

Original research

Comparison of emotional maturity and psychological disorders (anxiety and depression) in women and men with white and formal marriageArezoo Jaafarnejad,¹ Reza Khakpour*²**Abstract**

Introduction: Considering the further spread of white marriage among Iranian youth and its destructive consequences at the society level, and also considering the importance of emotional maturity variables, depression and anxiety in the lives of married men and women, the present research aims to compare emotional maturity and mental disorders (anxiety and depression) in women and men with white and formal marriage.

Research method: The research method was causal-comparative. The statistical population included men and women with white and official marriages who referred to psychology and counseling centers and clinics in Tehran in 1401. The sample size included 200 people (100 white married people and 100 officially married people) who were selected by a non-random and available method and responded to the emotional maturity questionnaires of Sink and Bhargava, Beck's anxiety and Beck's depression. In order to test the hypotheses, t-tests of two independent groups and multivariate analysis of variance were used. Also, data analysis was done using SPSS version 26 software.

Findings: The findings showed that there is a significant difference between emotional maturity (emotional instability) and anxiety and depression in women and men with official and white marriage. The averages of anxiety, depression and emotional instability of the white marriage group were significantly higher than the averages of anxiety, depression and emotional instability of the official marriage group. There is a significant difference between the components of emotional maturity, including emotional instability and emotional return in women and men with official and white marriages, and the average of these two components is higher in people with white marriages than in people with official marriages. Also, there is a significant difference between the components of depression, including emotional symptoms, cognitive symptoms, and physical symptoms in women and men with official and white marriages, and the average of these components is higher in people with white marriages than in people with official marriages.

Conclusion: Considering the increase of white marriage among the society and its psychological effects on the individual's life, it is suggested that training courses be held during high school and university for girls and boys and the disadvantages of this style of marriages are explained.

Keywords: anxiety, depression, emotional maturity, official marriage, white marriage

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Introduction:

Marriage is a phenomenon that has existed for a long time since the beginning of mankind and continues to this day and has changed under the influence of societal changes. So that today, on the one hand, there is no desire to get married, and the age of marriage is increasing, and on the other hand, all kinds of marriages such as "temporary marriage", "formal marriage", "concubine marriage" and... On the other hand, the rate of divorce has increased both formally and emotionally. What is called white marriage is not a new phenomenon in the world, but it is a cultural shock in Iran. White marriage is not registered in relevant government institutions or religious organizations. In this type of marriage, a man and a woman live together and the work related to the family is on both of them; But legally, they are not considered husband and wife, and this means the ultimate harm to the person after the end of this relationship. On the other hand, young people who engage in sexual relations with the opposite sex, are usually deprived of receiving appropriate information and services to protect themselves against care-related diseases, and as a result, are more likely to be exposed to physical consequences of unprotected relations, which have many psychological consequences. It comes with (1).

What makes today's generation suffer a kind of confusion and distress is, on the one hand, living in an Islamic society and mixed with ancient Iranian culture and customs, that the different forms of relationships between boys and girls contradict the cultural and religious values of the society (2) and on the other hand The problem of connecting civilizations through satellite networks and the Internet brings different people closer to each other in a wonderful way. The young generation is trapped in a mass of accusations and questions and does not know how to deal with this issue. Different people deal with different ways to fill this void; Some turn to temporary and romantic relationships; This is despite the fact that marriage is the only legitimate way to establish a relationship with the opposite sex in Iran, and now this way is facing many obstacles. Therefore, domestic relations or white marriages in Iran have become a social concern in the last decade, and the expansion of such relations is one of the sensitive and generally passive issues in the country's policy making; Because in countries that are in the transition stage from tradition to modernity, traditions still rule over social relations, and in a country like Iran, where religion is one of the main pillars of families, these relations are not acceptable and acceptable. Since these relationships exist in Iran secretly, many people think that because they do not see it, it does not exist externally; But the results of numerous researches have shown that these relationships have existed for years (3).

One of the factors that is important in couples' relationships and married life is the maturity of couples in different dimensions, especially emotional maturity (4). Emotional maturity is a process during which a person's personality continuously strives to achieve more emotional health, psychologically and individually. The seven components of intimacy, empathy, self-expression, psychological stability, independence, psychological balance and the ability to meet emotional needs are defined as They introduce complete emotional maturity (5). Emotional maturity is, in fact, a growth or leap through which people are expected to be able to control their emotions, perceive and recognize them, and act accordingly. A person who has reached full emotional

development has the ability to communicate correctly with others in social life and also finds the ability to accept responsibility for himself and others and is successful in interacting with others. Emotional maturity has different stages and reaches perfection in adulthood (6). In his study, Glad showed that emotional maturity and its dimensions are related to marital satisfaction. Therefore, according to the important role of emotional maturity in married life, the investigation and comparison of this important variable in white and formal marriage is an issue that can be checked.

In addition, the type of marriage can have an effect on the psychological state of the couple, including mental health and psychological disorders such as anxiety and depression (7). Depression, as one of the common diseases around the world, varies from normal mood swings and short-term emotional responses to life challenges, and it can be considered to include a wide range of clinical symptoms, the common feature of which is the presence of feelings of sadness, emptiness or Irritable mood is accompanied by physical and cognitive changes and significantly affects the ability of a person to act (8). And it imposes a lot of individual, social and economic costs on individuals and society (9). Depressed people find it difficult to concentrate and pay attention, and it is difficult to understand what they read or hear from others. Many of them prefer to sit alone. When they face a problem, they don't come up with strategies to solve the problem. They value personal health less and have many hypochondriacal complaints, such as many pains without physical origin, and in general, they are worried and sad most of the time (10). Anxiety is an unpleasant emotional experience with physical symptoms. Anxiety is a reaction to threats and is oriented towards the future. Threats can include danger, lack of support, and unfamiliar stimuli. Normal anxiety prepares people to protect themselves against threats and is useful for facing unpleasant situations, but if its level exceeds the normal limit, it can disrupt the general performance of a person (9).

White marriage is a type of coexistence based on the mutual desire of a man and a woman outside the framework of traditional marriage. (11) This style of coexistence with different names is one of the common ways of life in many parts of the world today. Married life without formal marriage or cohabitation without marriage or from the point of view of others, white marriage is a situation where a man and a woman live together and have sex, and the work related to the family is on the shoulders of both people, but depending on the definition in terms of law, custom Or Sharia, husband and wife are not considered official. The growing trend of white marriage in Iran's big cities has attracted a lot of attention considering its illegality and non-customary nature in the society. Although cohabitation has become increasingly widespread, in most countries it is still considered different from marriage from a legal and social point of view. In addition, the meanings attached to the cohabitation lifestyle and the motivations for entering this type of coexistence are different from the meanings and motivations of people for marriage. It is because of this inconsistency that this phenomenon, despite its appearance and its very limited occurrence in some metropolises and among a small number of citizens, has aroused a lot of sensitivities in general and thinkers of behavioral and social sciences. in order to find the causes and The effective reasons for its gradual and slow development and expansion, as well as its various effects and

consequences, have stimulated hypothesis making and theorizing (12). Unfortunately, white marriage is slowly creeping into the lives of young Iranians today, and this is a serious threat to the institution of the family and the stability of the marriage. The relations between the two sexes, all over the world and from different aspects, have always been a topic worthy of investigation; But it seems that in no country like Iran, this issue has not been challenging or problematic (13). Based on this, various researches have been conducted in the field of investigating this issue, which have mostly dealt with the influencing factors and consequences of this type of marriage. But it seems that research that examines and compares the situation and its psychological effects has been done less, and considering the further spread of white marriage among Iranian youth and its destructive consequences at the level of society, conducting such a research is important and necessary. In the current research, considering the importance of emotional maturity variables, depression and anxiety in the lives of married men and women, we are looking for an answer to this basic question: Is there a difference between the level of emotional maturity and mental disorders of anxiety and depression in women and men with white and official marriage.

Research methods:

This study was done by the type of descriptive research and by Ali-comparative method. Also in terms of target type, applied research and data collection is quantitative. The statistical population included men and women with white and formal marriages referred to in Tehran's psychology and counseling centers and clinics in 1401. According to the research method, which is a comparative type, at least 30 samples should be considered in each group. In this study, 100 samples were designated for each group (white marriage and formal marriage), with a total of 200 people, with 10 % of the sample added to the subjects; That is, 220 people were selected as an example. Due to the limited access to the statistical population and the population in question, the research sample group was selected in an unavoidable and accessible method. Entry and exit criteria: Research entry criteria were conscious consent to participate in research, minimum diploma literacy and age of 1-5 years, and research exit criteria were also reluctant to continue participating in research and incomplete questionnaires. Information collection tool:

Emotional Maturity Scale: To measure emotional maturity, emotional puberty scale is used. The tool contains 48 questions and 5 subsidiaries of emotional instability, emotional return, social incompatibility, personality collapse and lack of independence. Emotional maturity is measured in all questions with a five-point Likert scale (1 = never, 2 = unknown, probably, 4 = high, 5 = too much). In this scale, the score of 50 to 80 very stable emotional maturity, score of 89 to 106 maturity, score of 81 to 88 relatively unstable emotional maturity and high unstable emotional maturity score. The internal homogeneity of the test was 0.85 and its reliability was measured through the test and the test of the students, and the torque of the resulting torque between the total maturity scores of the emotional maturity was 0.64 (5). In the study of Ebrahimi and Heydari (2), Cronbach's alpha is 0.72.

Beck's Depression Back: This test is for measuring the severity of depression and was compiled in 1963 by Aaron Beck and was revised in 1994. The form of this scale consists of 21 substances; And each material is awarded between zero and 3. The highest score in this test is 63. Each of the material in this test is one of the symptoms of depression. Its reconstruction reliability is 48% to 86% with an average of 86% (14). Qasimzadeh et al. Alpha coefficient reported 87%, its recreation coefficient of 74% and its correlation with the first edition of the Beck Depression Test 93%. In Iran, Dabson and Mohammad Khani have a 92% alpha coefficient for outpatient patients and 93% for students.

Beck Anxiety Lim: A self -assessment scale is 21 questions that measure anxiety and was prepared in 1988 by Aaron Beck. The test is based on 21 anxiety signs and shows higher anxiety according to the Likert scale (scores of 2,1,0 and 3 for each question). This test focuses more on the physiological aspect of anxiety. The three materials related to the anxious creation, the other three for the specific fears and the other questions of it measures the automatic symptoms of hyperactivity and the stress of anxiety. Beck and Clark (15) reported the internal consistency of this scale to 93% and its remedial reliability was 75%. In the assessments performed in Afzali (16), for the reliability of the test, Cronbach's alpha in high school students is 0.831. In determining the validity of the test, its correlation with the scales of depression and the scale and anxiety of the zonc ($R = 0.84$, $R = 0.55$) were obtained.

Ethical considerations

In any study, there are ethical considerations that the researcher is required to observe. Ethical considerations are also observed in this study:

- 1) Observing the right of questionnaires and using the code instead of the names of the people;
- 2) Explaining the goals and steps of studying before submitting the questionnaire;
- 3) Confidentiality of contributors' information;
- 4) Voluntary and optional participation in research.

In this study, descriptive statistics include the distribution of charts, central indicators such as average and scattering indicators such as standard deviation and inferential statistics such as the Manava test and two independent nodes if the data is confirmed.

Findings:

In this section, the sample is studied in accordance with the demographic characteristics with descriptive statistics (frequency and percentage) using the table.

(Table 1): Distribution of frequency and percentage of subjects by type of communication and gender

	Variable	Type of communication		Total	
		official marriage	White marriage		
Gender	Man	Abundance	52	48	100
		Percent	52	48	50
	Female	Abundance	48	52	100
		Percent	48	52	50
Total	Abundance	100	100	200	
	Percent	100	100	100	

The above table shows the frequency distribution and percentage of subjects according to the type of communication and gender.

(Table-2): Mean and standard deviation of the age of the subjects according to the type of communication

Type of communication	Number	least	most	Average	standard deviation
official marriage	100	21	54	34/42	8/414
white marriage	100	21	55	38/13	8/435
Total	200	21	55	36/28	8/606

The above table shows the average and standard deviation of the age of the subjects according to the type of communication. In the above table, the average and standard deviation of people with official marriage are 34.42 and 8.414, respectively, and the average and standard deviation of people with unofficial marriage are 38.13 and 8.435, respectively.

To check the normality of the distribution of observations, the Kolmogorov Smirnov test, skewness and kurtosis were used. Also, in order to test the hypotheses, T-test, Independent Samples Test, Multivariate Analysis of Variance (MANOVA), Levene's Test, and Estimated Marginal Means were used. Data analysis was also done using SPSS version 26 software.

(Table 3-): Smirnov test and skewness and elongation in the variables of anxiety, depression and emotional instability in the study groups.

Variables	Type of communication	Kolmogorov-Smirnova			
		Value z	Significance level P	tilt	Elongation
anxiety	official marriage	0/984	0/998	0/854	0/138
	white marriage	0/946	0/470	0/739	-0/851

depression	official marriage	0/935	0/327	0/760	-0/267
	white marriage	0/932	0/865	10/142	0/395
Emotional instability	official marriage	0/938	0/314	0/447	0/322
	white marriage	0/942	0/698	0/756	0/878

The above table shows the Smirnov test and skewness and elongation in the variables of anxiety, depression and emotional instability in the study groups. In a situation where the Smirnov test is not significant and the values of skewness and elongation are in the range (-2,2), it indicates the normality of the distribution of scores. The results of the above table show that the Smirnov test is not significant at the level of ($P < 0.05$) and Having the values of anxiety, depression and emotional instability variables is in the range of (2, -2). Therefore, the variables of anxiety, depression and emotional instability in the study groups have a normal distribution. As a result, parametric tests can be used to analyze the data.

(Table-4): Test of equality of variances of study groups in research variables

Variables	F	DF1	DF2	P
anxiety	1/356	1	198	0/251
depression	1/893	1	198	0/177
Emotional instability	0/847	1		0/363

The above table shows Levene's Test to equalize the variances of scores in the variables of anxiety, depression and emotional instability in the study groups. One of the assumptions of the analysis of variance test is to check the homogeneity of variances in the study groups, so Levine's test was used. Due to the lack of significance and confirmation of the null hypothesis ($P < 0.05$), the assumption of equal variances in the groups was confirmed.

There is a difference between emotional maturity (emotional instability) and anxiety and depression in women and men with official and white marriages.

(Table-5): Adjusted averages of variables of anxiety, depression and emotional instability in study groups

Variables	Type of communication	Adjusted averages	Standard error	Confidence interval of 95%	
				lower limit	upper limit
anxiety	official marriage	8/870	0/918	7/060	10/680
	white marriage	15/880	0/918	14/070	17/690

depression	official marriage	12/590	1/245	10/135	15/045
	white marriage	16/570	1/245	14/115	19/025
Emotional instability	official marriage	94/00	2/33	89/597	98/403
	white marriage	101/050	2/333	96/647	105/453

The above table shows the adjusted averages of anxiety, depression and emotional instability variables in the study groups. Considering that in the variable of emotional maturity, the higher the score means emotional instability, therefore, instead of the term emotional maturity, the term emotional instability was used.

Table (6): The results of variance analysis of the mean scores of anxiety, depression and emotional instability variables in the study groups

Effective factors	DF	mean square	F	P	
Constant value	anxiety	1	30628/125	363/574	**0/001
	depression	1	280/42515	274/232	**0/001
	Emotional instability	1	125/1902225	3815/057	**0/001
Type of communication	anxiety	1	2457/005	29/166	**0/001
	depression	1	672/020	5/109	*0/025
	Emotional instability	1	2485/125	4/984	*0/027
error	anxiety	198	240/242		
	depression	198	155/034		
	Emotional instability	198	610/498		
Total	anxiety	200			
	depression	200			
	Emotional instability	200			

(**) significance at 0.01 level and (*) significance at 0.05 level

In order to test the main research hypothesis, multivariate analysis of variance was used. In the above table, the results of analysis of variance show that there is a statistically significant difference between the mean scores of anxiety ($P=0.001$), depression ($P=0.025$) and emotional instability ($P=0.027$). In other words, by referring to Table No. 5, it can be seen that the averages of anxiety, depression and emotional instability of the white marriage group are significantly

higher than the averages of anxiety, depression and emotional instability of the official marriage group. Therefore, the main hypothesis of the research that there is a difference between emotional maturity (emotional instability) and anxiety and depression in women and men with official and white marriage is confirmed.

There is a difference between emotional maturity (emotional instability) in women and men with formal and white marriage. In order to subtest number one of the research, the mean comparison test in independent groups was used.

(Table-7): Comparison of the averages of the emotional instability subscales of the subjects in the study groups.

Subscales	Type of marriage	M	SD	T	DF	P
Emotional instability	Official	18/25	5/568	-3/284	198	**0/010
	white	21/65	8/729			
Emotional return	Official	19/78	4/758	-2/347	198	*0/180
	white	22/07	8/516			
Personality collapse	Official	20/77	4/485	-1/455	198	0/147
	white	21/68	4/360			
Social disharmony	Official	17/17	4/425	-1/450	198	0/149
	white	18/28	6/244			
Lack of independence	Official	18/03	3/310	1/514	198	0/132
	white	17/37	2/834			
Emotional instability total score	Official	94/00	18/005	-2/233	198	*0/027
	white	101/05	25/943			

(**) significance at 0.01 level and (*) significance at 0.05 level

The above table shows the comparison of the averages of the emotional instability subscales of the subjects in the study groups. In order to compare subjects, Levene's test of equality of variances and t-test were used. The above table shows that the difference between the two types of marriage (official and white) in the subscales of personality collapse, social incompatibility and lack of independence is not statistically significant ($P < 0.05$). In other words, the averages of the subscales of personality collapse, social incompatibility and lack of independence of the subjects of two types of marriage (official and white) are almost close to each other. Also, the above table shows that the difference between two types of marriage (formal and white) in the subscales of emotional instability ($T=3.284$, $P=0.001$), emotional return ($T=2.347$, $P=0.018$) and The total score of emotional instability ($T=2.233$, $P=0.027$) is statistically significant in the study groups. In other words, the amount of emotional instability, emotional return and the total score of emotional instability in people with informal marriages is higher than people with official marriages;

Therefore, the sub-hypothesis of a study that there is a difference between emotional maturity (emotional instability) in women and men with official and white marriage is confirmed.

There is a difference between anxiety in women and men with formal and white marriage. In order to subtest number two of the research, the mean comparison test in independent groups was used.

(Table-8): Comparing the averages of anxiety of subjects in study groups

Type of marriage	M	SD	T	DF	P
Official	8/87	3/708	-5/401	198	**0/001
white	15/88	12/439			

(**) Significance at the 0.01 level

The above table shows the comparison of the average anxiety of subjects in study groups. In order to compare subjects, Levene's test of equality of variances and t-test were used. The above table shows that the difference between the two types of marriage (official and white) in anxiety (T=5.401, P=0.001) in the study groups is statistically significant. In other words, the level of anxiety in people with informal marriages is higher than people with formal marriages; Therefore, the sub-hypothesis of the two studies that there is a difference between anxiety in women and men with formal and white marriages is confirmed.

There is a difference between depression in women and men with official and white marriages. In order to subtest number three of the research, the mean comparison test in independent groups was used.

(Table-9): Comparison of the averages of subjects' depression in the study groups

Subscales	Type of marriage	M	SD	T	DF	P
Emotional signs	Official	5/19	3/839	-2/095	198	. *0/037
	white	6/71	6/155			
Cognitive symptoms	Official	4/44	3/647	-2/061	198	*0/041
	white	5/96	6/412			
Social disharmony	Official	2/96	2/160	-2/292	198	*0/023
	white	3/90	3/486			
Depression total score	Official	12/59	8/313	-2/260	198	*0/025
	white	16/57	15/523			

(*) Significance at the 0.05 level

The above table shows the comparison of the subjects' depression averages in the study groups. In order to compare subjects, Levene's test of equality of variances and t-test were used to compare

independent means. The above table shows that the difference between two types of marriage (formal and white) in the subscales of emotional symptoms ($T=2.095$, $P=0.037$), cognitive symptoms ($T=2.061$, $P=0.041$), physical symptoms ($T=2.292$, $P=0.023$) and total depression score ($T=2.260$, $P=0.025$) in the study groups are statistically significant. In other words, the amount of emotional symptoms, cognitive symptoms, physical symptoms and the total score of depression in people with informal marriages is higher than people with official marriages; Therefore, the sub-hypothesis of the three studies that there is a difference between depression in women and men with formal and white marriages is confirmed.

Discussion and conclusion:

The present study was conducted with the aim of comparing emotional maturity and mental disorders (anxiety and depression) in women and men with white and official marriage. There is a difference between emotional maturity (emotional instability) and anxiety and depression in women and men with formal and white marriage. The research findings showed that there is a difference between emotional maturity (emotional instability) and anxiety and depression in women and men with official and white marriage. The averages of anxiety, depression and emotional instability of the white marriage group are significantly higher than the averages of anxiety, depression and emotional instability of the official marriage group. The findings of this research are in line with the research of Talshi and Soltani (18), Ramezanifar and Adish (13), Karimian, Salari and Malkari (17), Wang and Yang (19), Wright et al. (20). In the above research, it has been pointed out that white marriage is increasing among people in the society, and this itself has caused problems in the field of anxiety and depression among couples. In explaining the findings of the research, it should be mentioned that the statistics show that the reason that most of these couples What they offer for white marriage is to find out if they are compatible enough to get married or not. It may be surprising to know that, contrary to popular belief, the probability of divorce and relationship failure is much higher in couples who lived together before official marriage. The reason can be that living under the same roof without a marriage contract changes the behavior of both parties in a way that makes them less committed in marriage. Research shows that those who decide to have a white marriage have characteristics that make them happy with a white marriage, and this shows that they are not worth getting married. These statistics clearly show that cohabitation without commitment compared to legal marriage, socially It is a low agreement. Couples who live together without any definite plans to get married have a completely different deal than those who get married or engaged. The only thing they have in common with legal couples is sex and living under the same roof. Men who enter into white marriages are usually not loyal to their partner, and women also have no certainty about their future and their potential child. Children who are born in such homes perform worse and weaker than other children. Such a marriage is not beneficial for anyone, neither the woman, nor the man, nor the children. It is clear that the women and men who decide to have such a married life, have a major difference from those who enter into formal marriage. This is the cause of their higher separation rate.

There is a difference between emotional maturity (emotional instability) in women and men with formal and white marriage. The research findings showed that there is a difference between emotional maturity (emotional instability) in women and men with official and white marriage. The average emotional instability of the white marriage group is significantly higher than the average emotional instability of the official marriage group. The findings of this research are consistent with those of Ramezani Far and Adish (13), Karimian, Salari and Melkari (17), Wang and Yang (19). In the above researches, it has been pointed out that white marriage is increasing among people in the society, and this itself has caused problems in the field of emotional instability among couples. In explaining the findings of the research, it should be mentioned that, in addition to the impact of the situation, family formation leaves positive and effective results that raise the level of society's people in areas such as health, education, economy, culture, etc. Among others, we can mention the critical and acute conditions for people, how they can protect each other and take care of each other. Fulfilling physical needs, including the need for food, housing, a suitable place for protection from dangerous factors, a suitable place for rest, relaxation and sexual needs are possible in the family center (21). It should also be mentioned that in this type of marriage, love is usually less than in normal marriages. It should be noted that some social theorists consider feelings and love to be the factors that create relationships between young people. From this point of view, romantic love plays an important role in relationships between the two sexes, and love can be the beginning of new relationships. Love is considered as an important matter in the heart of the modern world and today it has found an essential role in the formation of the family, so that marriage is not accepted for any reason other than love, and people doubt its success; Therefore, love becomes important in the process of choosing a spouse in the pattern of communication between boys and girls before marriage.

There is a difference between anxiety in women and men with formal and white marriage. The findings of the research showed that there is a difference between anxiety in women and men with official and white marriage. The anxiety averages of the white marriage group are significantly higher than the anxiety averages of the official marriage group. The findings of this research are consistent with the research of Karimian, Salari and Melkari (17), Wang and Yang (19), Wright et al. (20). In the above research, it has been pointed out that white marriage is increasing among people in the society, and this itself has caused problems in the field of anxiety among couples. In explaining the findings of the research on the high level of anxiety in white marriage, it was pointed out that each party is not committed to each other and lack of commitment between them, the reason for this can be found in some of the consequences of this type of relationship, including the lack of legal authority to resolve disputes. Absence of social support, not taking inheritance rights from each other, leaving children without birth certificates in case of their birth and being deprived of their right to education, not benefiting from social insurance services from life partners. Enumerated, all these factors can increase the level of anxiety in this type of marriage compared to a normal marriage. On the other hand, it should be noted that a man and a woman who officially marry not only their fate but also their properties are tied together. Statistics and figures show that those couples who choose to marry without a formal contract instead of a formal and legal

marriage, accumulate less wealth over time because they are often not under the financial support of their families and the income earned by both parties is also for The family is not spent or saved, and this can be a source of concern for children who may be born to such parents.

There is a difference between depression in women and men with formal and white marriage. The findings of the research showed that there is a difference between depression in women and men with formal and white marriage. The white marriage group's depression averages are significantly higher than the official marriage group's depression averages. The findings of this research are consistent with the research of Karimian, Salari and Melkari (17), Wang and Yang (19), Wright et al. (20). In the above research, it has been pointed out that white marriage is increasing among people in the society, and this itself has caused problems in the field of depression. In explaining the findings of the research on the high level of depression in white marriages, he pointed out that the essence of marriage is for a long term. Married couples see their married life as much stronger and more stable than couples who have white marriages. And when both parties think that there is a possibility of their relationship failing, it will have a very negative effect on their morale. Mental health is much weaker in couples who have white marriages compared to those who have formal marriages. These couples are much more depressed and have a much lower level of life satisfaction. The fact that their lives may be disrupted very soon will have a heavy nervous pressure on both men and women, and that is why the symptoms of depression are seen in these people. Usually, everyone assumes that living together in a trial life shows both parties what their marriage could be like, and with the information they get from each other from such a trial life, they can make a better choice.

Limitations of the research: The current research population included men and women of adults (20 to 50 years old) of Tehran city, which creates limitations in generalizing the results in other societies. Using a questionnaire as the only tool for collecting information has inherent limitations. Due to the limitation caused by the identification of all the people of the research group, random sampling was not possible and it was done as available.

Conflict of interest: The authors hereby declare that this work is the result of an independent research and does not have any conflict of interest with other organizations and persons.

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