Forgiveness Scale Extended to the Iranian Families

Soosan Seif, Ph.D.
Department of Psychology, Al-Zahrā University
Farshād Bahāri, M.A.
Department of Psychology, Al-Zahrā University
Zohré Khosravi, Ph.D.
Department of Psychology, Al-Zahrā University

Abstract

The present study is conducted on standardization and normalization of the Family Forgiveness Scale (FFS) within the Iranian population. A brief description of this "scale" within the scope of family related studies is presented and other studies focused on developing similar tools for measuring the extent of forgiveness are referenced. The dimensions or sub-scales and psychiatric features of the forgiveness scale are described. The data pertaining to FFS scale for standardization and normalization on Iranian population are provided. It is shown here that there are no significant differences between men and women in realization and resolution of sub-scales. However, women are shown to be more willing to acknowledge their faults and try to compensate for their wrongdoings. The comparison of results from the present tool on Iranian families with other studies on American families indicates similar forgiveness scale between the two cultures.

Overall, the results of the present study indicate that present scaling tool is a highly reliable and valid instrument for studying Iranian families.

Keywords

Forgiveness; Scale; Tool; Standardization and Normalization; Iranian Family;

BACKGROUND

Forgiveness has become an integral part of family therapy in recent decades. The present study is focused on developing a forgiveness tool to aid the family therapists working with the Iranian families. It should be noted that this is the first time that this issue is being academically examined on the Iranian couples.

Family related studies are being conducted by family therapists since over a century ago, but the first essay on forgiveness dates back to a 1965 article titled "Failure to Forgive and Be Forgiven" by Pattison 1965. However, it seems that presentation of theoretical fundamentals and forgiveness models began with *Johnson*'s (1986) article titled "Forgiveness Model: Theoretical and Research Concepts", followed by others such as *Mauger* et al. (1992) "Measuring Forgiveness: A Preliminary Research".

Taking forgiveness seriously, that is as a strategy or intervention therapy, dates back to 1980's and 1990's. Modernity of the issue of forgiveness in family studies in general, and family therapy in particular, is due to certain factors and impediments. For instance, *Walrond-Skinner* (1998) cites: "It seems that forgiveness is more of a religious structure or concept than a psychological one". *Sells* and *Hargrave* (1998) have introduced another impediment as conceptual duality of "anti-forgiveness", owing to its closeness in concept with religion, especially in Christianity and Judaism.

The differences of opinions in therapists on the issue of forgiveness have made it rather difficult to investigate its effects on family therapy interventions. For example, *Chance* (1993) and *Nicholas* (1994) have expressed a negative attitude, while, *Sells* and *Hargrave* (1994) and *Aponte* (1998) have had a positive impression of forgiveness (Aponte, 1998).

Despite such dual and rather contradictory impressions on Forgiveness, the survey on forgiveness was mainly conducted as a process, a tool, or an intervention therapy, on the following three axes (Sells and Hargrave, 1998):

1. Validation of conceptual theories, with due regard to the process and phases of forgiveness (for instance, Enright and the Human Development Study Group, 1991; Gassin, 1996; Hargrave and Sells, 1997; Subkoviak et al, 1992).

2. Determination of the relation existing between forgiveness and other human-behaviors, such as religious bias (DiBlassio and Benda, 1991), wrongdoing-acknowledgement (Weiner et al., 1991), and age (DiBlassio and Proctor, 1993).

3. Application of forgiveness in process and efficiency studies (Hebl and Enright, 1993; McCullough and Worthington, 1995).

FORGIVENESS SCALING TOOL

In 1980's and 1990's efforts were made to develop a tool to be used for scaling the extent of forgiveness. Numerous questionnaires were drawn up on "forgiveness-scaling" (for example, Hargrave and Anderson, 1992; Enright and the Human Development Study Group, 1992; Hargrave and Sells, 1997; Mauger et al., 1992; Subkoviac et al., 1992; Pollard et al., 1998). Nevertheless, only four scales of distinguished psychiatric features, included validity and reliability, namely: 1) *Enright* Scale of Forgiveness; 2) Forgiveness of Self (FS) Scale; 3) Forgiveness of Others (FO) Scale (Mauger et al., 1992); and 4) Forgiveness Scales (Pollard et al., 1998).

Family Forgiveness Scale (FFS) that has been standardized in the present study is a combination of surveys of the following common models of forgiveness: 1) *Hargrave* and *Anderson*'s Model (1992); *Hargrave*'s Model (1994); 2) *Johnson*'s Model (1986); and 3) *Smedes*' Model (1984; 1997).

Upon examining all of the significant components of these three models, five constructs, namely, A) Realization, B) Recognition, C) Reparation, D) Restitution, and E) Resolution were identified. The Realization construct is defined as intra-psychic awareness in either the offender or offended, of an incident that caused pain and suffering. The Recognition construct is an assessment of the painful incident by either the offender or the offended. The Reparation construct is of three elements. First, confrontation about painful incident, second, admission of responsibility by the offender, and third, reciprocal asking for and giving forgiveness (Pollard et al., 1998).

The main copy of the forgiveness-scale in both the overall (total) and sub-scales of both parts of the scale is highly intra-consistent and uniform. *Kronbach*'s alpha coefficient was calculated at 0.93 which places the scale at a high range of uniformity and intra-consistency.

Further, this scale enjoys a very desirable distinction coefficient as well. The sample normalized by this scale has had 342 subjects, out of whom 229 persons were female and 113 persons were male with the ages ranging from 21 to 66 years (Pollard et al., 1998)

STANDARDIZATION AND NORMALIZATION OF THE SCALE FOR IRĀN

The objective of the present study was to standardize and normalize the Family Forgiveness Scale (FFS) for the Iranian population. The main questions raised in the course of conducting the research were as follows:

1. Does the Forgiveness Scale bear a desirable factorial loading?

2. Does the Forgiveness Scale bear a desirable factorial coefficient?

3. Does the Forgiveness Scale bear a desirable distinction coefficient?

4. What factor/factors comprise the content of Forgiveness Scale?

5. Does the Forgiveness Scale bear a desirable reliability coefficient?

6. Is there a significant difference between the level of forgiveness exhibited by men and women?

7. Is there a significant relation between education and the extent of forgiveness?

8. Is there a significant difference between the average scores of the subjects at each sub-scale of the Forgiveness Scale?

THE OBJECTIVE

The objective of the present research is to develop a reliable tool to standardize Family Forgiveness Scale. The present study is designed to be descriptive in terms of measuring and trend type. While normalizing the tool under study, this research intended to examine the roles played by the differences in gender and the level of academic education in the extent of forgiveness.

METHODOLOGY

The target population is composed of married couples with college and high school level education. The statistical population of those who have received college education included all students whose wedding ceremony was held at the universities and colleges in year 2000. The statistical population of those without College education also includes a number of married couples residing in the City of Tehrān.

It is advisable that the non-homogeneous statistical population (from the characteristics point of view) comprised of different classes be divided so a sample be selected from each class on a simple random basis. The statistical population of married couples, therefore, has a non-homogeneous structure with its classes composed of "education", "period of marriage", "age", and "number of children". These classes are internally relatively homogeneous, as a result, the "unequal proportion random stage" method of sampling was chosen. The sample in this study comprised of 762 subjects.

Sampling for the present study was made in four steps. In the first step, the statistical population under research was divided into four different classes, on the basis of the level of academic or non-academic education. In the second step, within each of the aforementioned classes, non-overlap collections of the elements of population are specified on a gender basis. The sampling is performed at various academic levels, such as: 1) Elementary and middle (junior high) school; 2) Secondary school and high school diploma holders; 3) Associate degree and Bachelor's degree holders; 4) Master's and Doctorate's degree holders. In the third step, 100 wives and 100 husbands were assigned (200 subject in total, per each individual class of education) to ensure reliability in findings and to meet the required minimum sample volume in each subgroup (Dowdy, Wearden, and Chilko, 2004). Finally, out of any inter-class units, a random sample was selected, taking into consideration the minimum sample volume (using the available sampling method). It is worth mentioning that despite calculation of the sample volume at each class, the sample volumes are not the same for different classes. As a result, there were 205 subjects at the elementary and middle school levels; 126 subjects at the secondary school and high school diploma holder level; 288

subjects Associate degree and Bachelor's degree level and 143 subjects at the Master's and Doctorate's degree level.

RESEARCH TOOL AND ITS PSYCHOMETRIC FEATURES

In the present research, the base tool for measurement of forgiveness is the Family Forgiveness Scale (FFS) developed by *Pollard* et al. (1998). This tool is widely used for measurement of the extent of forgiveness in families. Pollard and his colleagues have declared that the scale is intended to determine the extent of forgiveness in the families and also the dimensions of forgiveness. The main form of this scale includes 40 statements of set-response type composed of two parts, each including five sub-scales or five structured dimensions. The first part, which includes the first twenty statements of the scale, relates to the Family of Origin (FO); the second part, which includes the remaining twenty statements with the same sub-scales or dimensions, is related to the Primal Relationship (PR) or the nuclear family.

Each variant is comprised of a series of multiple-choice questions varying from 1 to 4 points. Some of the questions raised at this scale are inversely credited. This tool was used on 766 subjects and the results thereof were analyzed.

In order to answer the aforementioned questions raised in this research, the following statistical methods were adopted:

1. Factor-Analysis using the Method of Main Components;
2. Factor-Coefficient using the Method of Eigen Values;
3. Factor-Loading using the Method of *Kronbach*'s;
4. Distinction Coefficient using the Johnson's Method;
5. Statistical test, for two independent groups.

THE FINDINGS

Information obtained as a result of applying the FFS on 766 subjects, together with other specifications of the subjects were transformed to numeric data and then processed and extracted.

In this research, the factor loading, the distinction coefficient, and the reliability factor were measured for the present scale, the psychiatric features for the FFS. Furthermore, with respect to the

gender factor, the statistical model "t" was applied and the differences between the average for male and female samples, in forgiveness and relevant sub-scales were compared. The coefficient of correlation was also applied for the purposes of identifying the relationship existing among the number of children, period of marriage, the level of education, and extent of forgiveness. The regression was also applied to predict the level of forgiveness as indicated by such variables as number of children, period of marriage and level of education. Finally, a factor analysis of forgiveness scale, in addition to quantitative and qualitative norms, was presented in five columns and three rows.

Table 1. Factor Analysis of Sub-Scales for the Nuclear-Family Section

Components	Initial Coefficient Value	Common Variance	Density Relative Common Variance	Total
Factor I	Realization	53.91	53.91	2.69
Factor II	Recognition	14.5	68.41	0.72
Factor III	Reparation	12.31	80.73	
Factor IV	Restitution	10.83	91.57	0.54
Factor V	Resolution	8.43	100	0.42

Considering the **Table 1**, Method of Rotation was applied with an emphasis on the Main-Components Analysis Method. The factor coefficient for variables comprising the questionnaire on forgiveness for the nuclear-family section (in the primal-relationship) was determined as follows:

**Table 2. Five Sub-Scales Coefficient Factor
in the Primary Relationship Section**

Factor	Factor Coefficient
Realization	0.66
Recognition	0.78
Reparation	0.71
Restitution	0.80
Resolution	0.70

The obtained factor-coefficients lie within the range of 0.70 to 0.80 (except the first factor). This minor difference shows that the tool under research, at the section of primal relationship, has construct validity and a content validity. It resembles a convergent and divergent correlation with a desirable divergent correlation with each

other and a desirable convergent correlation with the forgiveness, at the primal relationship section.

Table 3. Sub-Scales Factor Analysis for Family of Origin Section

Components	Initial Coefficient Value	Common Variance	Density Relative Common Variance	Total
Factor I	Realization	57.6	57.6	2.88
Factor II	Recognition	71.33	13.72	0.68
Factor III	Reparation	82.67	11.34	0.56
Factor IV	Restitution	92.1	9.42	0.47
Factor V	Resolution	100	7.89	0.39

With due regard to the content of **Table 3**, Method of Rotation was applied with an emphasis on the Main Components Analysis Method. The factor coefficient for variables comprising FFS in the family of origin was determined as follows:

**Table 4. Five Sub-Scales Coefficient Factor
in the Family of Origin Section of FFS**

Factor	Factor Coefficient
Realization	0.81
Recognition	0.70
Reparation	0.76
Restitution	0.68
Resolution	0.73

Information given in Table 4 reveals that the factor coefficient (Restitution) lies within a range of 0.7 to 0.8 and this minor difference shows that the FFS tool has construct validity and a content validity. It resembles a convergent and divergent correlation, with a desirable divergent correlation with each other and a desirable convergent correlation with forgiveness in the family of origin.

The results shown in **Tables 1** through **4** reveal that the Forgiveness Scale is comprised of the same factors that were originally pointed out by *Pollard* et al. (1998).

Table 5. Sub-Scales Distinction Factor for the First and Second Parts of the FFS

FFS / Sub-Scale	Realization	Recognition	Reparation	Restitution	Resolution
Family of Origin	10.868	0.770	16.890	23.290	22.363
Primary Relationship	0.6140	0.8217	0.9174	11.365	0.9179
Overall Scale	5.741	0.821	8.902	17.327	11.640

Considering the content of **Table 5**, it can be deducted that since the Distinction Factors for all sub-scales in the first and the second parts and also in the overall scale are higher than 0.6, therefore, the Distinction Factor is a desirable one.

Table 6. Sub-Scales Reliability Coefficients
for Family-Section of the Forgiveness Scale

FFS / Sub-Scale	Realization	Recognition	Reparation	Restitution	Resolution	Psychometric Feature
Family of Origin	0.399	0.534	0.140^*	0.037^*	0.437^*	—
Primary Relationship	0.225	0.574	0.332	0.597	0.357	Desirable
Overall Scale	0.312	0.554	0.236	0.313	0.415	Desirable
Psychometric Feature	Desirable	Desirable	Desirable	Desirable	Desirable	—

* Have not encountered desirable Reliability Coefficients.

In regards to the information given in **Table 6**, it can be deducted that Reparation and Restitution sub-scales in the origin-of-Family section and also the Realization sub-scale in the primal-relationship section have resembled an undesirable coefficient of reliability. However, as the information provided in the overall scale clearly signifies, it can be stated that all of the sub-scales show a desirable reliability coefficient.

Table 7. Correlation between the Couple's Education
and the Extent of Forgiveness at the Origin-of-Family Section of the FFS

Couple's Education	Forgiveness in the Family of origin	Extent of correlation	Level of Meaningfulness
X	Y	0.157	0.01

The information given in **Tables 7** and **8**, show that a positive and significant correlation exists between the couple's education and the extent of forgiveness in the Family-of-Origin section, the Nuclear-Family Section (Primal-Relationship) and such correlation is

significant at a level of 0.01. Thus, as the level of education is promoted, the extent of forgiveness also increases in the Family of Origin and the Nuclear Family (Primal Relationship).

Table 8. Correlation between the Couple's Education and the Extent of Forgiveness in the Primal-Relationship Section

Couple's Education	Forgiveness in the Nuclear Family	Extent of correlation	Level of Meaningfulness
X	Y	0.324	0.01

Table 9 reveals that men and women at the family of origin section; have not reported a significant difference as far as the "Realization" and "Resolution" Sub-scales were concerned. However, they have reported a significant difference in "Recognition", "Reparation", and "Restitution" sub-scales.

Men and women under-study in the primary-relationship at the "Realization", "Recognition", "Reparation", "Resolution", and "Restitution" sub-scales did not show significant differences. It seems that the observed differences are due to the fact that the husbands and wives are from different classes of families. Finally, the calculations made in sub-scales for two parts of the Forgiveness Scale questionnaire indicate that men and women in the Family-of-Origin section have reported a significant difference as far as the forgiveness sub-scales were concerned.

Regarding the section on primary relationship, they have reported no differences whatsoever, and perhaps the reason for that could have been the fact that all of the subjects were each other's spouses.

Considering forgiveness within the scope of culture, it can be noted that forgiveness is an integral part of the Iranian culture as is the case in many other cultures. In Irān, it is also important from religious point of view. There are numerous references to "Forgiveness" and "Mercy" in the holy book of Qur'an and other books from leaders of Islam throughout the history.

From a cultural standpoint, one would encounter numerous acts of forgiveness by leaders at various periods in the history of Irān. It is so engrained in this culture that the mythical heroes are not only powerful; they are always gracious and forgiving in victories.

**Table 9. Average Values Comparison for Men and Women
in the Sub-Scales of the FFS**

Features / Gender	Average	Standard Deviation	T Value	Level of Meaningfulness	Sub-Scale	FFS
Woman	12.92	2.46	1.33	—	Realization	Family of Origin
Man	12.68	2.29				
Woman	11.92	2.20	0.69	—	Realization	Primary Relationship
Man	12.05	2.12				
Woman	12.68	2.48	2.27	0.05	Realization	Family of Origin
Man	12.26	2.47				
Woman	12.40	2.62	0.50	—	Recognition	Nuclear Family
Man	12.50	2.59				
Woman	11.79	2.38	2.73	1.01	Reparation	Family of Origin
Man	11.32	2.22				
Woman	12.64	2.34	0.71	—	Reparation	Nuclear Family
Man	12.52	2.31				
Woman	10.98	2.09	2.08	0.05	Restitution	Family of Origin
Man	10.66	2.12				
Woman	13.06	2.58	0.72	—	Restitution	Nuclear Family
Man	13.19	2.59				
Woman	10.54	2.38	1.41	—	Resolution	Family of Origin
Man	12.30	2.32				
Woman	11.44	2.06	0.95	—	Resolution	Nuclear Family
Man	11.29	2.05				
Woman	60.93	9.25	2.53	0.01	Overall Scales	Family of Origin
Man	59.28	8.39				
Woman	61.49	8.51	0.12	—	Overall Sub-Scales	Primary Relationship
Man	61.57	8.58				

In the pursuit of the present study, the authors have found adequate information to compare the forgiveness in Irān with that of United States performed by *Pollard* (Pollard et al., 1989). **Table 10** shows such comparison of *Cronbach*'s alpha for various forgiveness construct between the two cultures.

Table 10. Comparison Cronbach's alpha Factor for Various Forgiveness Constructs

Construct	Family of Origin		Primary Relationship	
	USA	Irān	USA	Irān
Realization	0.768	0.225	0.553	0.399
Recognition	0.821	0.574	0.736	0.534
Reparation	0.601	0.332	0.721	0.140
Restitution	0.752	0.597	0.812	0.037
Resolution	0.713	0.357	0.812	0.473

The family forgiveness reliability and efficiency coefficients, from both *Pollard* et al. (1989) and the present study are presented in **Table 11**. The comparison indicates close similarities between the two studies.

Table 11. Comparison of the Present and Pollard Studies

	Family of Origin	Primary Relation	Total
Pollard et al. Study	0.94	0.92	0.93
Present Study	0.84	0.85	0.845

Others have made similar comparisons between cultures. One notable study is by *Huang* (1990). *Huang* by using a method developed by *Enright* (1989; cited in Huang, 1990) showed the similarities of forgiveness between USA and Taiwan (**Table 12**).

Table 12. Average Values of Forgiveness Comparison between USA and Taiwan
(Huang, 1990)

Age	USA	Taiwan
Fourth Grader Student	2.24	2.66
Junior High School Student	2.40	2.43
High School Student	3.08	3.18
University Student	3.96	3.60
Adults	4.16	4.47

CONCLUDING REMARKS

As verified by the findings of this research, all sub-scales of FFS have a desirable factorial loading and factor-coefficient. This provides the impression that the tool under study enjoys a desirable validity of construct and validity of content. Although the calculations related to the Distinction Coefficient reveal that the responses to two of the questions raised on the issue of FFS to be undesirable, in overall, it can be stated that the extent of sensitivity of FFS tests is at a desirable level.

As the reliability of the FFS is concerned, The "Restitution" and "Reparation" sub-scales failed to manifest a desirable reliability at the Family-of-Origin section, nevertheless, the reliability-calculation for both sections of the scale indicate that basically, the Forgiveness Scale enjoys a desirable reliability (> 0.2). An analysis of the information related to the comparison of the average scores acquired by women
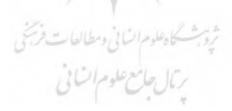
and men demonstrate those, women compared to men, have exhibited a higher degree of forgiveness at the "Recognition" and "Reparation" sub-scales in the Family-of-Origin Section. In other words, it can be stated that gender-differences play a role in "Recognition" and making efforts for "Reparation" purposes. Furthermore, women are more willing to acknowledge their faults and try to compensate for such wrongdoings.

A lack of difference, however, in average scores acquired by women and men on the issue of "Forgiveness" seems to be due to the fact that men and women under study were husbands and wives and each individual did not belong to a nuclear family. Finally, an overall coefficient of reliability of 0.85 was obtained for the questionnaire, which is desirable.

The comparison of results from the present tool on Iranian families with that of *Pollard* on American families indicates similar forgiveness scale between the two cultures.

As a result, it can be stated that the forgiveness scale developed in this study is a highly reliable and valid tool for application to study of the Iranian families. Therefore, it is strongly advised that this scale be applied on family therapy interventions and consulting and also in future research on the Iranian families.

REFERENCES

1. *Aponte, Harry J.* 1998. "Love, the Spiritual Wellspring of Forgiveness: An Example of Spirituality in Therapy." *Journal of Family Therapy 20*(1):37–58.

2. *Chance, Sue*. 1993. *A Voice of My Own*. Cleveland, SC: Bonne Chance Press.

3. *Davenport, Donna S.* 1991. "The Function of Anger and Forgiveness: Guideline for Psychotherapy with Victims." *Psychotherapy 28*(1):140–144.

4. *DiBlassio, Frederick A.*, and *Brent B. Benda*. 1991. "Practitioners' Religion and the Use of Forgiveness in the Clinical Setting." *Journal of Psychology and Christianity 10*(2):166–172.

5. *DiBlassio, Frederick A.*, and *Judith Harris Proctor*. 1993. "Therapists and the Clinical Use of Forgiveness." *American Journal of Family Therapy 21*(2):175–184.

6. *Dowdy, Shirley*, *Stanley Wearden*, and *Daniel Chilko*. 2004. *Statistics for Research (Wiley Series in Probability and Statistics)*. 3rd Edition. New York, NY: Wiley-Interscience.

7. *Enright, Robert D.*, and the Human Development Study Group. 1991. "The Moral Development of Forgiveness." Pp. 123–152 in *Handbook of Moral Behavior and Development Vol. 1* edited by *William M. Kurtines* and *Jacob L. Gewirtz*. Hillsdale, NJ: Lawrence Erlbaum Associates.

8. *Gassin, Elizabeth A*. 1996. "Receiving Forgiveness from Others." Presented at the 27th Annual Mid-Winter Convention of the American Psychological Association, 28–31 March 1996, Scottsdale, AZ, USA.

9. *Hargrave, Terry D.* 1994. *Families and Forgiveness: Healing Wounds in the Intergenerational Family*. New York, NY: Brunner/Mazel Publishers.

10. *Hargrave, Terry D.*, and *William T. Anderson*. 1992. *Finishing Well: Aging and Reparation in the Intergenerational Family*. New York, NY: Brunner/Mazel.

11. *Hargrave, Terry D.*, *Glen H. Jennings*, and *William T. Anderson*. 1991. "The Development of a Relational Ethics Scale." *Journal of Marital and Family Therapy 17*(2):145–158.

12. *Hargrave, Terry D.*, and *James N. Sells*. 1997. "The Development of a Forgiveness Scale." *Journal of Marital and Family Therapy 23*(1):41–63.

13. *Hebl, John H.*, and *Robert D. Enright*. 1993. "Forgiveness as a Psychotherapeutic Goal with Elderly Females." *Psychotherapy 30*(4):658–667.

14. *Hope, Donald*. 1987. "The Healing Paradox of Forgiveness." *Psychotherapy 24*(2):240–244.

15. *Huang, Shih-Tseng Tina*. 1990. "Cross-Cultural and Real-Life Validation of the Theory of Forgiveness in Taiwan, The Republic of China." Doctoral Dissertation, University of Wisconsin, Madison, WI.

16. *Johnson, Karen Alexandria*. 1986. ***A Model of Forgiveness: Theory Formulation and Research Implications***. La Mirada, CA: Biola University.

17. *Mauger, Paul A.*, *Jacqueline E. Perry*, *Tom Freeman*, *Dianne C. Grove*, *Alicia G. McBride*, and *Kathleen E. McKinney*. 1992. "The Measurement of Forgiveness: Preliminary Research." ***Journal of Psychology and Christianity 11***(2):170–180.

18. *McCullough, Michael E.*, and *Everett L. Worthington*. 1995. "Promoting Forgiveness: A Comparison of Two Brief Psychoeducational Group Interventions with a Waiting List Control." ***Counseling and Values 40***(1):55–68.

19. *Nicholas, Mary W*. 1994. ***The Mystery of Goodness and the Positive Moral Consequences of Psychotherapy***. New York, NY: W. W. Norton.

20. *Pollard, Margie W.*, *Ruth A. Anderson*, *William T. Anderson*, and *Glen H. Jennings*. 1998. "The Development of a Family Forgiveness Scale." ***Journal of Family Therapy 20***(1):95–109.

21. *Sells, James N.*, and *Terry D. Hargrave*. 1998. "Forgiveness: A Review of Theoretical and Empirical Literature." ***Journal of Family Therapy 20***(1):21–36.

22. *Smedes, Lewis B.* 1984. ***Forgive and Forget: Healing the Hurts We Don't Deserve***. New York, NY: Simon and Schuster.

23. *Smedes, Lewis B.* 1997. ***The Art of Forgiving: When You Need to Forgive and Don't Know How***. Nashville, TN: Moorings.

24. *Subkoviak, Michael J.*, *Robert D Enright*, *Ching-Ru Wu*, *Elizabeth A. Gassin*, *Suzanne Freedman*, *Leanna M. Olson*, and *Issidoros Sarinopoulos*. 1992. "Measuring Interpersonal Forgiveness." Presented at the annual meeting of American Educational Research Association, 3–7 April 1992, San Francisco, CA, USA.

25. *Tournier, Paul*. 1962. ***Guilt and Grace***. Translated from the French by *Arthur W. Heathcote*. New York, NY: Harper and Row.

26. *Walrond-Skinner, Sue*. 1998. "The Function and Role of Forgiveness in Working with Couples and Families: Clearing the Ground." ***Journal of Family Therapy 20***(1):3–20.

27. *Weiner, Bernard*, *Sandra Graham*, *Orli Peter*, and *Mary Zmuidinas*. 1991. "Public Confession and Forgiveness." ***Journal of Personality 59***(2):281–312.

Authors

Soosan Seif, Ph.D.,
Department of Psychology, Al-Zahrā University
susansafe2000@yahoo.com

Professor of Psychology, Al-Zahrā University, Tehrān, Irān.
She received her PhD in family and child study from Syracuse
University, Syracuse, New York, USA. She has conducted more than
50 research projects. Currently she is Dean, Department of
Educational Science and Psychology at Al-Zahrā University

Farshād Bahāri, M.A.,
Department of Psychology, Al-Zahrā University
fbahari2000@yahoo.com

Post-graduate Student of Psychology, Al-Zahrā University, Tehrān, Irān.

Zohré Khosravi, Ph.D.
Department of Psychology, Al-Zahrā University
zohreh_khosravi@yahoo.com

Associate Professor of Psychology, Al-Zahrā University, Tehrān, Irān.

She received her PhD in clinical psychology from University of New
South Wales, Sydney, New South Wales, Australia. She has written
many articles on psycho-social pathology emphasizing women's
issues and cultural and cognitive aspects