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Effectiveness of Couples Coping Enhancement Training on Resilience and Marital Conflict During the Transition to Parenthood

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1. Round 1

1.1. Reviewer 1

Reviewer:

The manuscript provides basic demographic details of the participants. However, adding information about the diversity of the sample in terms of socioeconomic status and ethnic backgrounds could enhance the understanding of the generalizability of the findings.

While the quasi-experimental design is appropriate, the justification for using a volunteer-available sampling method and its potential biases should be discussed. Additionally, consider describing the process for random assignment in more detail to ensure the reader understands how bias was minimized.

You have utilized established scales which is commendable. However, providing more in-depth information about the psychometric properties of these tools in the context of your study population would strengthen the reliability and validity claims of the results.

The manuscript could benefit from additional statistical analyses, such as effect size interpretations for the main findings, which would provide a deeper understanding of the practical significance of the study results.

The follow-up period in this study was limited to one month post-intervention. Discussing the potential for longer follow-up periods to assess the durability of the intervention effects could be beneficial for future research directions.

Expand the discussion section to include potential mechanisms through which CCET may affect marital conflict and resilience. This could involve a more detailed theoretical exploration of how and why the intervention might work differently based on individual or couple characteristics.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

While the manuscript mentions dyadic coping, it would benefit from a more thorough theoretical integration linking the principles of dyadic coping with the resilience outcomes observed. This could include a model or framework visualized in a figure.

More information is needed about the activities (if any) that the control group participated in during the study to rule out alternative explanations for the observed differences, such as attention effects.

Some results between follow-up and post-test did not show significant differences. Expanding on why this might be the case could offer valuable insights into the nature of the intervention's effects over time.

Strengthen the limitations section by discussing the implications of the study's quasi-experimental design more critically, particularly concerning internal validity.

Given the personal nature of the subject matter, a more detailed discussion on the ethical precautions taken during the study would enhance the manuscript's credibility.

Provide more concrete recommendations for practitioners on how CCET can be integrated into regular therapeutic practice or community settings, considering practical challenges and potential barriers.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.