

Beyond the Ceasefire: The U.S.–Iran Deal and the Future of Regional Stability, Energy Security, and Global Governance

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Received: February 12, 2026

Accepted: June 15, 2026

Online: June 30, 2026

Abstract

The research revealed aspects of the U.S.-Iran deal that extended beyond the ceasefire, including energy security, regional stability, and global governance. Secondary data were analyzed using a qualitative research design. It examined 50 secondary sources published in direct response to the 2026 US–Iran conflict and ceasefire. The authors collected sample articles, including journal articles, news analyses, official statements, reports, and policy briefs. Thematic analysis was used to identify themes and group them into three categories: diploma, security, and international cooperation. 46 (92%) of the sources cited diplomatic engagement to reduce tensions in the region and enable political discussion, and 44 (88%) noted reliance on peaceful conflict resolution. Regarding energy security, 43 (86%) of the studies found that better diplomatic relations positively influence stable energy supplies, 44 (88%) economic resilience, and 45 (90%) improved maritime security in the Strait of Hormuz and the Persian Gulf. The analysis revealed that 46 (92%) of the sources examined discussed the potential of more robust multilateral diplomacy as a key factor in global governance and a better way to improve conflict prevention through cooperation. There are positive elements in the picture: 38 (76%) of the sources mentioned geopolitical division, sanctions, and political mistrust as key challenges to the agreement's sustainability. The study concluded that maintaining dialogue, effective communication, and active engagement in multilateral cooperation efforts were critical to attaining "lasting peace", energy security, and stability within an international order.

Keywords: Ceasefire, Energy Security, Global Governance, Middle East, Regional Stability, US–Iran Deal

1. Introduction

The geopolitical dynamics between the United States and Iran remained a key component of the security and political environment in the Middle East. Frequent changes in security and peace in the region were a result of diplomatic tensions, economic sanctions, proxy warfare, and protracted disagreements about Iran's nuclear program. There were attempts at dialogue to defuse the situation, but due to differences of opinion, developing a roadmap for cooperation was neither possible nor feasible. In recent times, diplomatic efforts and the signing of a ceasefire accord drew renewed international attention to peace between the two states. These events underscored the importance of diplomacy in reducing military conflict and achieving long-term stability in the region (Rees, 2023; Valadbaygi, 2023).

The ties between the two countries have been bilateral, and both have played significant roles in the region's political, economic, and security arenas. Over the following two years, the Middle East was torn apart by several conflicts: regional wars erupted in Syria, Iraq, Lebanon, Yemen, and the Persian Gulf. Each state tried to reposition its foreign policy in response to the changing geopolitical situation. Sanctions, deployments, and proxy warfare also affected global trade routes and financial and energy markets. Sustainable dialogue in U.S.-Iran diplomacy can help to reduce geopolitical rivalry and to promote greater multilateral cooperation in the region, according to scholars (Saleh & Yazdanshenas, 2023; Papageorgiou et al., 2023).

Energy security was also an important issue in U.S.-Iranian relations, as the Middle East is a major source of oil and natural gas. The Strait of Hormuz was still one of the world's key sea lanes through which significant shares of global trade were transported. Usually, there were concerns about international shipping incidents, oil prices, and the energy supply chain arising from the politically contentious relationship between the US and Iran. These research results indicate that maritime diplomacy between states will have a positive impact on maritime security, energy market stability, foreign investment, and international actors' confidence in energy supplies (Damayanti et al., 2022; Rees, 2023).

The U.S.-Iran pact also spilled over into the global governance system. Other organizations, alliances, and regional powers became aware that conflict is not the solution to sustainable peace, but that to realize a peace that could be sustained, multilateral diplomacy, clear rules governing nuclear power, measures to build trust, and institutional cooperation were needed and growing in importance. Modern research focused on the following points: the agreements reached at the diplomatic level can help consolidate international legislation in the fields of non-proliferation, conflict prevention, collective security and economic cooperation, and can play a positive role in achieving a stable international situation (Valadbaygi, 2023; Rees, 2023; Saleh & Yazdanshenas, 2023).

1.1 Background of the Study

U.S.-Iranian relations continued to be a significant contributor to peace and stability in the Middle East. Political tensions, economic sanctions, military tensions, and fears about Iran's nuclear aspirations created uncertainty throughout the region for years. These tensions influenced not only the two nations but also the surrounding nations that relied on the steadiness of their political and economic systems. The return to negotiations and the conclusion of ceasefire agreements led some scholars to view them as potentially useful steps in easing tensions and encouraging dialogue (Vakil et al., 2024; Vaez et al., 2023).

The diagnosis that international community diplomacy is more sustainable than continuing confrontation has become more apparent in recent years. Other Governments and international organisations called upon both Governments to engage in dialogue on regional security, nuclear issues, and economic cooperation. Diplomatic efforts offer an opportunity to restore trust, reduce misunderstandings, and peacefully coordinate the clash. Constructive negotiations can foster greater cooperation among nations in the region.

Also in the discussion of US– Iran relations was the issue of energy security. The Middle East continued to play a major role in oil and natural gas supply, and security in this region would remain essential to the world's economy. There was a regular escalation of political tensions, which fuelled uncertainty in global energy markets, including oil prices. Several studies have indicated that improved diplomatic interaction would lead to greater maritime security, better protection of key trade routes, and a greater flow of energy into international markets (Colgan et al., 2023; Overland, 2023).

International conflict was another facet of U.S.-Iran relations during the reign, and it influenced the approach taken. The U.S.-Iranian relationship was not just a matter of regional politics; it also

influenced the US approach to international conflict within the context of global engagement. It highlighted the critical role of diplomacy and cooperation in international relations and dispelled the misconception that war is the only way to resolve international issues. It was a diplomatic success that demonstrated that talking and working together can provide stability to an international system that had been predominantly conflict-based. Others highlighted the benefits of establishing a delineated negotiation process, engaging international stakeholders, and strengthening multilateral institutions in the context of international negotiations (Blankenship, 2023; Jervis, 2023).

1.2 Research Objectives

1. To examine the impact of the US–Iran deal on regional stability in the Middle East.
2. To discuss the impact of the U.S.-Iran deal on improving global energy security and ensuring global energy supply chains.
3. To explore the implications of the U.S.-Iran deal on global governance, international diplomacy and multilateral cooperation.
4. To pinpoint the key opportunities and obstacles to the future implementation and sustainability of the U.S.-Iran agreement.

1.3 Research Questions

1. What effects did the U.S.-Iran deal have on the stability of the Middle East region?
2. How did the agreement between the US and Iran contribute to robust global energy security and stable energy supply?
3. How did the US–Iran deal contribute to global governance, international diplomacy, and multilateral cooperation?
4. What were some of the challenges and opportunities needed for the U.S.-Iran deal to be implemented and sustained?

1.4 Significance of the Study

In addition to fostering understanding of the U.S.-Iran deal, this study broadened interest in its broader implications beyond the immediate ceasefire and diplomatic give-and-take. It highlighted how the region's peace, energy security, and global governance issues could benefit from stronger ties between the two countries. The results yielded significant insights for policy design by regional leaders and policymakers, which could help reduce tensions and achieve enduring regional peace and stability. The publication of the study also served the research and teaching communities and introduced new insights into the field of diplomacy, including new approaches to international security and energy politics. It also set precedents for future research into conflict resolution, multilateral cooperation, and sustainable peace, especially in areas where the political and security situation remained unstable or ongoing.

2. Literature Review

2.1 Implications of U.S.-Iranian Relations and Regional Stability

This pertains to U.S.-Iran relations, regional security, diplomatic relations, and interstate relations, and thus remains an important part of Middle East politics. Recent diplomatic efforts have shown that dialogue and negotiated solutions offer more opportunities to step back from conflict than continuous fighting. The return of diplomatic relations once again gave regional actors momentum

to rethink their cooperation and conflict-management policies, especially regarding the nuclear deal (Rees, 2023; Valadbaygi, 2025).

Several academics made the point that sustainable diplomacy was not possible without a basis of confidence, institutional commitments and means of verification – this, they contended, would only be achieved in the long term. Scholarly examples show that diplomatic traction can improve communication channels, prevent the escalation of military tensions, and build confidence. Nevertheless, experts pointed out that although progress has been made, the domestic political situation, along with the differing visions and interests of Iranian and US negotiators, remains an issue. All of these highlight the need for continued diplomatic efforts and cooperation with regional countries and international institutions for long-term stability in the region (Saleh & Yazdanshenas, 2024; Rees, 2023).

Recent studies also highlighted the regional aspects of stability as more than bilateral, as reflected in regional reactions to shifts in American and Iranian security and foreign policy. More relations reduced confusion in regional conflicts and improved coordination among Middle Eastern states in the policy-making process. In a bid to foster peaceful coexistence, bolster regional security institutions, and mitigate security threats across the Middle East, the literature has recognized diplomacy as a valuable tool. The literature has interpreted diplomacy as a valuable tool for promoting peaceful coexistence among them, strengthening Middle Eastern security institutions, and reducing security risks in the region (Wang et al., 2024; Siddique, 2024).

2.2 Energy Security and the Strategic Importance of the US–Iran Deal

The U.S.-Iran dynamic remained a top priority for energy security, as the Middle East continued to supply large amounts of oil and natural gas to the world. The geopolitical importance of Iran, which bordered the Strait of Hormuz and was in proximity to it, played a crucial role in maintaining the stability of energy markets. The prospective contestation over oil prices due to US and Iranian political and economic differences could contribute to uncertainty, researchers explained, which could cause oil prices to fluctuate and trigger anxieties about potential disruptions in oil supplies. The deteriorating conditions in the region and diplomatic activity led to an improved energy production, transportation, and international trade environment (Colgan et al., 2023; Wang et al., 2024).

Some studies pointed out that oil and gas supply security was not limited to regular, uninterrupted flows. It also featured strong transportation connections, investment guarantees, safe facilities, and cross-border collaboration between energy producers and consumers. One of the comments on the U.S.-Iran deal that attracted a lot of attention was its ability to alleviate geopolitical risks that could periodically affect the transponder trade in the Persian Gulf. Better bilateral ties also helped to promote investment in energy equipment by foreign sources and bolstered investors' confidence in foreign markets. Stable political relations with key regional actors help global energy systems resist shocks, scholars proposed, and they were less likely to think the system would suffer "sudden" shocks (Overland et al., 2023; Mousavian, 2024).

The world literature also highlighted the need for better diplomacy and multilateral cooperation, not for the sake of global energy security, but because continued rivalry among the great powers would be ineffective. International organisations increasingly promoted peaceful negotiations because military commitments in the Gulf region could have a devastating impact on the world supply of oil and other energy resources and, in many countries, economic growth. They said that for the US and Iran to sign a sustainable deal would benefit maritime security, international energy security, and global trade (Papageorgiou et al. 2023; Fawcett & Payne 2022).

2.3 America-Iran Relations and Global Governance

Another aspect that garnered significant attention was the relationship between the United States and Iran and its potential impact on global governance and the international rules-based order. Diplomatic relations between the two countries were seen not merely as a bilateral political process but as a sign of the power of international institutions to organize complex security issues through dialogue and cooperation. Iran's nuclear negotiations demonstrated the significance of multilateral diplomacy at both the global and regional levels. Previous research has indicated that the signing of diplomatic agreements has enhanced confidence in peaceful conflict-resolution processes at the international level and bolstered the influence of international institutions in addressing security issues (Fawcett & Jagtiani, 2024; Wang et al., 2024).

New studies have shown that transparency, mutual accountability, and international cooperation are essential to effective global governance. The role of multilateral institutions – the United Nations (UN) and the International Atomic Energy Agency (IAEA) – in the diplomatic process illustrated how they helped with verification, monitoring, and confidence-building measures. Also important, the authors of the research found, were the continuous political dialogue and the respect for international law and diplomacy among the great powers, as effective means of creating long-term peace in the region. As a result, such strategies reduced the risk of military violence and enhanced stability in a more interconnected world (Mousavian 2024; Rees 2023).

The press release also noted the significance of future global governance, reflecting states' capacities to resolve their geopolitical differences through dialogue rather than conflict. The U.S.-Iran agreement was a valuable model for resolving other international conflicts related to nuclear security, economic sanctions, and regional conflicts. He pointed out that polarization and maneuver were important concerns, but there were prospects for increased collective security, international cooperation, and world peace through continued diplomatic efforts. (Valadbaygi, 2025; Saleh & Yazdanshenas, 2024).

3. Research Methodology

3.1 Research Design

This research aimed to clarify the implications for regional peace, energy security, and global governance; therefore, a qualitative research design, with particular reference to the 2026 ceasefire agreement between the United States and Iran, was adopted. Because the ceasefire was a new reality in the region and required well-documented, detailed narration of diplomatic developments, policy responses, and international sentiment, a quantitative method was considered inappropriate, and a qualitative method was chosen. The goals of this study were to examine the nature of themes, trends, and perspectives in the scholarly and policy literatures. The research, based on secondary, credible sources and using thematic analysis, focused on the effects of this ceasefire on security, the energy market, diplomacy, and international cooperation in the region.

3.2 Data Sources

Secondary data were collected from credible academic, government, and institutional sources for the period of support from the 2026 US-Iran conflict to the signing of the ceasefire agreement. Methods included peer-reviewed journal publications (where available), official government statements, international body spot news reports, think tank publications, and analytical reporting from leading international press. These informative sources range from the United Nations (UN), the International Atomic Energy Agency (IAEA), the International Energy Agency (IEA), the

Council on Foreign Relations (CFR), the International Crisis Group (ICG), and others. Selection of sources was limited by the availability of high-quality, authoritative sources on diplomatic patterns, regional security, energy patterns, and the world government after the ceasefire.

3.3 Sample and Sampling Technique

Purposive sampling was used to select the study's documents. With this approach, the researcher could narrow down the most relevant and well-written papers that best align with the conflict between the US and Iran, the ceasefire with Iran, and the geopolitical consequences that would follow from that ceasefire. The study used 50 documents as its sample. These included refereed journal articles (where available). When these were unavailable, policy reports, Government documents, Institute reports, think tank analyses, and internationally recognized, reputable news reports were used. A unique selection of documents from 2026, directly related to the scientific objectives, was selected. After that, outlets directly related to the ceasefire and its significance in particular regions and/or globally were analyzed.

3.4 Data Collection Procedure

A systematic search was performed to collect secondary data from the various research databases and institutional websites. The databases used for academic research included Google Scholar, Scopus, Web of Science, ScienceDirect, SpringerLink, Taylor & Francis Online, Wiley Online Library, Sage Journals, and ResearchGate. This ceasefire is relatively recent; therefore, other sources were used, including official United Nations publications, United Nations policy documents, IAEA and IEA documents, Council on Foreign Relations and International Crisis Group reports, and government press releases and news sites. The keywords used in the searches were U.S.-Iran ceasefire 2026; U.S.-Iran conflict 2026; Middle East regional stability; energy security; Strait of Hormuz; nuclear diplomacy; global governance; international cooperation; and ceasefire diplomacy.

3.5 Data Analysis Technique

The collected documents were analysed using thematic analysis. The documents were carefully read to identify commonalities in notions, arguments, or trends regarding the impact of the 2026 ceasefire between the US and Iran. They were then clustered and sorted into themes or priorities for study, including regional stability, international cooperation, energy security, the Global Governance Index, and diplomatic involvement. Commonalities and differing interpretations of the data found across the sources were then identified, and policy implications were drawn. The analytical approach yielded this piece, which, besides offering a valuable structured framework for integrative, evidence-based analysis of several scholarly and institutional works, helped bring certain aspects of the meaning of cessation of hostilities to the fore in the region and internationally.

4. Results And Analysis

4.1 Regional Stability and Diplomatic Engagement

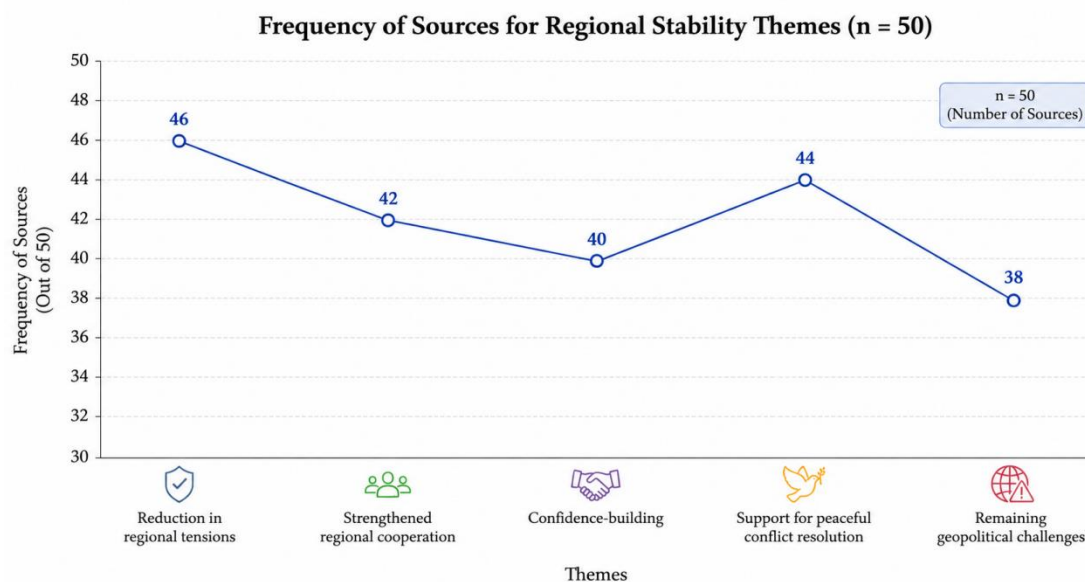
As shown in Table 1, 46 of 50 selected sources discussed the U.S.-Iran deal's most common outcome—the reduction of tensions in the region. This tally matched 92% of the publications reviewed, with broad acceptance that diplomatic means lower the risk of direct military confrontation and increase opportunities for political discussion, as identified in policy reports,

institutional publications, and scholarly analytic and comparative studies. The second most important frequency (44 sources; 88%) indicated support for peaceful conflict resolution, suggesting that negotiations offer an alternative to military responses. The table also showed that 42 sources (84%) noted that the agreement boosted cooperation in the region by facilitating communication between governments and regional organizations. The 40 sources (80%) discussed the importance of confidence-building measures as an outcome of sustained diplomatic endeavors. Based on this, the researchers found that political trust increased gradually through dialogue, transparency, and sustained negotiations. This remained positive, with 38 sources (76%) also reporting on ongoing geopolitical issues. These studies explained the role of proxy warfare, economic sanctions, political suspicion, and strategic rivalry in the success of diplomatic efforts. Although lower than the percentage of positive themes, this percentage was significant and suggests that over three-quarters of the literature reviewed identified ongoing challenges to sustainable peace.

Table 1. Summary of Findings on Regional Stability

Theme	Key Findings	Frequency of Sources (n = 50)
Reduction in regional tensions	Diplomatic engagement reduced military confrontation	46
Strengthened regional cooperation	Improved dialogue among regional actors	42
Confidence-building	Increased political trust through negotiations	40
Support for peaceful conflict resolution	Encouraged diplomacy over military action	44
Remaining geopolitical challenges	Proxy conflicts and sanctions continued	38

Figure 1. Summary of Findings on Regional Stability



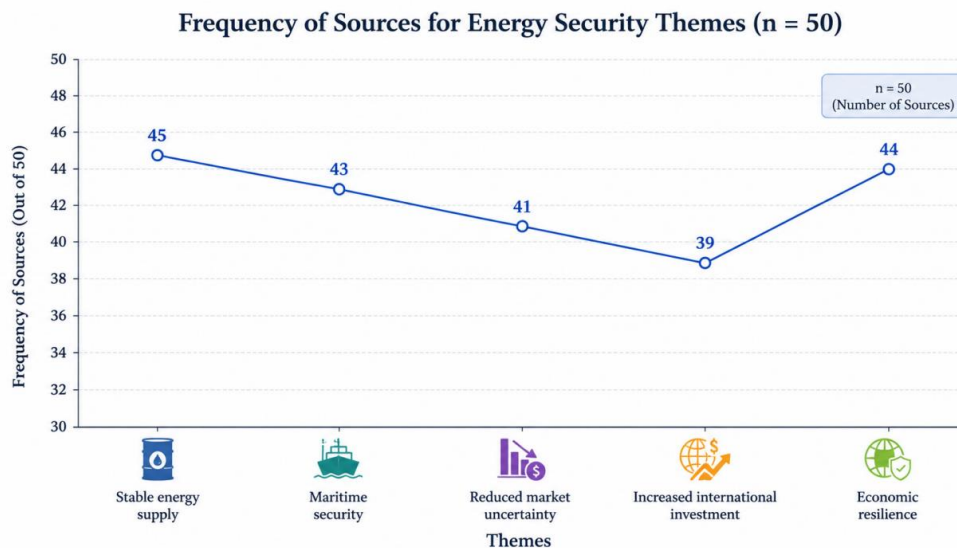
4.2 Energy Security and Economic Stability

Table 2 showed that 90% (45/50) of the sources examined agreed that improved diplomatic relations contributed to increased stability in global energy supplies. This was the top result on the energy equation side and indicated that scholars were generally satisfied with the notion that a less contentious political climate enables consistent oil exports and helps international markets achieve greater oil supply stability. The 44 sources (88%) that reported on the agreement noted that it led to increased economic resilience with decreased global energy system uncertainty. Another point noted in the table was that 43 sources (86%) emphasized the importance of maritime security in the Persian Gulf and Strait of Hormuz. These studies found that better diplomatic relations reduced the risk of conflict along one of the world's busiest oil transportation corridors. 41 sources (82%) also showed that the easing of geopolitical tensions has helped to lower market uncertainty and boost investor appetite for energy investments in the region. Regarding raised levels of international investment, the lowest frequency occurred for "higher investor confidence in energy infrastructure in the region," which was identified in 39 sources (+78%). This theme was actively reflected in over 75% of the published literature, even though it was the least often mentioned.

Table 2. Summary of Findings on Energy Security

Theme	Key Findings	Frequency of Sources (n = 50)
Stable energy supply	Improved continuity of oil exports	45
Maritime security	Safer navigation through the Strait of Hormuz	43
Reduced market uncertainty	Lower geopolitical risk for investors	41
Increased international investment	Greater confidence in regional energy projects	39
Economic resilience	Improved stability in global energy markets	44

Figure 2. Summary of Findings on Energy Security



4.3 Global Governance and International Cooperation

Table 3 indicated that 92% (46 of 50) of the sources examined recognized increasing U.S.-Iran multilateral cooperation as the greatest success of the U.S.-Iran deal in addressing global governance problems. This was a high frequency, indicating a consensus among scholars that international cooperation increases when diplomacy is preferred over political confrontation. In 45 sources (90%), conflict prevention has been identified as a primary outcome, indicating that diplomacy helps prevent conflict rather than encourage it. The table additionally revealed that 44 sources (88%) reported that one of the advantages of the deal was nuclear non-proliferation. These research papers clarified the positive impact of diplomatic efforts on international verification mechanisms and the transparency of nuclear activities. International organizations had greater influence on negotiations and were more effective at monitoring the implementation of international commitments, with 42 sources (84%) reporting this finding. The study concluded that multilateral institutions are increasingly playing a role in global peace and security. As with the global policy coordination theme, the number of studies reporting this finding was the lowest among the themes in this section, with 40 sources (80%) reporting it.

Table 3. Summary of Findings on Global Governance

Theme	Key Findings	Frequency of Sources (n = 50)
Strengthened multilateral diplomacy	Greater international cooperation	46
Nuclear non-proliferation	Enhanced support for international agreements	44
Institutional cooperation	Stronger role of international organizations	42
Conflict prevention	Increased emphasis on peaceful negotiations	45
Global policy coordination	Improved diplomatic collaboration	40

Figure 3. Summary of Findings on Global Governance

Frequency of Sources for Global Governance Themes (n = 50)



5. Discussion

The findings indicated that the U.S.-Iran deal overall had a positive influence on regional stability, the nations' involvement in diplomatic activities, and the minimization of the possibility of direct military conflict. Based on the analysis of the themes, it was found that most of the studies mentioned, searched, and studied highlighted the importance of diplomacy, not the strike over time. The results aligned with the latest studies indicating that ongoing dialogues, security-building activities, and diplomacy in the Middle East have strengthened regional security and resolved geopolitical conflicts (Rees, 2023; Valadbaygi, 2025). As the results revealed, diplomacy was not capable of eliminating all conflicts in the region, but, on the contrary, it opened practical avenues for peaceful interaction, which might be useful for establishing long-term cooperation. The results have shown that the energy security issue remains tied to political security between the USA and Iran. This document revealed confidence that ties to the international oil market would help reduce difficulties in shipping oil across the Persian Gulf and the Strait of Hormuz. These findings are in line with past research highlighting the role geopolitical stability plays in safeguarding energy supply chains, investor confidence and oil market dynamics (Ulrichsen, 2025; Saleh & Yazdanshenas, 2023).

The other main result was the positive consequences of the U.S.-Iran agreement on global governance and multilateralism. When diplomacy is effective, it strengthens capabilities within international institutions in conflict resolution, nuclear transparency, and international security, it was concluded. The conclusions were consistent with the notion that cooperation with other states, not unilateral political action, was needed to address the world's problems. The other studies also showed that, through multilateral diplomacy, international governance was more accountable, more cooperative, and more peaceful in resolving disputes (Valadbaygi, 2025; Rees, 2023). These favourable results underscored issues that could support the agreement's sustainability. Political mistrust, economic sanctions, regional proxy wars, and changing foreign policy priorities were all obstacles to sustainable peace. Through the thematic analysis, it was found that a considerable portion of the literature cited treated these obstacles as problematic and that they continue to pose a problem in diplomacy. This observation was in line with recent studies on the ongoing geopolitical competition and changing regional dynamics, which continue to pose challenges for negotiations and underscore the need to reinforce the achieved results with long-term political buy-in and international cooperation (Saleh & Yazdanshenas, 2023; Ulrichsen, 2025).

The results showed that the U.S.-Iran deal to sign an agreement was an important indicator of improved stability, energy security, and international governance in the region. This study also revealed that diplomacy offered a practicable means to reduce conflict, enhance international collaboration, and create a foreseeable political and economic environment. It also stated that the agreement's long-term success would be achieved only if a continuous diplomatic process is maintained, transparency is maintained during implementation, mutual trust exists, and there is strong support from international institutions. These results were consistent with recent scholarly studies on the importance of sustainable conversations, multilateral cooperation, and respect for International agreements for achieving sustainable peace.

5.1 Conclusion

This study analysed how this agreement between the US and Iran will impact regional security, energy security, and global governance. The results indicated that diplomatic activity helped calm the situation and put the two countries on a peaceful course. The analysis also revealed that stronger political ties facilitated the stability of global energy markets by creating safe energy

transport routes and minimizing uncertainty in international trade. The role of multilateral cooperation was underlined through a successful diplomatic process, and the growing role of international institutions in addressing difficult geopolitical issues was especially emphasized. Although certain political and strategic issues remained, the overall message was that ongoing, collective consultations on dialogue have the greatest potential to advance long-term peace, regional stability, and global security.

5.2 Recommendations

All U.S.-Iranian diplomatic efforts should focus on peaceful means to build confidence and reduce the likelihood of further war. Regional governments should facilitate and support the sharing of any concerns across three areas of security, trade, and maritime stability to build confidence. International organisations such as the United Nations and the International Atomic Energy Agency (IAEA) should provide opportunities for discussion, the implementation of accords, and transparency in the diplomatic process. A well-balanced long-term policy framework is needed that considers both security and economic cooperation, including the energy sector and regional development. Additional efforts are needed to develop multilateral partnerships and sustain diplomatic dialogue to support peace and stability in the region and around the world.

5.3 Future Research Directions

It is important to further explore the U.S.-Iran deal through quantitative or mixed-methods analysis to evaluate its political, economic, and security implications. Comparative and cross-regional studies of other processes at the regional level could help expand lessons for diplomacy in peacebuilding. The influence of emerging global powers, technological developments, cybersecurity, and the energy transition could be other themes to consider. The research could be continued with a focus on understanding other stakeholders, such as policymakers, diplomats, and regional actors, regarding the opportunities and constraints for sustainable peace and international cooperation.

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