneliness are universal experiences, but there are many individual differences in the field of conceptualizing emotions and coping strategies. It is possible that some of these strategies and conceptualizations may cause a trouble for the person (Wells et al., 2020). The social cognitive model that considers emotions as a result of cognition or thinking, presents new conceptualizations about unwanted thoughts and emotional arousal. For example, people with obsessive-compulsive disorder consider unwanted thoughts as an indicator of responsibility, personal pathology and uncontrollability. Attempts to suppress or avoid these thoughts would lead to feelings of greater shame, loss of control, anxiety, and intensification of the initial thought (Westphal et al., 2016). This model is a meta-cognitive model or a meta-experiential model of emotion, whereby emotions are a social cognitive issue. Emotional schemas are people's philosophy about emotion, which reflects the influence of Gottman's meta-emotion model.

In the model of emotional schemas, the main focus is on the person's thoughts about the correctness of an emotion, his.her need to control, suppress, or express emotion, tolerance for complexity and contradiction. In addition, people differ about the strategies they believe are necessary to cope with an emotion. Some people accept emotion, link emotion with high values and seek validation, and others use suppression and avoidance and try to deny their emotional experience (Yang et al., 2019). The emotional schema model makes it possible for the therapist to examine the client's theory about emotions. People's theories or views about emotions may play a role in intensifying negative emotions. People may find depression incomprehensible ("I don't understand why I'm depressed" or "I shouldn't be depressed") and thus become frustrated with coping effectively with depression. People's theories about emotions are often based on the principle of "opening up closed problems". For example, some people believe that awareness and expression of emotions is equivalent to "opening the door to hell". This belief does not allow the therapist to achieve any important thoughts and feelings of the clients (Hormozi et al., 2022). In this research, which was conducted using Grant et al.'s emotional self-awareness questionnaire, the reliability of the questionnaire was reported using the Cronbach's alpha coefficient of 0.73. In (Kandemir et al., 2018) conducted a study to determine the mediator role of fathers' ineffective parenting styles in the relationship between fathers' personality model and adolescent girls' dyslexia. The results of this descriptive and correlational research showed that fathers' personality style had a significant effect on adolescents' dyslexia. Also, the coefficients of the indirect effect of fathers' personality style on dyslexia with the mediating role of authoritarian parenting style of fathers as well as the coefficients of fathers' personality style on dyslexia with the mediating role of fathers' facilitator parenting style, were significant. As a result, it can be said that fathers' ineffective parenting style plays a mediating role in the relationship between fathers' personality style and dyslexia in adolescents. In (Rad et al., 2017) in their research about the relationship between death anxiety and alexithymia and religious confrontation in the elderly during the covid-19 pandemic, tried to investigate the relationship between death anxiety, alexithymia and the spiritual well-being of the elderly. They showed that most elderly people had low levels of religious confrontation and spiritual well-being and high levels of death anxiety. Also, elderly women had higher levels of religious confrontation and lower levels of death anxiety compared to elderly men. In addition, compared to widowed elderly, married elderly had higher levels of death anxiety. In (Asgari & Naghavi, 2019) investigated the effectiveness of schema therapy on the cognitive strategies of emotion, distress tolerance and dyslexia in patients with borderline personality disorder. The findings of this research, which was conducted semi-experimentally with a pre-test-post-test design, show that schema therapy can be used as an effective method to increase distress tolerance and emotional regulation and reduce dyslexia and negative emotion regulation in patients with borderline personality disorders. The reliability of the alexithymia questionnaire in this research was obtained using Cronbach's alpha coefficient of 0.74. In (Kim et al., 2021) investigated the relationship between self-efficacy and parent-child communication style and found that the children of parents who have a good communication style with their child have higher self-efficacy. Yoji et al. (2021) conducted a

study with the aim of investigating the effect of authoritative, authoritarian and permissive parenting styles on the mental health of Japanese children. The results showed that the authoritarian parenting style has negative effects on children's mental health and will create problems and dangerous behaviors for themselves and others in the later stages of development. While authoritative parenting style has positive effects on mental health. This research showed that the above findings were not affected by the gender variable and the results were similar in both sexes. In (Haratian et al., 2020; Kalantar Hormozi et al., 2022) investigated the relationship between parenting methods with identity styles, aggression and behavioral disorder. The results showed that the lack of balanced and positive parenting methods is related to identity confusion, aggression and behavior disorder in teenagers. The conceptual model of the research is shown in Figure (1).

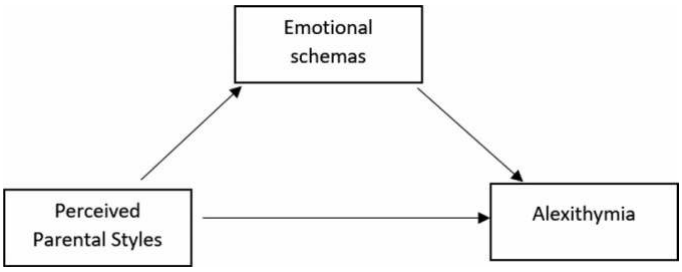


Figure 1. The conceptual model of the research

Therefore, the following hypotheses are formed:

Main hypothesis: Perceived parental styles have a significant effect on alexithymia with the mediating role of emotional schemas in married people with migraine.

Research sub-hypotheses

1. Perceived styles of parents have a significant effect on alexithymia in married people with migraine.
2. Perceived styles of parents have a significant effect on emotional schemas in married people with migraine.
3. Emotional schemas have a significant effect on alexithymia in married people with migraine.

MATERIAL AND METHODS

Since this research aims to contribute to this field of study, it is practical in terms of purpose. Also, in terms of nature, it was placed in the category of descriptive-analytical research. On the other hand, since it studies the manner and extent of the effects of variables and their correlation with each other, it is also considered a kind of correlational research. Finally, this research is classified as quantitative research according to the way it is conducted.

Alexithymia questionnaire

To measure alexithymia, the Toronto Alexithymia Questionnaire (TAS-20) is used. This scale was developed by Taylor in 1986 and revised by (Hormozi et al., 2022). In the context of the reliability of the above scale, they reported the reliability of this scale to be 0.81 using the Cronbach's alpha method and 0.77 using the retest method with a time interval of three weeks. This questionnaire contains 20 items that include three subscales of difficulty in recognizing and identifying emotions, difficulty in describing emotions and thinking with an objective or external orientation. The scoring method of this test is based on Likert's method. The range of responses to each item includes five degrees, ranging from completely disagree to completely agree. In this scale, a higher score indicates a greater intensity of emotional failure. In the Persian version of this scale in (Creswell & Creswell, 2017), Cronbach's alpha for the total score of alexithymia is 0.85 and for the three subscales difficulty in identifying emotions is 0.82, difficulty in describing emotions is 0.75 and for objective thinking is 0.72, which is a sign of good internal consistency of the scale. Bidari and Haj Alizadeh (2018) reported the reliability of the scale using Cronbach's alpha coefficient for three subscales between 0.75-0.71 and for the total score 0.74. Also, In (Cheung & Park, 2016) obtained the content validity of 0.79 using the Kappa coefficient. In addition, the reliability of this scale in the research of in (Edwards et al., 2017) was reported as 0.72 for the whole scale and between 0.74-0.69 for the three subscales. In (Shute et al., 2019), the reliability of the questionnaire using Cronbach's alpha coefficient for the whole scale was 0.86. In (Shomoossi et al., 2013) found that the reliability of the questionnaire is 0.79, and (Afzalzadeh et al., 2014) suggested the reliability of the questionnaire is 0.70. In

(Koushan et al., 2019) measured the reliability of the questionnaire as of 0.82, and (Bidari & Haj Alizadeh, 2018) stated that the internal consistency using the total scale of dyslexia is 0.84. In (Creswell & Creswell, 2017) stated that the above scale is suitable for implementation in general and clinical samples and can be implemented individually or in groups depending on the conditions.

Perceived parenting styles questionnaire

The original version of this questionnaire was made by Fine, Moreland and Schwebel with the aim of measuring the perceived styles of parents. This scale is an expression of 24 questions to measure the opinion of young people about their relationship with their parents. This tool is scored on a 7-point Likert's scale from 1 (mild) to 7 (severe). The minimum score (24) indicates the quality of child-parent relations and the maximum score (168) indicates the quality of child-parent relations. The parent-child relationship scale has two forms, one for measuring the child's relationship with the mother and one for measuring the child's relationship with the father, which in this research only the relationship with the mother is measured. Cronbach's alpha coefficient for father-child relationships and all its subscales is above 0.70. Also, in Table 3-3, Cronbach's alpha coefficient has been calculated for the subscales of mother-child relationships as well as the whole scale. Cronbach's alpha coefficient for mother-child relationship and its subscales, except for the hatred.confusion subscale, is above 0.70 and is confirmed.

Questionnaire of emotional schemas

Hillburn emotional schemas questionnaire: emotional schemas questionnaire was designed by Hillburn (father-child relationship and mother-child relationship, i.e. love, caress, approval, shared experiences, gift-giving, encouragement, trust, feeling of security). This questionnaire has 16 questions and 8 dimensions (love, caressing, confirming, shared experiences, giving gifts, encouraging, trusting and feeling safe) and it measures the emotional atmosphere of the family with questions based on a five-point Likert's scale. Both questions measure one of the sub-components of emotional schemas. Coupled questions measure the father-child relationship and individual questions measure the mother-child relationship. The total score of father-child is 40 and mother-child is also 40. High validity and reliability have been reported in disturbed studies.

Statistical population, sample size and sampling method

According to the purpose of the research and the topic of the research, the statistical population includes all married people with migraine disease, who visited Tehran hospitals in 2022, and their number is considered to be 440. In this research, due to the lack of access to all the people of the studied society, Cochran's formula is used to determine the sample size, which is described below.

$$n = \frac{z_{1-\alpha}^{2} p q}{\varepsilon^{2}}, (\varepsilon = 0.5 \cdot \quad) \tag{1}$$

$$n \geq (0.25 \times 1.96^{2}) / (0.05)^{2} \tag{2}$$

Maximum variance = 0.25; Confidence level = 0.95

Since the size of the statistical population is assumed to be 440 people, this calculation is done with an error level of 5%, so the size of the statistical sample is considered to be 208 people according to the above formula. The sampling method is in simple random type. In this research, in order to investigate the effect of parents' perceived styles on alexithymia with the mediating role of emotional schemas in married people with migraine, a questionnaire was used to collect information.

RESULTS

A total of 208 completed and after collecting the questionnaires, it was subjected to statistical analysis. In the studied group, 22.6% (47 people) were male and 77.4% (161 people) were female. In the studied group, 3.4% were under 20 years old, 29.8% were between 20 and 25 years old, 54.8% of the subjects were between 26 and 30 years old, and 12.0% of the subjects were over 30 years old. In the studied group, 2.9% had a bachelor's degree, 5.7% had a diploma, 24.0% had a post-diploma degree, 41.3% had a bachelor's degree, 30.8% had a master's, and 1.0% were Drs.

Table 1. Cronbach's alpha

Variables	Cronbach`s alpha	Composite reliability	AVE
Perceived parenting styles	0.954	0.955	0.655
Mother-child	0.876	0.877	0.749
Positive emotions of mother scale	0.919	0.920	0.598
Missing the role of the mother scale	0.951	0.952	0.857
Determining the identity of the mother scale	0.776	0.777	0.688
Maternal scale communication	0.767	0.769	0.660
Father-child	0.868	0.870	0.657
Positive emotions of the father scale	0.791	0.792	0.637
Father fusion	0.701	0.703	0.645
Father scale communication	0.977	0.978	0.604
Father's scale anger	0.706	0.707	0.616
Emotional schemas	0.782	0.783	0.621
Affection	0.907	0.910	0.678
Caress	0.895	0.897	0.669
Confirm	0.795	0.796	0.632
Shared experiences	0.831	0.832	0.666
Gift giving	0.736	0.737	0.625
Encourage	0.833	0.834	0.645
Trust	0.832	0.833	0.597
Feeling of security	0.918	0.920	0.618
Alexithymia	0.770	0.773	0.685
Difficulty recognizing emotions	0.799	0.801	0.607
Difficulty describing feelings	0.865	0.866	0.682
External thinking	0.820	0.821	0.666

According to table (1), the criteria for the desired structure are higher than 0.7, indicating the appropriate reliability of the model. The higher combined reliability coefficient of the variables in the above table shows the appropriateness and acceptable fit of the measurement models. If the average variance extracted for a variable was lower than 0.5, then the question with the lowest factor loading should be deleted. Considering that the AVE values for all variables are greater than 0.5, therefore, the convergent validity of the constructs is acceptable.

Table 2. Kolmogorov Smirnov test to check the assumption of normality or abnormality One-Sample Kolmogorov-Smirnov Test

One-Sample Kolmogorov-Smirnov Test													
		Perceived parenting styles	Mother-child	Father-child	Emotional schemas	Affection	Caress	Confirm	Shared experiences	Gift giving	Encourage	Trust	Feeling of security
N		208	208	208	208	208	208	208	208	208	208	208	208
Normal Parametersa,b	Mean	4.2407	4.2713	4.2676	4.2037	4.1993	4.1843	4.1683	4.2452	4.2212	4.0913	4.1843	4.1394
	Std. Deviation	.50618	.66772	.74461	.47439	.62321	.78888	.67546	.69831	.68583	.84274	.81696	.85334
Most Extreme Differences	Absolute	.087	.141	.212	.059	.135	.229	.185	.235	.146	.192	.199	.200
	Positive	.067	.138	.163	.047	.135	.160	.185	.185	.128	.140	.159	.157
	Negative	-.087	-.141	-.212	-.059	-.135	-.229	-.165	-.235	-.146	-.192	-.199	-.200
Test Statistic		.087	.141	.212	.059	.135	.229	.185	.235	.146	.192	.199	.200
Asymp. Sig. (2-tailed)		.001c	.000c	.000c	.000c	.000c	.000c	.000c	.000c	.000c	.000c	.000c	.000c
a. Test distribution is Normal; b. Calculated from data; c. Lilliefors Significance Correction.													
						Alexithymia		Difficulty recognizing emotions					

N		208	208
Normal Parametersa,b	Mean	4.0801	4.1803
	Std. Deviation	.83212	.64954
Most Extreme Differences	Absolute	.168	.131
	Positive	.135	.103
	Negative	-.168	-.131
Test Statistic		.168	.131
Asymp. Sig. (2-tailed)		.000c	.000c

In this research, PLS method was used with the help of Smart PLS software to fit the research conceptual model and test the hypotheses. One-sample Kolmogorov-Smirnov test was used to check the normality of the studied variables (see table 2, figures 2 and 3).

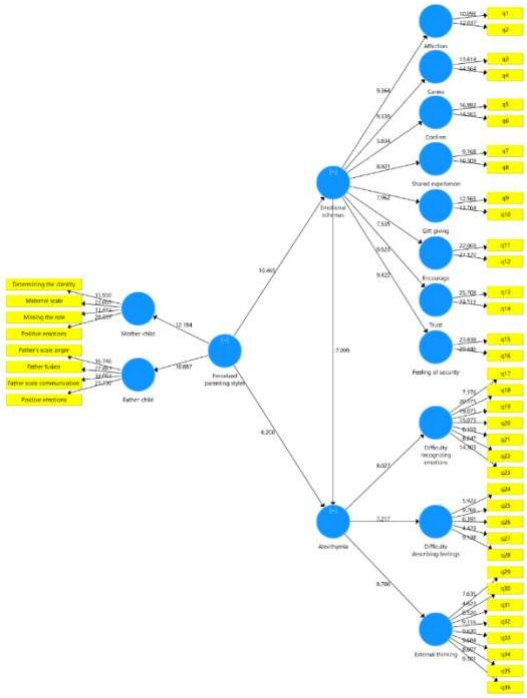


Figure 2. Significant coefficients of t-value

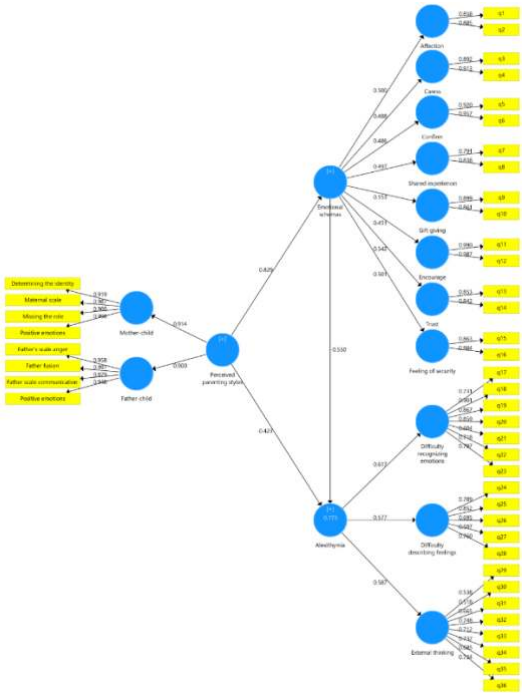


Figure 3. Confirmatory factor analysis in standard estimation mode

Table 5. Determination coefficient and predictive quality (Q2)

	R2	Q2	Intensity
Alexithymia	0.773	0.517	Strong

General model fit (GOF): three values of 0.01, 0.25 and 0.36 have been introduced as weak, medium and strong values for this criterion.

$$GOF=\sqrt{(\overline{(Communality)}\times \overline{(R^2)})}=\sqrt{(0.773\times 0.517=0.63)} \quad (3)$$

Discussion and Conclusion

The purpose of this research is to investigate the perceived styles of parents on alexithymia with the mediating role of emotional schemas in married people with migraine. The results of this hypothesis showed that the perceived styles of parents have a significant effect on alexithymia in married people with migraine. The variable path coefficient of the perceived styles of parents on alexithymia is 0.664 and the t-statistic is 8.735. Therefore, it can be said that perceived styles of parents have a negative and significant effect on alexithymia. The results of confirming this hypothesis are consistent with the studies of (Kandemir et al., 2018). The results of this hypothesis showed that the perceived styles of parents have a significant effect on emotional schemas in married people with migraine. The variable path coefficient of perceived styles of parents on emotional schemas in married people with migraine is 0.582 and the t-statistic is 7.693.

Therefore, it can be said that the perceived styles of parents have a positive and significant effect on emotional schemas in married people with migraine. The results of confirming this hypothesis are consistent with the studies of (Bidari & Haj Alizadeh, 2018). The results showed that emotional schemas have a significant effect on alexithymia in married people with migraine. The coefficient of the variable path of emotional schemas and alexithymia in married people with migraine is 0.736 and the t-statistic is 9.285. Therefore, it can be said that emotional schemas has a significantly negative effect on alexithymia in married people with migraine. The results of confirming this hypothesis are consistent with the studies of Yoji et al. (2021) and. In explaining the findings of the research, it can be stated that alexithymia is associated with physiological stimulation, paying more attention to physical symptoms, complaining about symptoms, and pathological compulsive behaviors. Patients with alexithymia have problems distinguishing real physical sensations from physical sensations caused by emotion and excitement. Also, we can argue that in migraine patients with high alexithymia, physical symptoms are a communication way to express inner turmoil. According to the psycho-social theory, people who have problems expressing this confusion verbally, use physical complaints to distract themselves from these disturbances and transfer the disturbances to others in order to face all kinds of disturbed emotions and adapt to interpersonal interactions. Alexithymia is related to the level of perception of migraine symptoms. This association suggests that patients with higher dyslexia and therefore less perception of their emotions are likely to experience more migraine symptoms. The findings report that migraine patients with high alexithymia are likely to experience more migraine attacks close to death and a higher percentage of previous hospitalization for migraine treatment. On the other hand, people with alexithymia are unable to express emotions due to their inability to recognize emotions. It is not that these people never feel, but that they cannot know exactly what they feel and therefore cannot express them. In any case, when a person cannot identify his negative emotions correctly, he or she has difficulty in emptying and neutralizing emotions, and due to the inability to manage and regulate negative emotions, these problematic and debilitating emotions are intensified.

Expressing emotions is one of the skills of life and when people cannot express their problems and meet their needs, this inability is sometimes shown in the form of physical symptoms or psychotic symptoms. Research shows that not expressing negative emotions will be associated with anger, resentment and aggression, and the suppression of secondary negative emotions will lead to physical and psychosomatic disorders. This point of view that the inability to regulate emotion and cognition increases susceptibility to disease is in line with the basis of psychosomatic medicine which claims that emotions and personality may significantly affect body function and physical health. People with alexithymia have a limited capacity to process and regulate emotions. This limited capacity, by changing the activity of the automatic system, endocrine glands and the immune system, causes disturbances in the vital balance of the body. It is suggested for future researchers to use larger samples and other groups of people, such as students. It is suggested to use experimental and semi-experimental research to investigate this issue. Suggestions based on the research hypotheses have been given. Every research, despite the efforts that are made in the context of its complete implementation, has limitations, and the current research is not exempt from this. The current research has problems in the field of its conclusions due to its correlational design. Therefore, caution should be used in interpreting the research findings. Also, the sampling method of study was convenient sampling method, which was done due to the need for a high number of samples, which is one of the limitations of this study. Among other limitations of this research, it can be mentioned that the research is cross-sectional, limiting the generalizability of the results. The use of cross-sectional data does not help us in interpreting the impact of perceived parenting styles on alexithymia with the mediating role of emotional schemas in married people with migraine. Therefore, it is suggested to conduct longitudinal studies to increase our knowledge regarding the possible relationship between causes and effects. In general, considering the positive role of parents' perceived styles in the occurrence of migraine disorder, it is suggested that along with medical treatment, psychological treatment and counseling sessions should also be considered for people suffering from this disorder. Considering the role of alexithymia in migraine disease, it is possible to help reduce the physical disorders of these patients by including the training of emotion regulation skills in the treatment content of these patients. Perceived styles of parents with migraine are underdeveloped, therefore, considering the harmful effect of parents' perceived styles, counselors and therapists should, in educational and counseling sessions, protect clients from defenses that keep them away from reality. As a result, it is possible to play an effective role in treating them and preventing the worsening of migraine disease by teaching emotion regulation skills and counseling in the field of emotional schemas, parents' perceived styles and alexithymia.

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