

Psychological Envy-Therapy; From Diagnosis To Treatment; By Investigating The Related Factors of Envy In Psychosomatic Medicine, Moral, Spiritual, Socio-Economic And Legal Fields

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ABSTRACT

Background and purpose: Envy is one of the major and negative human emotions that has a destructive effect on personal and interpersonal relationships, mental, physical, spiritual health and daily functioning. For this reason, the purpose of this research is to investigate the psychological causes, grounds, etiology and symptomatology of envy and how to treat it, which is practical in terms of purpose and descriptive survey in terms of data collection.

Method: The current research is a document-library type and was conducted with a qualitative method. For this purpose, using the available sampling method, 127 male and female students of Islamic Azad University of Khuzestan branches and employees working in Ahvaz hospitals were selected, and using Valizadeh's envy questionnaire (for university students) and Wang's organizational envy questionnaire (for hospitals employees), semi-structured interview and data collected from reliable sources of psychology were subjected to psychoanalysis and analysis.

Ethical considerations: In the entire research period, all ethical principles have been taken into consideration in accordance with the principles of the Declaration of Helsinki.

Findings: Regarding the causes and etiology: the background and psychological causes of envy in physical, mental, psychological, spiritual, cultural and social dimensions, numerous examples and basic concepts such as psychological needs, psychological disorders, personality traits, lifestyle, level of expectations from oneself and others, social comparison, risk of deprivation, inequality, materialism, learned envy, content of media stimulation, evaluation of justice and social motivation of envy and disorders or malfunctions of some brain areas were identified and analyzed. Brain regions involved in envy including Striatum (Limbic system), anterior Cingulate Gyrus and Cortical area of the Frontal Lobe were investigated.

Conclusion: The results showed that envy has both internal factors, such as motivation, and external factors, such as university and organization policies, family and society, and can be formed at birth and childhood in the family. Therefore, depending on the causes and factors, it can be negative and sometimes destructive. Therefore, envy therapy and finding a suitable therapeutic solution and making constructive decisions require etiology and understanding the concepts, dimensions and causes of envy and its examples. Therefore, it is suggested to reduce the field of envy while granting some privileges, bonuses and making some reforms in the field of university education and job promotion conditions. In addition, holding a scientific workshops and distributing brochures can be the basis for reducing and controlling envy and its destructive consequences and increasing cooperation, development and prosperity.

1. Introduction

Envy is deeply ingrained in the human psyche and common to all times and people. Our ancestors lived in fear of arousing the envy of the Gods, whom they placated with elaborate rituals and offerings. In Greek mythology, it is Hera's envy for Aphrodite that set off the Trojan War. Depending on who you ask, envy and Jealousy are either exact synonyms, very different words, or near-synonyms with some degree of semantic overlap and some differences. It is difficult to make the case, based on the evidence of usage that we have, for either of the first two possibilities. Both envy and Jealousy are often used to indicate that a person is covetous of something that someone else has, but envy carries the particular sense of "zealous vigilance" and tends to be applied more exclusively to feelings of protectiveness regarding one's own advantages or attachments. In the domain of romance, it is more commonly found than envy. It should be noted that the word Envy in English is different from the word Jealousy in terms of concept. Envy is when you want what someone else has, but Jealousy is when you are worried someone is trying to take what you have. If you want your neighbor's new car, you feel envy. If she takes your husband for a ride, you feel Jealousy. The concept and term of our research is Envy. Envy has a special meaning in every society. In any society, having something especially valued in that society causes envy. Envy is not actually because of a bigger house, faster car and more beauty, but because one is respected because of having something. The envious person never thinks that the person who has more must have worked much harder, he thinks that any better position, whether psychologically or financially, has a price that the envious person is never willing to pay.

Most of the envious people think that their rights have been lost and that they have received their rights less than they have received others. Envious people, who accept that the other has the right to benefit more, suffer more. These envy people try to attack the person they are envy of with a violent behavior; That is, they do an action with all their strength that the other party did not enjoy the better facilities he has and by this means, they destroy everything that reminds him of his lack of success. These people are not popular with others and usually do not show their true face and always pretend to admire others, but in reality they suffer a lot. Envy is not an absolute feeling, but a mixture of violence and failure. The violence that the envious feels prevents him from suffering more from failure. If an envy person stops his violence, he will suffer more from failure. Such a person realizes that even if he uses all his power, he will not get the right of another. For this reason, the person suffers severe and paralyzing depression; because he does not ask himself by what means the person in question has reached happiness. In the Christian Bible, envy is mentioned as a "deadly sin", but it is actually a natural human reaction to prevent and prevent depression. Envy may have no biological reason and it is formed over time and because of the experiences of the envy person in life.

Discussion

In today's organizations, considering the ruling bureaucracies and the competitive environment that exists, paying attention to people's feelings, especially feelings of envy in the place of study, work and society is of particular importance. Willingly and unwillingly, people are involved in this phenomenon for many spiritual, psychological, social and cultural reasons. All human actions have an emotional connection and social interactions are formed based on emotions. If excitement is removed from human life, the passion for life will not remain (Afrasiabi et al., 2015). The pervasiveness and continuity of the phenomenon of envy and its constant repetition in meetings, circles and daily life always raises the question of how the envy emotion was not mentioned among the 7 basic emotions by Paul Ekman (1975); or has not reached to the mind of Abraham Maslow (1954) to put it on Maslow's hierarchy of needs (Keihani Far, 1402). Some

psychologists believe that envy is the result of a person feeling confused, weak and powerless, empty, vulnerable and afraid. An envy person, in addition to wanting what the other person has, also wishes that the other person does not have that thing at all, and feels satisfied with the discomfort and absence of the person in question. An envy person harasses others behind their backs, and they assassinate him by being absent from the person. It provoked some of them and caused them to suffer. This type of envy is very malignant.

When envy gets out of control: There are two forms of pathological envy: obsessive envy and delusional or psychotic envy. In obsessive envy, a person has intense and recurring thoughts that their partner is not being honest. Although a person may not believe in such thoughts wholeheartedly, he cannot stop thinking about them, and these thoughts can quickly become destructive and uncomfortable. Relationships often break up due to obsessive envy. Psychotic envy is more dangerous and acute than obsessive envy. People who suffer from psychotic envy are certain that their partner is cheating on them, and unlike obsessive envy, there is no doubt in their mind. They probably believe that there is also evidence of their partner's infidelity.

Background and conceptual model of research

The search of articles and databases shows that psychological and psychoanalytical research in the field of envy has not been done in Iran; in the following, some foreign researches are reviewed. The background of the research is presented in the form of Table No. 1:

Table 1: The background of research in the field of envy

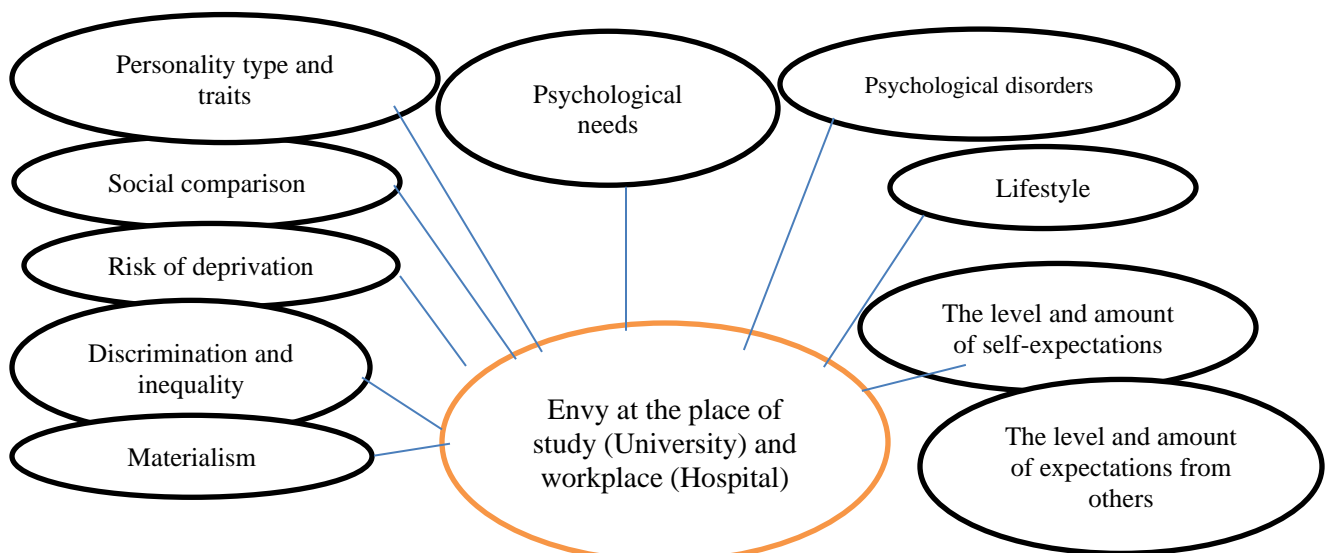
Authors	year	research title	research findings
Ardale and Masildaly	2014	Envy in the workplace on job enthusiasm and intention to leave the service of employees	Employee envy in the workplace has a negative and significant effect on job enthusiasm, and people who feel envy have less enthusiasm to perform tasks, on the other hand, feeling envy has a positive and significant effect on employee turnover, so that employees who feel envy are more inclined to They quit their service from the organization.
Shao and Zalat Khan	2017	Member-leader exchange on employee envy and work behavior with the moderating factor of self-esteem and neuroticism	Member-leader exchange has a negative and significant effect on employee envy, and self-esteem as a moderating factor increases the relationship between workplace envy and job enthusiasm.
Majkiki and Oswald	2018	Is envy harmful to psychosocial health?	Envy in the workplace is a motivating factor for success and competition with other colleagues, but on the other hand, it endangers the health of people physically and mentally and has a negative effect on the mentality of employees, and in the future, such feelings can be controlled for economic growth and success It is used in organizations and in the future it can cause deviations in organizational behavior

According to the background of the research, which can be seen in Table No. 1, the effect of envy in the workplace on variables such as leaving the service, job enthusiasm has been investigated. According to the

research (Wilkin & Connelly, 2018), workplace envy has an effect on organizational deviant behavior. However, deviant interpersonal behavior that can have adverse effects on other colleagues and the level of effort of individuals to advance organizational goals by disrupting their work has not been addressed.

Envy in the workplace has dimensions such as annoyance at the success of others, feelings of deprivation and humiliation, interest in depriving others of blessings and comparison sadness (Valizadeh and Azarbaijani, 2013), so far no research has investigated the effect of the components of envy at the workplace on annoyance at success. Others, feelings of deprivation and inferiority, interest in depriving others of blessings and sadness of comparison have not been investigated and this issue has been analyzed in the form of model number 1. Wilkin & Connelly (2015) carried out a research entitled "Envy and anger: a moderator between distributive justice and theft". The experimental research was conducted by manipulating the rights and benefits of a number of students. The results showed that envy is a moderating factor between the justice relationships. There was an inverse relationship between distributive justice and envy and a direct relationship between envy and theft (Lim and Yang, 2019). Research results show that envy has a powerful effect on the destructive behavior of people (Smith & Kim, 1969, & Schoeck, 2007). Envy can damage relationships on a micro level, affect the quality of a person's social life, and reduce satisfaction with a person's relationship (Lavallee, 2008 & Parker et al, 2009 Bevan &, 2005). Envy also makes work relationships tense, destroys the desire to stay with successful colleagues, and as a result, opportunities are lost and creates inefficiency in the organization. (Lim, 2013). Menon and Thompson found that envy at the middle level could spread negative effects throughout the organization (Menon & Thompson, 2010). Mitsoplus found that envy could hurt the national economy. Envy may incite dictators and elites in some countries. To prevent the economic development of the country, not only because they want to defend their income, but also because they want to maintain their dominant position (Mitsopoulos, 2009).

In a study conducted by the Department of Marketing and Business at Mississippi State University in the United States of America, which aims to identify the ways in which customers respond to customer-to-customer comparisons that may lead loyal customers to undesirable behaviors (Tyler, 2020). This research examines the role of envy and envy in restoring equality through revengeful intentions. Customers who feel pathologically envy may engage in retaliatory behaviors such as vindictive complaining. Customers who perceive a company unfairly favoring other customers feel envy and betrayed, and this tendency is reinforced when the customer has a high level of prior trust.



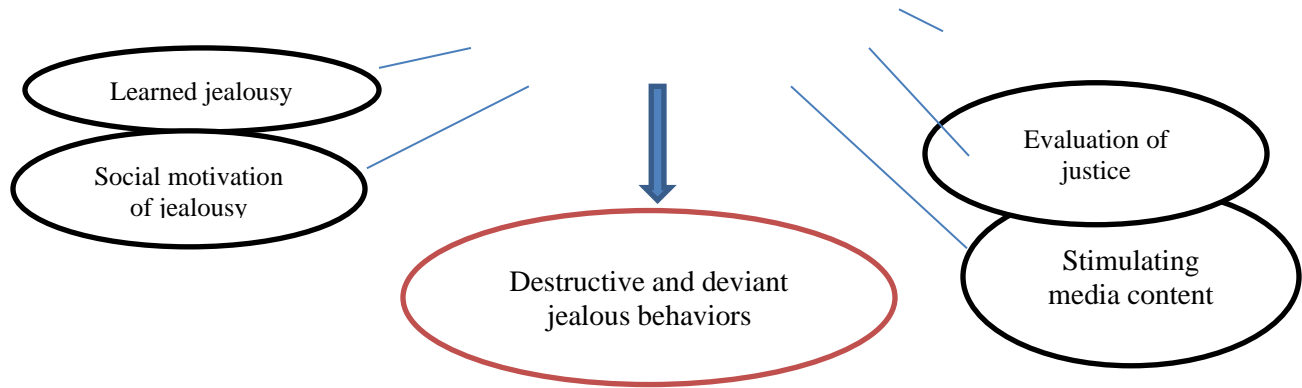


Figure 1: The conceptual model of the research (created by the researcher)

General types of envy: Political envy: In the political dimension, the blow that developing and developed societies suffer is from big envy. The intensity of the effects is such that it breaks the economic, political and social structure of societies and forms inappropriate political relations, and the witness of this claim is the miserable situation that has plagued our domestic and foreign politics. Social envy: from the general point of view, group envy has expanded in the field of authority, so that the attention of the public and especially in the use of this vice has increased. Forming parties and giving them seemingly legal powers has provided a suitable ground for envy. The weakness of morals in the society and failure to take care of the internal conditions of universities and scientific centers, organizations and political, economic, etc. have brought moral disaster.

Envy Social Motivation

The envy social motivation indicates that envy is a social emotion and is motivated by the flow of social interaction. A group of causal conditions, background conditions and intervening conditions affects the social arousal of envy. The obtained core category is "Envy Social Motivation".

Table 2: Primary components, major components and the core or final category of envy

The final category	Core categories	Concepts
Envy Social motivation	Stimulating media content	Advertising - Highlighting - Context of comparison - Creation of competition
	Learned envy	Learning - Wrong educational patterns and parental discrimination - Development of envy - imposition of envy
	Personality	Self-esteem, Self-confidence - Dreaming - Insatiability, Superiority - Satisfaction with life
	Inequality	Discrimination -Extreme class differences in society
	Risk of deprivation	Deprivation - Feeling of deprivation - Danger to ownership

	Evaluation of justice	Self-righteousness - Blaming others and circumstances
	Materialism	Money orientation - Fashion orientation - Luxury orientation
	Social comparison	Upward comparison, Being compared - Putting yourself in the shoes of others

Philosophical psychology approach and behavioral excitement

It is assumed that envy is an emotion (Aristotle, 307 BC). Of course, some say that it is not a mere excitement; because according to the belief of these people, emotions include a larger range of feelings. However, emotions are a syndrome of thoughts, feelings, motivations and body movements that are connected at the unconscious level of the mind, so that a specific emotional episode is not manifested and felt as it entered the unconscious. Rather, it may become something different; For example, when the elements of grief are combined with each other at the unconscious level, it will appear at the level of behavior (behavior excitement) in the form of envy. Of course, the specific lines of the emotional syndrome of envy are still debated.

Envy centers in the structure of the brain

Envy can take up a lot of time and emotional space. Especially in a world where many people have a presence on social media like Instagram as if they have never had a bad day in their lives. It is very common to feel bad about someone else's success. Observing brain activity, and examining what happens in the brain when envy occurs, provides clues as to why it is such a painful and distressing feeling. Neuroscience experts believe: Envy is an emotional response to the perceived threat of losing a meaningful relationship with a third party. While envy is usually associated with romantic relationships. Nevertheless, this feeling can occur in any form of relationship, such as family relationships, friendships, and even work. It is difficult to simulate this feeling in laboratory conditions. Because it depends a lot on the situation. Scientists have largely clarified the place of envy in the brain. Moreover, they have shown that this sensation affects your Frontal Lobe. This part of the brain plays an important role in our emotional regulation and social functioning. The results of a study showed that people experience a stronger feeling of envy when the left Frontal Cortex is stimulated (fig, 2). According to research by neuroscientists, the Lateral Septum of the brain is also related to envy. Because this area of the brain processes "social pain," or the experience of feeling suffocated or hurt by others in social situations. Envy also puts pressure on a person and can cause the release of stress hormones in the brain. Finally, these hormones create the conditions of "fight and flight reaction" in the body. This is why the feeling of personal ownership can lead you to feel anxious or hurt.

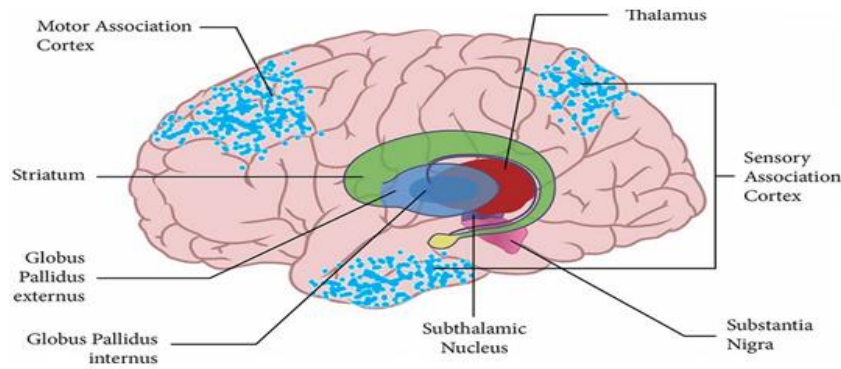
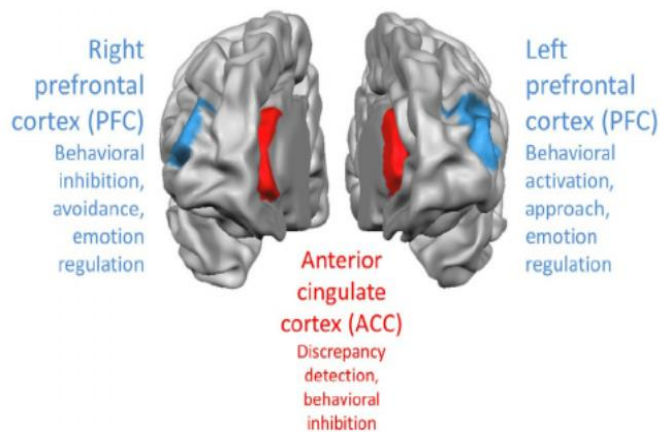


Fig 2: **Striatum** shown in green with other basal ganglia & thalamus. Region in yellow is the amygdala (Colder B, 2015)

In another study, after examining the brain map of people, it was found that when a person looks at his/her neighbor's house or asks about her colleague's rights and feels envy, the Ventral part of the Striatum of the brain is activated. Dr. Clifford, a neurologist at Providence Saint John's Health Center believes "The Ventral Striatum is a part of the Limbic System that is involved in decision-making and reward-related behaviors." If a person feels bad after comparing themselves to others' success, the Ventral Striatum is responsible. Another study published in Nature Communications found that the Anterior Cingulate Gyrus might be involved in envy. Because it processes what you, learn from observing others. Experts state, "The Anterior Cingulate Cortex is involved in several complex functions such as empathy, emotions and decision-making". This part of the brain is figuring out that the other person is making progress and you are still stalling. Some researchers think this region also controls why envy is painful. The Cortex of the dorsal part of the cingulate Cortex helps to resolve inconsistencies and conflicts. It is also active during pain. When this area is activated when envy, it may cause an irrational but still annoying feeling of discomfort. In general, certain areas of the brain are related to feelings of envy. Studies of brain damage and stroke have shown that envy is in the left part of your cerebral cortex. Activating or inhibiting certain areas of the brain can cause envy.

The cortical area of the frontal lobe of the brain modulates the decision-making and control ability of a person. Using direct current transcranial stimulation, scientists targeted the left or right frontal cortex of two groups of healthy volunteers for 15 minutes. Both groups were instructed to play a game designed to induce feelings of rejection. Then they answered the researchers' questions. The level of feeling envy after the experience of rejection was higher in volunteers who received stimulation of the left frontal cortex than in volunteers who had the same experience but received stimulation of the right frontal cortex.

Othello syndrome: Pathological envy, also known as morbid envy, Othello syndrome, or delusional envy, is a psychological disorder in which a person is preoccupied with the thought that their spouse or romantic partner is being unfaithful without having any real or legitimate proof, along with socially unacceptable or abnormal behavior related to these thoughts (Kingham, 2004). The most common cited forms of psychopathology in morbid envy are delusions and obsessions. It is considered a subtype of delusional disorder. This disorder occurs when a person typically makes repeated accusations that their spouse or sexual partner is being unfaithful, based on insignificant, minimal, or no evidence, often citing seemingly normal or everyday events or material to back up their claims. Unlike many other delusional disorders, people who suffer from this disorder have a strong association with stalking, cyberstalking, sabotage, or even violence. It can be found in the context of schizophrenia and delusional disorder, such as bipolar disorder, but is also associated with alcoholism and sexual dysfunction, and has been reported after neurological illness (*i.e.*, Parkinson's) (Michael A, 1995 & Hiroshi, 2018). The name "Othello Syndrome" comes from the character in Shakespeare's play *Othello*, who murders his wife because of a false belief that she has been unfaithful. Some psychologists and psychiatrists have asserted that Othello was deceived rather than deluded about Desdemona's alleged infidelity, and thus did not have 'the Othello Syndrome' (Crichton 1996). There are several interesting reports of stroke patients who developed a type of envy called Othello syndrome, named after Shakespeare's play. This syndrome is a type of envy in which people mistakenly accuse their spouse of cheating. Recent medical case reports have shown similar symptoms of envy in stroke patients. They are suddenly envy of others. In addition, most importantly, women accuse themselves of infidelity, which is practically impossible according to all witnesses. In one case, the patient accused his wife of having an affair with his childhood teacher (the patient). All patients with Othello syndrome had a major stroke. A problem that subsequently reduced the function of the right frontal cortex.



Tendency to envy: since there are areas of the brain that can arouse envy, most likely all humans are born with a natural tendency to feel envy. Whether some people are more inclined to focus on these feelings than others may have something to do with a larger or more active envy region in the left Frontal Cortex of the brain (fig, 3). On the other hand, some people may have over-activated envy areas in their brain early in life.

Fig 3: left and right Frontal Cortex: Threat and Defense: From Anxiety to Approach (Eva, 2014)

This is more likely if people are constantly compared to others in life or if they observe envy behavior at

an early age. Envy is an unpleasant unpleasant fact. It is a painful feeling that most people would like to get rid of. Overcoming such feelings is easier said than done. Envy is the world's oldest "sin" and the most shameful emotion. Because a person feels inferior to another person. However, knowing that envy originates in the brain may help people who are prone to these feelings to address the problem with mindfulness strategies or by seeing a professional therapist if persistent feelings of envy interfere with their lives.

Envy-therapy in the field of neuroscience

Experts in this field say that this feeling should be reduced with the learning method. Many studies have been done in this field. One of the latest studies published in the journal *Scientific Reports*. Showed that if the dorsolateral part of the prefrontal cortex, or DLPFC¹, is larger in people, these people are constantly envy (as opposed to occasional bursts). The DLPFC plays a key role in higher-level brain functions such as memory, concentration, and attention. However, the study also found that people with a large DLPFC were less likely to be envy if they also had high emotional intelligence. A person's DLPFC may increase their tendency to be envy. However, if you push yourself to learn about your feelings and the feelings of others, you can erase the effects. According to the results of years of research by experts in this field, professional guidance may be helpful in treating persistent envy. Therapy with a good way of assessing and dealing with issues of envy or relationship impasses can produce a positive response. Examining people's brain maps can help them learn how to manage their emotions. As a result, have a pleasant life.

Envy Psychoanalysis

Envy is a complex emotion that includes feelings of suspicion, anger, fear, or contempt. Feelings of envy can happen to people of all ages, genders, and sexual orientations. Envy is usually triggered when a third party poses a threat to your relationship with your romantic partner. Even if the threat did not actually happen and it was your imagination, this feeling still arises. Envy often occurs in romantic relationships. Although the feeling of envy is a painful emotional experience, evolutionary psychologists see it not as a repressed emotion but as a signal or a warning that a valued relationship is at risk, and that steps should be taken to regain the affection of a partner or friend. If a child is often envy of their peers' latest achievements, or whines about what they don't have, these can be signs of envy in children. Sigmund Freud claims that envy is a complex emotion that can be formed in three ways: sadness of loss, narcissistic wound and feeling of enmity towards a successful rival. Self-criticism is because he considers himself partly responsible for his losses. Although Freud refers to this as an analysis of the concept of envy, none of the components is sufficient to achieve the necessary envy. To explain the second condition, a narcissistic wound is a wound to the ego, and it is a form of emotional pain. Which may be one of the components of grief of loss or loss.

Freud's argument about envy: Freud argues that envy is never a rational emotion. In addition, that in order for envy to be rational, it must come under the full conscious control of the ego. However, it is not, because it is in the unconscious. Freud's statement about rationality does not seem to make sense because beliefs are not fully controlled by the conscious ego.

Types of envy and their treatment from the perspective of psychoanalysts: Freud does not think that envy is always completely rational. He thinks it could be normal, projected, or delusional. A) Normal envy, according to Freud, has a competitive nature. Therefore, it most likely requires a motivational component,

¹ Dorsolateral Prefrontal Cortex

causing the individual to seek to please their romantic partner or seek revenge. B) Projected envy is envy that is caused by betrayal or a person's thoughts and ideas about that person's betrayal. Because he has these thoughts. C) Delusional envy, which is a type of paranoia. If a person is envy because he believes that his partner is cheating or will cheat in the near future, he feels envy even though there is no evidence of this. In this case, he suffers from delusional envy.

How psychoanalysis deals with the feeling of envy: Although envy can sometimes be a positive stimulus to achieve a constructive goal, it can also cause destructive behaviors. This feeling can make someone obsessed with communication and monitoring the whereabouts of others. It also reduces a person's self-confidence, or even causes them to behave violently. Exploring the feelings, that cause envy can help with self-reflection and can help develop internal coping skills. Being honest with the other person about feelings can lead to effective conversations. Effective conversations about your relationship problems and feelings will help you come to an agreement on how to repair your relationship with your partner.

Other types of envy from a psychological point of view: Envy is sometimes pathological and irrational. Unhealthy emotions may be caused by an underlying mental disorder such as anxiety disorder, obsessive-compulsive disorder, or schizophrenia. Symptoms of pathological envy can include extreme insecurity as well as a tendency to control and manipulate. Sexual envy: When there is a fear of his wife's betrayal and physical betrayal, he may suspect his wife. This type of envy is also a special type of envy in sexual relations, which also exists among animals that reproduce through internal fertilization; this type of envy is based on sexual suspicion or imminent sexual infidelity. Sexual envy is based on the instinct of protecting genes in the gene pool and expecting sexual partners to take care of the baby. Evolutionary psychology studies the concept of sexual envy among humans and non-human primates. Romantic envy: This can be caused by a real or imagined threat to a romantic relationship, leading to envy thoughts or reactions. Envy of power: This type of envy stems from personal insecurity. You may be envy of someone who has what you want.

Statistical population

Table 2: General statistics of the statistical population of students of Islamic Azad University, Ahvaz branch (questionnaire and interview)

Row	Gender	Number	Fields of study	Education (Level of study)
1	Woman	23	Psychology	Bachelor
2	Man	8	Psychology	Bachelor
3	Woman	14	Psychology	Master's degree
4	Man	10	Psychology	Master's degree
5	Woman	12	Counseling	Bachelor
6	Man	5	Counseling	Master's degree
7	Woman	8	Sociology	Master's degree
8	Man	3	Sociology	Bachelor
9	Woman	3	Law	Bachelor
10	Woman	6	Economy	Bachelor
11	Man	1	Economy	Master's degree

Table 3: General statistics of the statistical population of Ahvaz hospital employees

Row	Gender	Number	Fields of study	Education (level of study)
1	Woman	11	Nursing	Bachelor
2	Man	3	Medical emergencies	Associate degree
3	Woman	3	Midwifery	Bachelor
4	Man	5	Humanities	Bachelor
5	Man	3	Industrial electricity	Bachelor
6	Man	2	Industrial management	Bachelor
7	Woman	3	Accounting	Master's degree
8	Woman	2	Sociology	Bachelor
9	Man	1	Public administration	Master's degree
10	Woman	1	Software engineering	Bachelor

Questionnaires

Wang's Organizational Envy Questionnaire (2020)

For the organizational envy variable, Wang's (2020) standard questionnaire was used. This questionnaire has five items that measure the feeling of organizational envy. The measurement scale of the items in this questionnaire is based on a 5-point Likert scale, which is classified from very little to very much. The scoring of the questionnaire is based on the score obtained from the answers to the questionnaire questions. In this regard, the respondent (the personnel of Khuzestan province hospitals) gives a score from one to five to the questionnaire questions. The obtained score is between 5 and 25. A score less than 10 means low organizational envy. A score between 11 and 20 means moderate organizational envy. A score greater than 21 means a high sense of organizational envy. Wang (2020) obtained the reliability of organizational envy through Cronbach's alpha coefficient of 0.88, which shows the appropriate reliability of this questionnaire. Also, the validity of this questionnaire has been confirmed (Sarmad et al., 2019).

Valizadeh and Azarbaijani's Envy Assessment Questionnaire (2009)

Valizadeh and Azarbaijani (2009) measured this questionnaire. The perpetrators are students of Islamic Azad University of Khuzestan province (Ahvaz & Shushtar branches). This scale has 40 five-choice questions, and the scoring method of this questionnaire is based on a five-point Likert scale, the options of which are rated from 1=completely disagree to 5=completely agree, so that the score 1 represents the lowest level and the score 5 represents the highest level. The reliability of measuring envy (relying on Islamic sources) has been obtained through Cronbach's alpha coefficient of 0.83-0.94, which shows the appropriate reliability of this questionnaire. In addition, he has confirmed the validity of this questionnaire. Of course, in the data analysis section, we examined the scale of measuring envy (E) in two general cognitive, emotional (E¹) and behavioral (E²) categories. At the end of the envy questionnaire, there is a question about the level of honesty of the respondent in answering the questionnaire. In addition, to avoid bias in answering, eight statements (statements 6, 9, 16, 18, 23, 26, 29 and 31) have been designed and scored in reverse.

The findings

Eternal happiness and satisfaction in any society is compared to the existing situation of the people of that society; because humans live with this social comparison and are captive to their social expectations. Every

human being should try to find his own talent and individual possibilities; Because a envy person is someone who knows very little about himself and in fact has no knowledge of his own abilities, and for this reason he plans his life based on a wrong personality and compares himself with a group that belongs to another social class and has valuable values. They live a different moral and social life that a envy person can never reach. For this reason, and most likely, a person becomes an angry or depressed person. The important thing is that a person accepts envy, does not lie to himself and tries to find a point between ideal and reality and creates a balance in his life. Rolf Hubel believes that only if happiness and freedom are equally shared in the world, there will be no more envy, because wherever there is a difference, the root of envy has actually been planted. In addition, since humans always try to show themselves better than others do and all their efforts are to prove that they are different from others and they know themselves in this difference, they do not want others to have more than them; because this causes him embarrassment and shame. Therefore, envy is a constant companion of man and thus man can create a balance between individuality and population (Becker¹, 2023).

Symptomatology, etiology of envy-therapy approaches of other researches and fields

In the holy books and spiritual-religious teachings, there are continuous and partial solutions for the etiology, symptomology and treatment of envy. In Tables 4 to 11, there are details related to envy, interpersonal consequences, intrapersonal consequences, extent of envy and its symptoms.

Tables 4-8: Coping methods, extent of occurrence, styles and situations revealing envy

Table 6: The extent of Envy	Table 4: Continuous coping methods
1) Emotional aspects and distress of the person	1) Taking refuge in God
2) Mental occupation	2) To have piety
3) Occurrence of objective behaviors in verbal and non-verbal or combined form	4) Hanging out with grateful and positive thinking people
4) Cognitive errors	3) Gratitude for what you have
Table 7: Envy Styles	Table 5: Cross-sectional coping methods
1) Person to person	A) Cognitive Methods:
2) Individual to group	1) Learning and raising awareness
3) Group to individual	2) Thinking about superior promises
4) Complicated and intertwined	3) Increasing wise behavior
Table 8: Situations of revealing envy	b) Practical Methods
1) Social	1) Control of language, body and behavior
2) Economic	2) Avoid teasing
3) Spiritual	3) Avoiding envy situations
4) Scientific	4) Avoiding envy
5) Family, group or tribe	5) Prevention of practical action based on envy

Tables 9-11: Interpersonal and intrapersonal consequences and the semiotics of envy

¹ Becker Joshua

Table 9: Interpersonal consequences of envy	Table 10: Intrapersonal consequences of envy
1) Crime, rape	1) Psychological suffering and distress
2) Violation	2) Physical problems
3) Reduction or destruction of personal, interpersonal and social relationships	3) Neglect of body health
4) Creating division and hypocrisy	4) Inhibition of knowledge and science
5) Denying the virtues of others	5) Being hated by others
6) Bad roommates or friends	6) Decrease in confidence and self-confidence
7) Disgrace	7) Reduction of individual pleasures in life
8) Breaking group cohesion	8) Decreased tolerance and action
9) Conspiracy	9) Reduction of good and humane actions

Table 11: envy semiotics	
1) Miserliness	11) Continuous regret
2) Sadness	12) Unhealthy friendships
3) Difficulty in loving	13) Lack of physical health
4) Hypocrisy	14) Intolerance
5) Concealment of facts	15) Distress
6) Anger and aggression	16) Caught in the trap of sin
7) Cognitive errors	17) Loss of faith
8) Violating the privacy of others	18) Unhappiness with other people's happiness
9) Wishing for the deterioration of other people's blessings/power of others	19) Denial of positive attributes of others
10) Envy of spiritual aspects	20) Enmity with God's blessings

Psychological Envy-therapy

Some studies in different psychological fields have proposed recommendations to get rid of envy problems: 1) know yourself and envy situations and people. 2) Learning self-control and not showing negative reactions. 3) Having positive thoughts in life. 4) Lack of trust. 5) Defining the boundaries of emotional relationships. 6) Not tying good mood to someone or something. 7) Abandoning selfishness. 8) Focusing on the positives in life. 9) Reminding oneself that no one has everything, so one stops comparing one's life with others. 10) Avoid people who habitually value the wrong things. 11) Socializing and spending time with grateful and grateful people. 12) Not paying attention to continuous and colorful media advertisements and avoiding marketers. 13) Celebrating the success of close people. 14) Being generous. 15) Correcting mental misconceptions can also be useful.

The most common approaches to Psychological Envy-Therapy

Cognitive behavioral therapy (CBT) and Cognitive Analytic Therapy (CAT) are the most common approaches to envy in psychological therapy. Psychotherapy can be helpful in changing the thoughts that contribute to feelings of envy. A first line of treatment that can be particularly effective is cognitive behavioral therapy that focuses on identifying the negative thoughts that lead to envy. Cognitive analytic

therapy focuses on relationship patterns and how people relate to others. Specific techniques that can be helpful include cognitive restructuring and cognitive reframing, both of which involve changing the way you view situations and relationships.

Cognitive-Behavioral Therapy for envy

Envy is a pervasive social emotion that is often associated with depression, hostility, and shame (Leahy¹, 2020). Envy is often confused with envy, which involves fear or anger caused by a threat to a primary relationship by a third party. Envy is an emotion that focuses on a threat to the situation, such that the other person's "gain" is seen as a "loss" or loss to oneself. Is considered there is very little in the cognitive behavioral literature on the nature and treatment of envy. In this study, we describe the nature of envy, an evolutionary model of envy, the relevance of an integrated CBT model that uses Beck's general cognitive model and Beck's affective therapy schema, and implications for case conceptualization and treatment. Emotion theorists have proposed that there are primary (basic) emotions—for example, Ekman (1992, 2003) posited six basic emotions (fear, anger, happiness, sadness, disgust, and surprise), while Plachick (2001) proposed eight primary emotions. He brought up (anger). Fear, sadness, disgust, surprise, expectation, trust and joy. Other emotions or "secondary emotions" are assumed to arise from these primary emotions. Envy can be seen as a secondary, "beyond" or complex emotion that can manifest itself in a range of other emotions such as shame, guilt, resentment, anxiety, grief, anxiety, and anger. Envy is no longer "reducible" to these feelings, but is expressed in different ways by people. Other emotion theorists emphasize the cognitive aspects of emotion, such as Frijda (1988) who views emotions in terms of action goals and tendencies. Oatley and Johnson-Laird (1987) who views emotions as coordinated actions and plans, and Izard (2009), who specifically mentions emotional schemas, but uses the term to refer to how these emotions are more complex than basic emotions and often involve complex appraisals.

Other emotion theorists have proposed a constructivist model of emotion in which a person "conceptualizes" their emotional state as a particular emotion (Lindquist and Barrett 2008; Barrett et al. 2007) based on the context and expectations they bring to the experience. The current emotional schema model is not compatible with the constructivist model presented by Barrett et al. Rather; the emphasis in the proposed emotional schema model is on evaluations, explanations and strategies that are used. When an emotion arises (Leahy 2015). Envy is related to social comparison processes, which Festinger (1954) described as a universal drive (1954). Social comparisons (e.g., "How am I doing compared to others at this job?") are hypothesized to underlie information about how to achieve success, reflect self-esteem, and provide motivational information. Hostile envy is reflected in the experience of feeling happiness or joyfulness of watching other have suffering (Schadenfreude), in which the person enjoys hearing about the problems of the target of envy. For example, an academic colleague may enjoy hearing that a competitor in his field has been heavily criticized for his work. Another form of hostile envy is seen in hostile and disparaging comments directed at the target of envy, often implying that the person does not deserve the recognition they have received. Depressed envy includes feelings of inferiority, defeat, humiliation, and helplessness. In some cases, the person may completely withdraw from the "competitive field" and stop pursuing the goals that are related to envy. Envy of depression is also seen in withdrawal, and separating from the envy person reduces the opportunity to remember one's failure and humiliation. Depression is often associated with envy, as evidenced by the relationship between envy Facebook observations with

¹ Leahy, Robert L.

depression and low self-esteem (Apple et al. 2016). Benign envy involves positive admiration of the envied person, often with the understanding that the other person is rightly deserving of their position (Van den Ven et al., 2015) and Crusius & Lange (2015) developed a brief scale that assesses malignant and benign envy) It is known as benign and malignant envy scale (BeMaS¹).

Envy Pharmacotherapy

Medications may be prescribed to help manage some of the symptoms that may be associated with envy, especially if it is also accompanied by conditions such as anxiety, depression, bipolar disorder, or borderline personality disorder. Some commonly prescribed medications include antipsychotics, anti-anxiety medications, and selective serotonin reuptake inhibitors. Treatment will vary depending on the type of envy experienced and how it occurs.

Left unchecked, abnormal envy can lead to mistrust, paranoia, or abuse.

Causes and examples of envy in other researches and scientific fields

The concept of envy and its complications and negative effects have affected many areas in life. The results of researches regarding psychological, social, moral and religious as well as legal and economic causes and examples and their solutions have been examined and analyzed as follows (Mazhar Babaei et al., 1401). In terms of examples, the results of Table 12 indicate the achievement of 25 concepts. According to this table, some of these psychological-physical examples that envy causes for a person are related to feelings and internal and mental states.

Table 12: causes and psychological-physical examples of envy

Psychological-physical causes of envy	Psychological-physical examples of envy
Suppression of the sense of superiority - physical disabilities	Inferiority Complex
Darkness of mind, fatigue and restlessness caused by being under pressure	Emitting negative energy
Anxiety, stress	Predominance of some psychological disorders in a person
Family disputes and poor general communication with others	A lot of insecurity and envy among the children
Isolation of the individual	Constant and annoying loneliness
Lack of self-awareness	Cognitive weakness or slowness in evaluating one's inner talents
Focusing on what others have without regard for their efforts	Feeling sad
Constant comparison of oneself and others and dissatisfaction with one's situation	Feeling regret
Not reaching inner desires	Feeling affected and sorry

¹ The Benign and Malicious Envy Scale

Lack of basic life skills such as emotion management and anger control	Envy of other people's emotional possessions and showing oneself as oppressed
Low self-confidence and self-esteem	Flattery and flattery
Selfishness, focus and extreme attention solely to personal interests	Wishing to lose the achievements and blessings of others
Being without anyone and being alone, without empathy	Feeling angry
Excessive focus on the achievements and success of others	Getting out of balance and not focusing on your life plans
Wasting time and not fulfilling goals and dreams	Abusing others and using other people as a tool
Obsession	Expressing happiness from depriving others of blessings and getting infected
Ignoring your values and positive points	Manipulating events and turning facts upside down
Greed, miserliness and narrow-mindedness	Resentment towards others
Feelings of humiliation and worthlessness, lack of success in interpersonal relationships	Negative self-talk and selfishness
Lack of understanding of physical injuries	Threatening physical health
Fear of not reaching goals and plans	Blaming others
Personality disorder (paranoid and dependent)	Creating a sense of revenge and hitting successful people
Denying or ignoring values	The feeling of discomfort from earning sustenance of others and their superiority
Lack of foresight and foresight	Greed to see the respect, dignity and status of people in society

In table 13, the causes of social examples of envy were examined. In terms of social examples, thirteen concepts were obtained for envy. In addition, all social cases are not only caused by social causes, but psychological and physical causes are also involved.

Table 13: Causes and social examples of envy

Social causes of envy	Social examples of envy
Class, gender, economic and occupational discrimination in society	Constantly complaining about one's condition and level of life
Fear of being left behind in society	Trying to prevent others from achieving their goals
Unhealthy and weak social relations	Negative adventures, jeopardizing status and being hated

The exalted position and rank of others (comparative case)	Trying to damage the achievements of others
Lack of entertainment, educational and recreational facilities	Spying on the lives of those around you
Being praised by a group of people	Unreasonable enmity and grudge against others
Unhealthy competition in work and education	Envy among classmates and colleagues
Social disorder	Inefficient and defective social lifestyle
Seeing the progress of classmates and colleagues	Belittling the abilities and achievements of others
Lack of promotion and its low rank in the society	Humiliating and insulting others and trying to pull others down
Inefficient and weak educational structure	Lack of finding talent and developing individual abilities and talents
Having other diseases (sadism, etc.)	Harming others (defamation, slander, etc.)

In terms of examples, fifteen concepts were obtained. The results of Table 14 show that the moral examples of envy are manifested in the person's outward behavior and moral values are mostly ignored. Therefore, a person harms both him/herself and others.

Table 14: Reasons and moral-religious examples of envy

Moral-religious causes of envy	Moral-religious examples of envy
Comparing yourself with others (actions, achievements, etc.)	Trying to destroy the envied person's reputation
Attachment to worldly possessions and short-sightedness	Depression, Isolation and Withdrawal
Lack of patience and tolerance in livelihood problems	Far away from the acquisition of science and knowledge
Lack of patience and tolerance in livelihood problems	Discomfort with the peace of others and disturbing it in different ways
Being dependent on others	Missing opportunities by focusing on other people's lives
Discrimination against people	Hypocrisy, hypocrisy and trying to attract the attention of others
Focusing on what you don't have and failing to do everyday things	Not having joy in life and not trying to change the situation

Family and educational issues and problems	Performing involuntary activities such as disobedience, finger sucking, yelling, cursing, etc.
Lack of recognition and understanding of individual differences	Disruption, enmity and envy of the position of others
Humiliating and comparing your child with other peers	Impulsivity such as aggressiveness, insulting and humiliating others
Self-praise, false pride and selfishness	Selfishness and ignoring the benefits of others
Ugly interior and betrayal	Ambitious to carry a envy person
Weakness in your faith and belief, not understanding the problems of envy	Desire to deprive others of their blessings
Not believing in God's mercy and wisdom	Contaminating with disbelief and sin and ruining others
Dissatisfaction with God's providence and destiny	Trying to make beauty look ugly

In Table 15, causes and legal-economic examples of envy have been examined. In terms of etiology, the results are limited to five concepts that are related to material interests, which shows its importance in the formation of envy.

Table 15: Causes and legal-economic examples* of envy

Legal-economic causes of envy	Legal-economic examples of envy
Dissatisfaction with the economic position and...	Greed, miserliness and poverty
Absolute extravagance and excessive ambition	Envy of other people's wealth
Failure to achieve life goals due to class differences and deprivation of amenities	Risk and probability of committing a crime
Failure to reach social status due to discrimination, wealth accumulation	Social confusion and collapse, crimes, murder, etc.
Feeling of emotional and material deprivation caused by family disputes	Disputes between children are discriminated against

• Due to the existence of some similarities, these two areas were discussed with each other. In table 16, the solutions of envy were analyzed from a psychological-physical point of view. The results indicated 20 concepts to provide psycho-physical solutions to envy. Also, in this table, social solutions to reduce envy have been investigated and twenty one concepts have been obtained.

Table 16: Psychological, physical and social solutions to reduce envy

Psychological-physical solutions to reduce envy	Social solutions to reduce envy
Being optimistic and realistic	Strengthening the spirit of cooperation and cooperation with others
Knowing one's abilities and capabilities and self-awareness	Not comparing the child with peers
Being committed to your own needs, not the needs of others	Humiliation and teasing by parents
Improving the level of self-esteem	Appreciating the success and efforts of others
Change of perspective and attitude	Asking the opinions of all children in doing household chores
Knowing the envy factor	Providing the same conditions for everyone
Recognizing and controlling negative emotions	Reducing negative parental behaviors
Being straight and honest with yourself	Spending time with determined, planned and successful people
Comparing yourself to your past, not to others	Increase and strengthen intimacy and interpersonal relationships
Having a realistic view of the position of others	Encouraging children after success in something
Being generous and open-minded instead of stingy and avaricious	Teachers' attention and emphasis on group activities
Avoid comparing especially family members	Avoid humiliating in public
Knowing and understanding the nature and damage of envy	Establishing justice in doing all things and making everyone a partner
Improving emotional skills and loving others	Defining the positive characteristics of a envy person in front of others
Belief in purposeful effort brings more success	Creating a suitable educational environment at home
Making reasonable and logical decisions in life	Respecting and paying attention to the individual differences of children and considering their unique talents and abilities
Understanding the impermanence of happiness and unhappiness	Informing each other of the worldly, hereafter, material and spiritual losses of envy
Taking care and improving your physical abilities	Informing people about collective progress
Stress control and management	Discussing the envy with close friends or family
Self-encouragement after every success and satisfaction with oneself and one's performance	Not declaring the child's superiority over the envy person

Use of thinking and reasoning	
Passing, forgiveness and perseverance	
Refer to a specialist in mental health and etiology of envy	
Ensuring that your situation does not get worse if others succeed	
Identifying the type of thinking and characteristics of non-envy people	
Abandoning false beliefs and avoiding hasty decisions	
Understanding the interpersonal differences of those around you	

Table 17 examines the moral-religious solutions of envy and shows that nineteen concepts have been presented for it. Also, in this table, the legal-economic solutions of envy have been analyzed (Mozhar Babaei et al., 1401).

Table 17: legal-economic solutions to reduce envy

Legal-economic solutions to reduce envy		
Avoiding judgment of others	Satisfied with material facilities to the extent of living and daily life	Trying to increase sources of income

Table 18: Moral-religious solutions to reduce envy

Ethical-religious solutions to reduce envy	
Trying to get the desired trait or property instead of being jealous	Increasing the mood of gratitude and contentment
Not comparing the inside and inside of your life with the appearance of other people's lives	Understanding the merits of people in attracting blessings
Accepting the reality of your ability	Relying on yourself and your abilities and not relying on others
Being humble and modest towards others	Forgetting the source of envy and gaining knowledge and acquiring knowledge
Paying attention to this wisdom that no one takes another's place	Writing or retelling your own feelings
Being a role model and using the opportunities and experiences of others	Improving individual abilities to improve life

Central justice in encouraging and punishing students	Avoiding situations that provoke envy and eliminating greed
Knowledge of divine wisdom and destiny	Better goals and planning to achieve them
Understanding the consequences and complications of envy and rivalry	Gratitude for all material, spiritual and...

Conclusion

Despite the widespread experience of envy and its often-debilitating ruminative characteristics, this distressing emotion has received little attention in the cognitive behavioral literature. In this article, we have examined the psychological, social and biological factors that cause a range of envy responses; including the causes and symptoms of depressive, hostile and benign envy, prevention and treatment strategies, and found out how envy related to factors such as evolutionary factors. Which were important for ancestors and psychological, social and cultural factors are related. Moreover, while recognizing the universality of envy, this feeling can be normalized rather than reduced to a symptom of pathological narcissism. This includes helping clients recognize the sources of envy that are beyond the individual's control, including developmental, cultural, and socialization factors, the benefit of accepting the experience of envy rather than trying to suppress it or feeling ashamed about it, and a method for developing a plan for envy. turn into admiration and even imitation, strategies for reducing avoidance, sabotaging others, or giving in, techniques for dealing with ruminative aspects of envy, methods for identifying and correcting automatic thoughts, maladaptive assumptions, and personal and interpersonal schemas, and techniques to examine and address unhelpful beliefs about feelings of envy.

Due to the increase of complexities and the progress of science and technology, it is very important to pay attention to psychological issues for the success of the university and the organization. Sometimes the feeling of envy among students and staff makes it more difficult for the university and the organization to surpass the competitors. In work matters that require teamwork, for the participation of employees, the presence of a sense of cooperation and the absence of feelings such as envy are of particular importance, because such feelings over time cause deviant behaviors such as breaking work and as a result not achieving success in group work. The results showed that envy has both internal factors such as motivation, attitude, feelings and expectations of people and external factors such as university and organization policies, goals and policies, family, university and society. Depending on the causes and factors and the type of internal or external feeling or a combination of internal and external feelings and emotions, it can be negative and in some circumstances destructive. In addition, envy and its components have a positive and significant effect on deviant behavior in the university and organization. Since envy in the place of living, work, and education can cause deviant behavior and causes many damages to the whole life of a person and those around him. Paying attention to people's feelings, including envy, can be important. Therefore, universities, organizations and departments should prevent behaviors that could harm the university and organization in the future by considering the appropriate performance evaluation system and taking into account the conditions. In addition, by creating a culture of this material, to instill to students and employees that everyone has abilities and skills and instead of envy, it is better to have healthy cooperation or competition and move in a useful and constructive direction so that organizations and universities can achieve success. For the lack of success of his colleague or classmate, he has transgressed, and as a result, by breaking the law and avoiding the legal, ethical and cultural red lines, it will cause the university and the organization to fail in the field of competition and achieve long-term goals, which will also harm the society in different dimensions. It involves universities and organizations in disturbed structures and a negative and defective cycle. Therefore, finding a suitable treatment solution and making constructive decisions requires etiology and knowing the concepts, dimensions and causes of envy and its examples.

Research limitations

Every scientific research has limitations due to its specific nature; the present research is not apart from this rule. One of the limitations of this research is the existence and influence of some intervening factors in studies of emotions and feelings or factors beyond control such as lifestyle, vision and attitude of people and its effect on answering questionnaires and interviews. Another limitation for this research is the impossibility of generalizing the research results. Because this research was conducted in only two university and three hospitals in Ahvaz, and it is not possible to generalize its results to all universities and hospitals.

Research suggestions

It is suggested that in addition to rewarding morally oriented behaviors, there should be a basis for controlling and reducing envy, and replacing it with cooperation, cooperation, compassion, and love. Granting some privileges, bonuses and making some reforms in the field of university education and job promotion conditions and rules reduced the grounds for envy. Another suggestion is to investigate the root of envy in other scientific fields and other non-academic and non-hospital environments such as friendship and family groups on people with different conditions. Holding scientific workshops and training courses in order to introduce the shape and form, symptoms and destructive effects of envy on the soul, mind and body of children and adults, to establish and draw appropriate educational models for parents.

Author:

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Ethical considerations:

In the current research, the ethical aspects of library study and interview, including the authenticity of texts, honesty, trustworthiness, and confidentiality, have been observed.

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