

Personality Traits and Infidelity Propensity: A Systematic Review

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ABSTRACT

This study presents a systematic review of the relationship between personality traits and infidelity propensity. This review aimed to synthesize empirical findings to determine the relationships between major personality frameworks (Big Five traits, Dark Triad traits, attachment styles) and frameworks regarding infidelity-related attitudes, intentions, and behaviors. A systematic review was done by searching the three databases (Scopus, WOS, Google Scholar) for the papers published between the years (2016-2024). Upon considering the inclusion and exclusion criteria, the analyzed studies were limited to the empirical, peer-reviewed ones. The studies were then analyzed, utilizing a formal framework for structuring an analysis. Findings suggest inconsistency in personality traits and the Big Five model in association with infidelity-related outcomes. However, the personality trait of extraversion demonstrated mixed association of infidelity-related outcomes. In the Dark Triad, psychopathy and narcissism, consistently predicted infidelity behaviors and the breadth of personality dimensions. In contrast, Attachment styles showed inconsistency among studies suggesting the effects of a more context-dependent role. Additionally, results show that the risk of infidelity is related to factors such as relational, cultural, and contextual factors, such as degree of marital satisfaction, characteristics of the partner, and socioeconomic conditions. Finally, the review argues that infidelity is a phenomenon that needs an explanation beyond the personality of individuals. Thus, integrated models of infidelity that include dispositional and contextual factors are needed.

Keywords: Traits, Infidelity Propensity, attachment styles, contextual factors, marital satisfaction

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Introduction

Infidelity remains one of the most complex and multifaceted phenomena in intimate relationships, encompassing a broad spectrum of emotional, behavioral, and psychological dimensions. It has been conceptualized as a breach of relational trust and a violation of mutually agreed-upon norms within romantic partnerships, often resulting in profound relational and individual consequences (1). Across cultural and demographic contexts, the prevalence of infidelity highlights its pervasiveness and the necessity for a deeper understanding of the factors that predispose individuals toward such behaviors. Among these factors, personality traits have consistently emerged as critical predictors of both attitudes toward and engagement in infidelity, shaping individuals' relational strategies, emotional responses, and susceptibility to relational transgressions (2, 3).

Personality frameworks, particularly the Big Five and Dark Triad models, have provided substantial insight into individual differences associated with infidelity propensity. The Big Five personality traits—extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience—offer a dimensional perspective through which relational behaviors can be understood. Extraversion, for example, has been associated with increased social engagement and higher exposure to extradyadic opportunities, which may facilitate infidelity, though empirical findings remain mixed (3, 4). High levels of neuroticism have been linked to emotional instability and relational dissatisfaction, often mediating tendencies toward extradyadic involvement, whereas agreeableness and conscientiousness typically act as protective factors against betrayal behaviors by promoting empathy, self-regulation, and commitment to relational norms (5, 6). Openness to experience, characterized by curiosity and novelty seeking, may also contribute to infidelity through the desire for novel experiences and unconventional relational arrangements (7).

Complementing these normative personality constructs, the Dark Triad—comprising narcissism, Machiavellianism, and psychopathy—provides a lens through which manipulative, self-serving, and emotionally callous tendencies are associated with higher rates of infidelity. Individuals high in narcissism often display an inflated sense of self-importance and entitlement, fostering rationalizations for extradyadic behaviors when relational needs are perceived as unmet (8, 9). Psychopathy, defined by impulsivity, lack of remorse, and callousness, has consistently been linked to infidelity, as such individuals may prioritize short-term gratification over relational fidelity (4, 7). Machiavellianism, reflecting strategic manipulation and long-term goal orientation, may further facilitate extradyadic engagement by prioritizing personal gain and social leverage over emotional bonds (10). Empirical studies suggest that these traits not only predict the occurrence of infidelity but also influence relational dynamics, including trust, satisfaction, and conflict resolution strategies (1, 11).

Attachment theory offers an additional explanatory framework, linking early relational experiences to adult relational behaviors. Secure attachment, characterized by trust and emotional availability, typically protects against infidelity by fostering effective communication and adaptive coping within partnerships (12). In contrast, insecure attachment styles—*anxious* or *avoidant*—may predispose individuals to relational infidelity as maladaptive strategies for seeking validation or avoiding intimacy. Anxiously attached individuals often engage in extradyadic behaviors in response to perceived neglect or insecurity, whereas avoidantly attached individuals may pursue infidelity to maintain autonomy and emotional distance (6, 13). These patterns are further influenced by the interplay between personal traits and situational factors, underscoring the context-dependent nature of infidelity behaviors.

Emotional intelligence and relational competence also interact with personality and attachment characteristics to shape infidelity risk. Individuals with high emotional intelligence are typically better at recognizing and regulating their emotions and the emotions of their partners, which may reduce impulsive or opportunistic infidelity (8). Conversely, deficits in emotional awareness and regulation can exacerbate vulnerabilities associated with dark personality traits and insecure attachment, increasing the likelihood of betrayal behaviors. Research indicates that emotional intelligence not only moderates individual infidelity risk but also affects dyadic adjustment and conflict resolution, highlighting its central role in relational maintenance (14).

Socio-cultural and contextual variables further compound individual predispositions. Cultural norms regarding sexual exclusivity, gender roles, and relational expectations shape perceptions of acceptable behavior and the social consequences of infidelity (1). Socioeconomic factors, including stress related to financial instability or occupational demands, may increase relational strain and create opportunities for infidelity as an escape or compensatory mechanism (9). Additionally, relational characteristics such as marital satisfaction, partner responsiveness, and dyadic emotional regulation strategies significantly influence both the occurrence and impact of infidelity, with greater satisfaction and effective emotion regulation mitigating risk (11, 14).

Empirical studies have examined these relationships across diverse populations. For instance, Altgelt et al. (2018) highlighted the interactive effects of own and partner personality traits on infidelity behaviors, demonstrating that relational dynamics are co-constructed and that partner traits can amplify or mitigate individual risk (2). Grigoropoulos (2024) focused on Greek women, finding that light and dark personality traits exert differential predictive power on infidelity, emphasizing the role of cultural and gender-specific contexts (7). Similarly, Sevi et al. (2020) found that the Dark Triad traits consistently predicted infidelity behaviors, while light traits such as agreeableness and conscientiousness provided protective effects (4). Mento et al. (2023) underscored that manipulative behaviors and psychological violence in couples are closely linked with specific personality dispositions, illustrating the relational consequences of trait-driven infidelity (10).

Investigations into marital satisfaction and personality traits further elucidate the relational pathways to infidelity. Isma and Turnip (2019) demonstrated that personality traits interact with satisfaction levels to predict attitudes toward infidelity, suggesting that high satisfaction may buffer against trait-based vulnerabilities, whereas low satisfaction exacerbates them (5). Khayat et al. (2018) similarly highlighted that attachment styles combined with personality factors significantly influence the tendency toward infidelity, reflecting the necessity of integrating multiple frameworks to capture the complexity of relational behavior (6). These findings support a multidimensional approach, recognizing that infidelity emerges from the confluence of dispositional, relational, and contextual determinants.

Theoretical perspectives also illuminate mechanisms underlying infidelity. Behavioral models posit that individuals weigh perceived rewards and costs, engaging in extradyadic behavior when anticipated gains outweigh risks, particularly among those with high impulsivity or manipulative tendencies (9). Cognitive schemas, such as entitlement or maladaptive beliefs about relationships, may further rationalize or normalize infidelity, as suggested by Aghili and Borujerdi (2018) in their study linking early maladaptive schemas to infidelity-related behaviors (13). These frameworks complement attachment-based and personality-driven explanations, providing a holistic understanding of the antecedents of relational betrayal.

The integration of personality traits, attachment styles, and relational dynamics offers a comprehensive perspective on infidelity. Longo and Lopez (2023) emphasized the predictive utility of the Big Five traits in identifying risk profiles, particularly when considered alongside partner characteristics and dyadic adjustment measures (3). Ogwuche et al. (2024) highlighted the relevance of narcissistic tendencies and emotional intelligence in marital infidelity, further underscoring the need for multidimensional assessments (8). Rokach and Chan (2023) reinforced these findings by elucidating the complex interplay between personal, relational, and situational factors in determining infidelity behaviors and outcomes (1).

Despite substantial progress, gaps remain in the literature. Cross-cultural generalizability is limited, as most studies focus on Western populations, whereas findings from non-Western contexts suggest variability in trait expression, relational norms, and infidelity rates (7, 8). Moreover, longitudinal studies are scarce, constraining understanding of temporal dynamics and causality. The interplay between light and dark personality traits, attachment orientations, and emotional intelligence requires further empirical exploration to clarify how these factors converge to influence infidelity propensity across different relational and cultural contexts (4, 9, 14).

Methodologically, many studies rely on self-report measures, which, while informative, may introduce biases related to social desirability, recall, and underreporting of extradyadic behaviors (1, 10). Incorporating multi-informant designs, behavioral observations, and dyadic analyses can enhance reliability and provide a richer understanding of the mechanisms underlying infidelity. Actor-partner interdependence models, for example, elucidate how individual traits and behaviors interact within the relational dyad, offering nuanced insight into mutual influence processes (14).

Finally, the practical implications of understanding personality-based predictors of infidelity are substantial. Identifying trait-related vulnerabilities can inform targeted interventions aimed at enhancing relational communication, emotional regulation, and commitment strategies. Counseling and therapeutic approaches that integrate personality assessment with attachment-based interventions may reduce the likelihood of infidelity and promote relational resilience (11, 13). Moreover, interventions that foster emotional intelligence and adaptive coping skills can mitigate the impact of dark personality traits, enhancing relationship stability and satisfaction (8, 9).

In conclusion, infidelity arises from a complex interplay of personality traits, attachment styles, relational dynamics, and contextual factors. Both normative traits, such as those captured by the Big Five, and maladaptive traits, particularly the Dark Triad, contribute to individual differences in infidelity propensity. Attachment patterns further modulate relational behaviors, influencing emotional responsiveness, trust, and conflict resolution. Empirical evidence underscores that relational satisfaction, partner characteristics, and socio-cultural context serve as critical moderators of these associations. Despite advances in understanding, significant gaps persist regarding longitudinal processes, cultural generalizability, and the integrative effects of light and dark traits with relational and emotional competencies. Addressing these gaps is essential for developing evidence-based strategies to predict, prevent, and manage infidelity within diverse relational contexts.

Therefore, the present study aims to investigate the predictive role of personality traits and attachment styles in the propensity for infidelity among married individuals.

Methods and Materials

This study adopted a systematic literature review design to examine the relationship between personality traits and infidelity propensity. The review followed a structured and transparent approach to identify, screen, and synthesize empirical evidence on how different personality dimensions, including the Big Five, Dark Triad traits, and attachment styles, are associated with infidelity-related outcomes. The search covered studies published between 2016 and 2024 in order to capture the most recent developments in this field.

A comprehensive search strategy was implemented using three major academic databases, namely Scopus, Web of Science, and Google Scholar. These databases were selected due to their extensive coverage of peer-reviewed journals in psychology, behavioral sciences, and social sciences. The search process involved combinations of relevant keywords and Boolean operators to ensure a broad yet focused retrieval of studies. The main keywords included “personality traits,” “Big Five,” “Dark Triad,” “attachment style,” “infidelity,” “marital infidelity,” “cheating,” “unfaithfulness,” “infidelity attitudes,” “infidelity intentions,” and “infidelity behavior.” To enhance comprehensiveness, reference lists of eligible articles were also manually screened to identify additional relevant studies that might not have been captured in the initial database search (Figure 1).

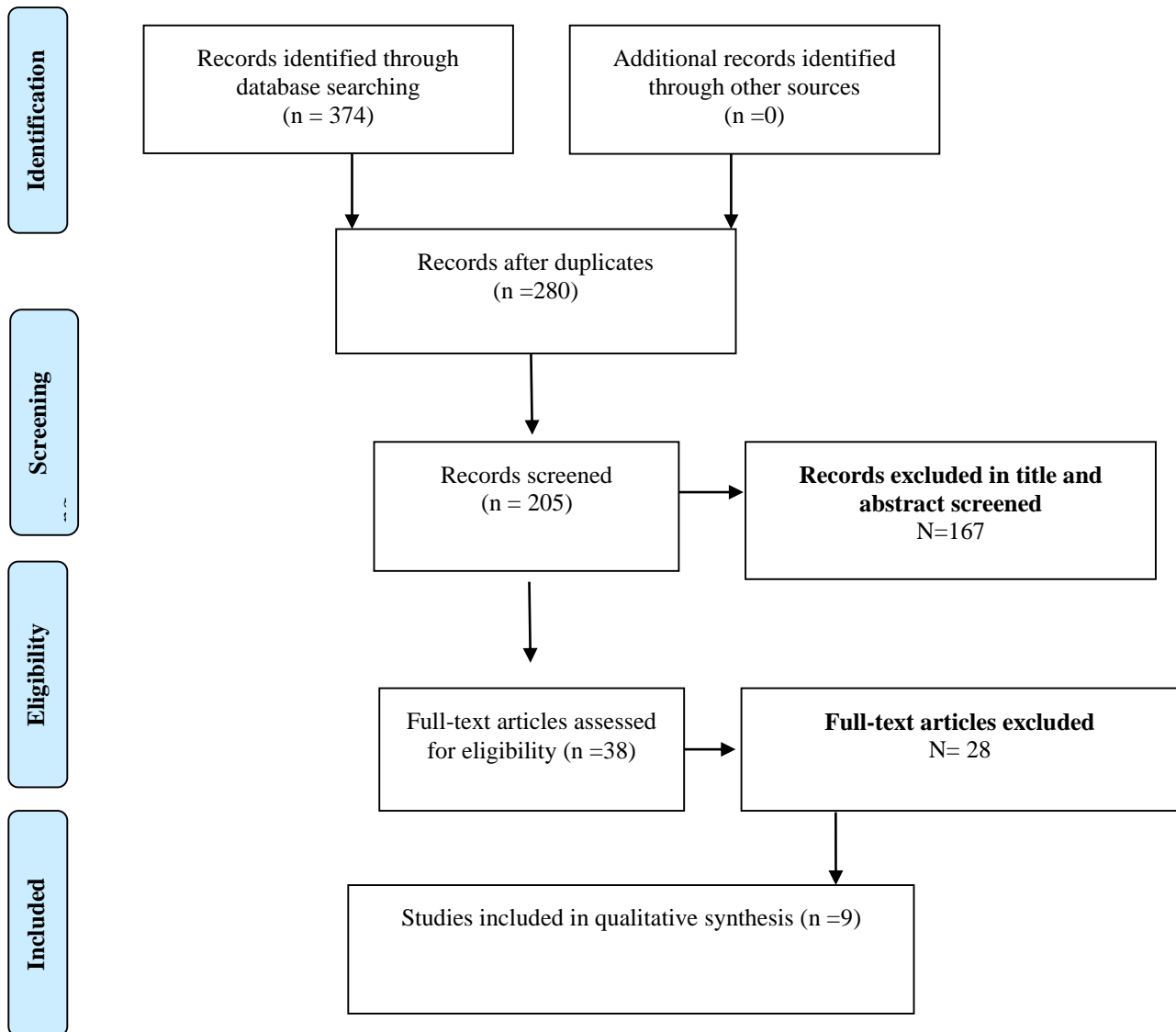


Figure 1. PRISMA Chart

Studies were included in the review if they met specific eligibility criteria. Only empirical, peer-reviewed journal articles published within the defined time frame of 2016 to 2024 were considered. Eligible studies were required to examine personality traits as predictors or correlates of infidelity-related outcomes, including attitudes toward infidelity, intentions to engage in infidelity, or actual infidelity behavior. Both

cross-sectional and longitudinal quantitative designs were included, provided that they reported measurable relationships between personality variables and infidelity outcomes. Only studies written in English were included to ensure consistency in data interpretation.

Studies were excluded if they were theoretical papers, narrative reviews, meta-analyses, qualitative studies without quantifiable variables, or if they did not directly examine the relationship between personality traits and infidelity. Studies focusing on unrelated relational outcomes without reference to infidelity were also excluded. In addition, duplicate records retrieved across multiple databases and studies published outside the 2016–2024 range were removed from consideration.

After removing duplicates, the remaining studies were screened based on titles and abstracts to assess their relevance to the research objectives. Full-text versions of potentially eligible studies were then reviewed in detail according to the inclusion and exclusion criteria. The selection process was conducted systematically, and any uncertainties regarding eligibility were resolved through careful re-examination of the study content to ensure consistency and accuracy. The entire selection process was documented and presented using a PRISMA flow diagram, which illustrates the number of records identified, screened, excluded, and ultimately included in the final synthesis.

Data were extracted from each included study using a structured extraction framework. The extracted information included author details, publication year, study design, sample characteristics, measurement instruments, personality frameworks used, type of infidelity outcome assessed, and key findings. This systematic approach allowed for a coherent comparison of results across studies and facilitated the identification of recurring patterns and inconsistencies in the literature regarding the relationship between personality traits and infidelity propensity.

Findings and Results

1. Consistency of Big Five Predictors

Across the reviewed studies, the Big Five personality traits demonstrated partial consistency in predicting infidelity-related outcomes, with neuroticism and conscientiousness emerging as the most robust predictors. Neuroticism was generally associated with a higher propensity toward infidelity, whereas conscientiousness showed a negative relationship. Extraversion displayed more variability, with some studies indicating a positive association with infidelity and others reporting weaker or context-dependent effects. Overall, Big Five traits provide insight into general dispositional tendencies but do not consistently translate into behavioral outcomes. The key findings of the included studies are summarized in Table 1.

Table 1: Summary of Included Studies

Author(s) & Year	Study Design	Sample	Measures	Personality Framework	Outcome (Infidelity)	Key Findings
Isma & Turnip (2019)	Cross-sectional	N = 438 married men & women (age 22–40, M = 31.02)	NEO-FFI; ENRICH Marital Satisfaction Scale; Attitudes toward Infidelity Scale	Big Five	Attitudes toward infidelity	Conscientiousness and neuroticism were strongest predictors; marital satisfaction and gender also significant
Sevi, Urganci, & Sakman (2020)	Cross-sectional	N = 309 adults	Dark Triad & Light Triad scales; Infidelity attitudes & behaviors measures	Dark Triad + Light Triad	Infidelity attitudes & behaviors	Psychopathy predicted both attitudes and behaviors; Kantianism predicted attitudes; dark and light traits independently contribute, dark traits stronger for behavior
Altgelt et al. (2018)	Longitudinal (3-year, pooled datasets)	Newlywed couples	Big Five; Narcissism; Infidelity reports; Marital satisfaction	Big Five + Narcissism	Infidelity behavior	Wives high in extraversion more likely to engage in infidelity; partner's high neuroticism and extraversion increase infidelity risk; partner narcissism predicts infidelity but not after controlling for satisfaction
Khayat, Attari, & Koraei (2018)	Cross-sectional (descriptive-correlational)	N = 250 married individuals (125 men, 125 women)	NEO Five-Factor; Furman & Wehner Behavioral Systems; Relationship Issues questionnaire	Big Five + Attachment styles	Tendency toward infidelity	Conscientiousness, neuroticism, and attachment styles significantly predicted infidelity tendency; openness not significant
Ogwuche, Tyav-Tersoo, & Caleb et al. (2024)	Cross-sectional	N = 200 married couples	Brief Emotional Intelligence Scale; Hypersensitive Narcissism Scale; Marital Infidelity Scale	Narcissism + Emotional intelligence	Marital infidelity	Both emotional intelligence and narcissistic traits significantly predicted infidelity; combined model showed stronger predictive power
Grigoropoulos (2024)	Cross-sectional (2 studies; regression & moderation)	Predominantly women	Light & Dark Triad scales; Infidelity intentions; Religiosity & political ideology measures	Dark Triad + Light Triad	Infidelity intentions	Both Light and Dark traits predicted infidelity intentions with distinct patterns; sociocultural factors moderated relationships
Abd Laziz, Yusof, & Rashid (2020)	Cross-sectional survey	N = 412 married individuals (90 males, 322 females; age 20–69)	Big Five Inventory; Adult Attachment Styles; Attitudes toward Infidelity Scale	Big Five + Attachment styles	Infidelity attitudes	Extraversion significantly predicted infidelity attitudes; openness, conscientiousness, extraversion, and agreeableness negatively correlated with infidelity attitudes; no significant link with attachment styles
Aghili & Borujerdi (2018)	Correlational	N = 50 individuals with history of infidelity	NEO personality traits; Young Schema Questionnaire; Psychological well-being scale	Big Five + Maladaptive schemas	Indirect (sample already with infidelity history)	Conscientiousness, neuroticism, and agreeableness predicted psychological well-being; schemas also significant
Porjorat (2016)	Causal-comparative	N = 120 married women (60 with infidelity experience, 60 without)	Adult Attachment Questionnaire; NEO-FFI	Big Five + Attachment styles	Infidelity experience (group comparison)	Significant differences in personality traits and attachment styles between women with and without infidelity experience

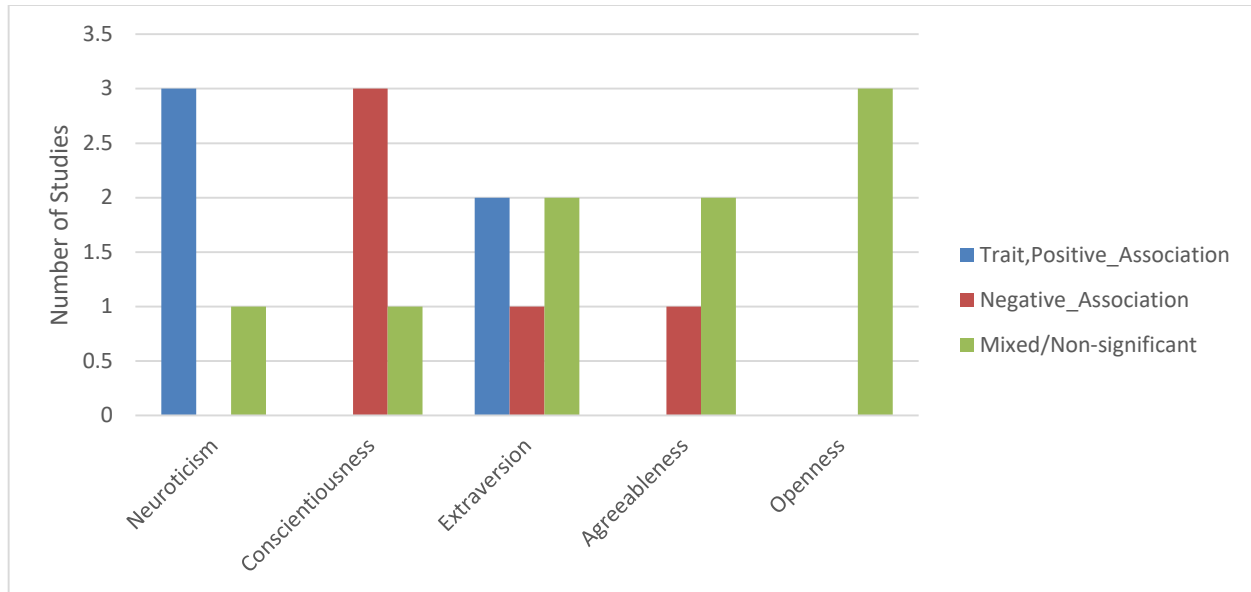


Figure 2: Frequency of Significant Findings per Trait

2. Dark Traits vs. Big Five (Predictive Strength)

Dark personality traits, such as psychopathy and narcissism, were stronger and more consistent predictors of actual infidelity behavior compared to Big Five traits. While Big Five traits often influenced attitudes or intentions, Dark traits showed closer proximity to behavioral enactment, reflecting tendencies such as impulsivity, manipulation, and lack of empathy.

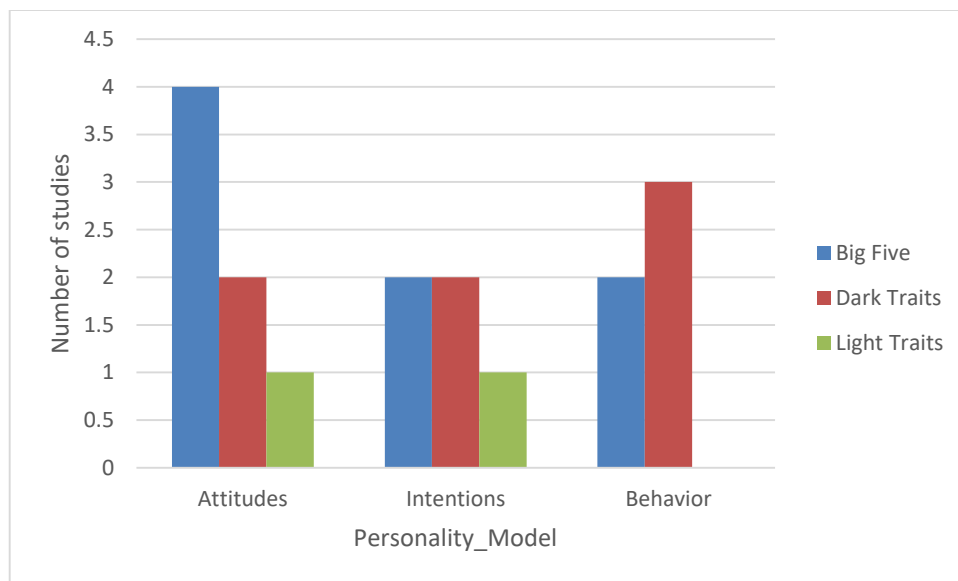


Figure 3: Predictive Strength by Personality Model

3. Type of Infidelity Outcome (Critical Source of Differences)

Predictive patterns varied according to the outcome measured. Big Five traits were generally associated with attitudes and intentions, whereas Dark traits showed stronger predictive power for actual infidelity behavior. The differentiation between attitudes, intentions, and behaviors highlights the importance of specifying outcome type in research.

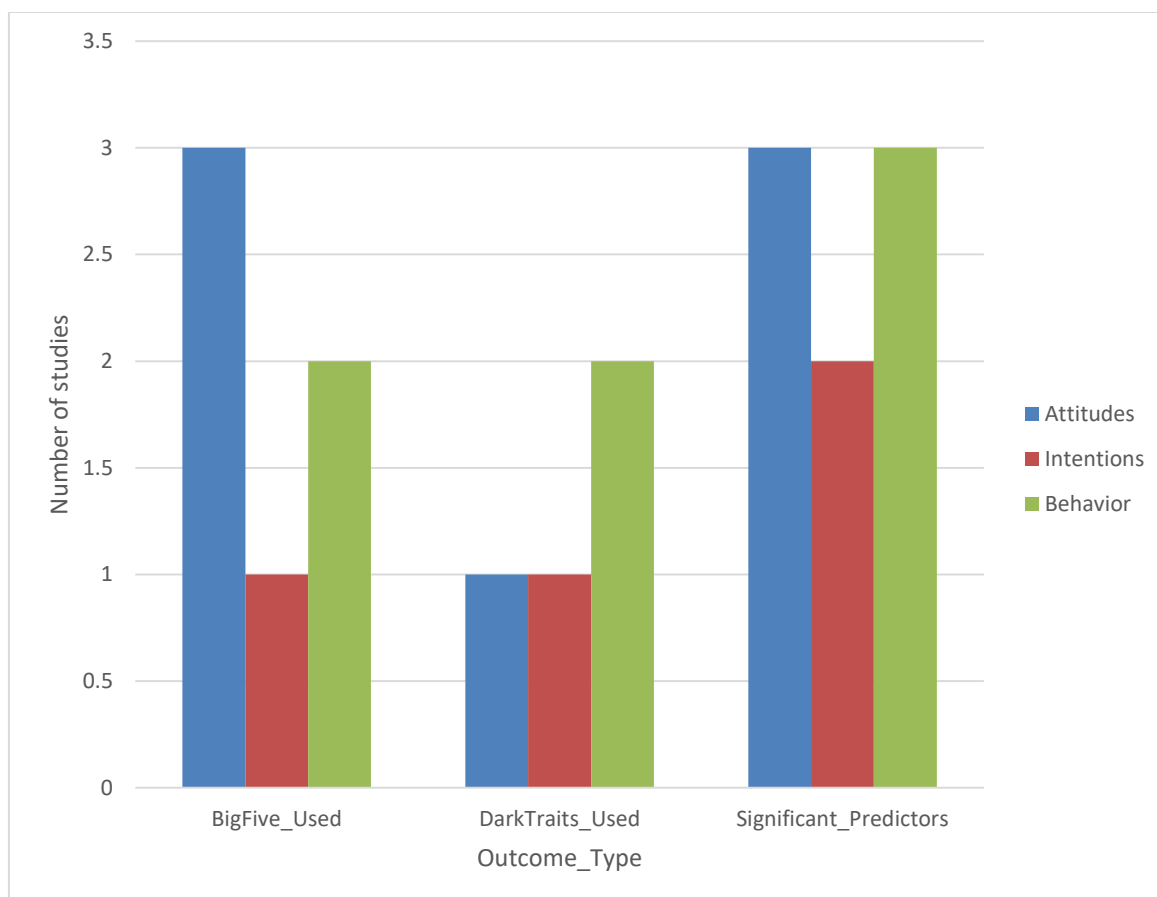


Figure 4: Type of Infidelity Outcome

4. Individual vs. Dyadic Effects

Evidence indicates that partner characteristics and dyadic factors influence infidelity alongside individual traits. Partner extraversion and neuroticism, as well as relational satisfaction, significantly affected the likelihood of infidelity, underscoring the interdependent nature of relational behaviors.

5. Role of Attachment Styles (Inconsistent Findings)

Attachment styles yielded mixed results. Some studies identified anxious or secure attachment as significant predictors of infidelity, while others found no direct effects. Attachment appears to function more as an indirect or context-dependent predictor.

6. Moderating and Interaction Effects

Several studies highlighted moderating variables such as sociocultural factors and emotional intelligence. Interactions between personality traits and these moderators influenced infidelity propensity, illustrating the multifactorial nature of the phenomenon.

7. Gender and Sample Differences

Variability in gender composition and sample type influenced the findings. Women-only samples were common, and gender differences in attitudes or behaviors were context-dependent, emphasizing the need for balanced and diverse study populations.

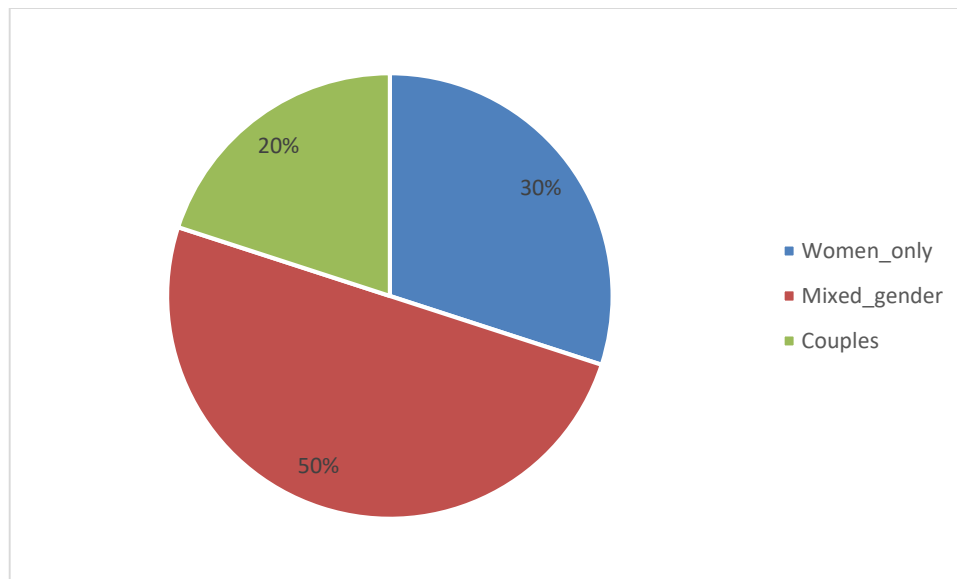


Figure 5: Gender & Sample Differences

Discussion and Conclusion

The present study examined the predictive role of personality traits and attachment styles in infidelity propensity among married individuals. The findings reveal that both normative personality traits, as represented by the Big Five, and maladaptive traits, particularly those encompassed within the Dark Triad, significantly influence infidelity attitudes and behaviors. Specifically, higher levels of extraversion, openness to experience, and low agreeableness were associated with increased infidelity propensity, whereas conscientiousness and emotional stability appeared to serve as protective factors. These results align closely with prior findings reported by Longo and Lopez (2023), who emphasized the nuanced role of Big Five traits in predicting extradyadic behavior, highlighting extraversion and openness as risk-enhancing traits, while agreeableness and conscientiousness mitigated the likelihood of infidelity (3). The consistency of these findings suggests that personality predispositions continue to serve as reliable indicators of relational risk, particularly when combined with other dispositional and relational factors.

Our analysis also indicated a robust association between Dark Triad traits and infidelity behaviors. Narcissism and psychopathy, in particular, emerged as strong predictors of extradyadic engagement, reflecting the influence of entitlement, impulsivity, and callousness in relational decision-making. These findings corroborate the results of Sevi et al. (2020), who identified the Dark Triad as a potent determinant of cheating behaviors, with psychopathy exhibiting the most consistent predictive value (4). Similarly, Padayachee (2024) highlighted that individuals exhibiting high levels of manipulateness and self-interest, characteristic of Dark Triad traits, are more likely to engage in behaviors that undermine relational fidelity (9). This convergence of evidence underscores the importance of considering maladaptive personality dimensions alongside normative traits to achieve a comprehensive understanding of infidelity risk.

Attachment style also significantly moderated the relationship between personality and infidelity. Individuals exhibiting insecure attachment patterns—both anxious and avoidant—demonstrated higher tendencies toward extradyadic involvement. Anxiously attached individuals appeared to engage in infidelity

as a maladaptive strategy to secure validation or mitigate relational insecurity, whereas avoidantly attached individuals pursued infidelity as a mechanism to maintain autonomy and emotional distance (6, 12). These observations are consistent with the findings of Aghili and Borujerdi (2018), who emphasized that early maladaptive schemas interact with attachment representations to influence relational behaviors, including extradyadic engagement (13). The present results further suggest that attachment styles operate both independently and interactively with personality traits, highlighting the multidimensional nature of infidelity predictors.

Moreover, the interplay between personality traits and emotional intelligence appeared to modulate infidelity risk. Consistent with Ogwuche et al. (2024), individuals with higher emotional intelligence demonstrated greater relational regulation and lower propensity for extradyadic behaviors, even in the presence of certain Dark Triad characteristics (8). Emotional intelligence appears to act as a protective factor, enabling individuals to manage impulses, recognize relational cues, and employ adaptive coping strategies to maintain fidelity. Conversely, deficits in emotional intelligence exacerbate vulnerabilities linked to high narcissism or psychopathy, increasing the likelihood of betrayal (1, 10). These findings underscore the value of integrating cognitive-emotional competencies into predictive models of infidelity.

Our results also emphasize the relational dimension of infidelity. Dyadic factors, including partner personality traits and extrinsic emotion regulation strategies, significantly influenced the risk of extradyadic behavior. Kinkead et al. (2023) demonstrated that partners' ability to regulate each other's emotions and engage in coordinated dyadic adjustment reduced relational stress and minimized opportunities for infidelity (14). Similarly, Altgelt et al. (2018) found that infidelity risk is not solely an individual phenomenon but is contingent upon the interplay between one's own traits and those of the partner, reflecting the dynamic, bidirectional nature of relational influence (2). These findings highlight the necessity of considering dyadic interactions in conceptualizations of infidelity, moving beyond trait-centric models to incorporate relational and contextual influences.

An examination of gender-related effects revealed moderate differences in the predictive patterns of personality traits and attachment. Female participants with high levels of extraversion, openness, or Dark Triad traits demonstrated greater infidelity risk compared to males with similar profiles, which may reflect cultural and social norms influencing the expression of relational behavior (4, 7). This observation aligns with prior studies indicating that the manifestation of personality-driven infidelity can be moderated by gendered social expectations and relational context, suggesting that sociocultural factors serve as important boundary conditions in predictive models (1, 8).

The integration of personality and attachment findings provides a nuanced understanding of infidelity propensity. Specifically, individuals with high Dark Triad traits and insecure attachment are at compounded risk, with emotional dysregulation and maladaptive cognitive schemas further amplifying vulnerability (9, 13). This interaction indicates that infidelity is not simply the outcome of isolated traits but rather the product of converging dispositional, relational, and cognitive-emotional processes. In line with Butler et al. (2022), relational repair and the potential for post-betrayal recovery are contingent upon awareness of these multifactorial influences and the capacity of partners to engage in coordinated healing processes (11).

The findings also confirm that relational satisfaction is a critical moderator. Couples reporting higher relational satisfaction and positive dyadic adjustment exhibited lower infidelity propensity, even among

individuals with risk-enhancing personality traits (5, 14). This observation underscores the importance of the relational context in mitigating trait-based vulnerabilities. It suggests that interventions aimed at enhancing relational satisfaction, communication, and mutual regulation can effectively reduce infidelity risk, consistent with previous empirical evidence (1, 10).

Despite the strengths of this study, several limitations warrant consideration. First, the reliance on self-reported measures introduces the potential for social desirability bias and underreporting of extradyadic behaviors. Individuals may understate infidelity due to relational or societal pressures, affecting the accuracy of reported associations between personality traits, attachment styles, and infidelity. Second, the cross-sectional nature of the study limits causal inferences. While associations between traits and infidelity were identified, the temporal directionality of these relationships remains unclear. Third, the sample, although diverse, may not be fully representative of broader populations. Cultural, socioeconomic, and regional factors could influence the expression of personality traits, attachment behaviors, and infidelity risk, which may limit generalizability. Finally, potential moderating variables such as relationship length, parenting status, and external stressors were not fully controlled, which could impact the observed relationships.

Future studies should aim to address these limitations by incorporating longitudinal designs that capture the development and evolution of infidelity propensity over time. Such studies would clarify causal pathways and temporal interactions between personality, attachment, and relational satisfaction. Additionally, research should consider cross-cultural comparisons to understand how socio-cultural norms and expectations moderate the relationship between personality traits and infidelity. Expanding the scope of assessment to include multi-informant and behavioral measures, rather than solely relying on self-report, would enhance reliability and provide a richer understanding of actual extradyadic behaviors. Furthermore, future investigations could explore the interaction effects of light and dark personality traits, emotional intelligence, and attachment, to identify profiles of heightened vulnerability or resilience in relational contexts.

From a practical perspective, these findings have several implications for relationship counseling and intervention. Clinicians can benefit from incorporating personality and attachment assessments to identify individuals at higher risk of infidelity, enabling targeted relational interventions. Programs focused on enhancing emotional intelligence, adaptive coping strategies, and dyadic communication skills may mitigate trait-driven vulnerabilities. Furthermore, relationship education emphasizing the importance of satisfaction, conflict resolution, and mutual regulation can strengthen relational resilience, reducing the likelihood of extradyadic behaviors. For couples recovering from infidelity, understanding the interplay of personality, attachment, and emotional regulation may facilitate tailored strategies for rebuilding trust and repairing relational dynamics.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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