






The Role of Psychological Flexibility, Acceptance, and Commitment in Marital Adjustment Among Couples

Sepideh. Safa^{1*}, Rozita. Ameri Noorani², Behnam. Jalali³, Zahra. Jafarzadeh Fekri⁴, Shahnaz. Gili⁵

¹ Master's in Clinical Psychology, Department of Psychology, Islamic Azad University of Medical Sciences, Tehran, Iran

² Master's in Clinical Psychology, Department of Medical Sciences, Garmsar Branch, Islamic Azad University, Garmsar, Iran


³ Master's in General Psychology, Department of Psychology and Educational Sciences, Sistan and Baluchestan University, Zahedan, Iran

⁴ Master's in Psychometrics, Department of Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran



⁵ PhD in Health Psychology, Department of Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran

* Corresponding author email address: sepide.safa68@gmail.com

Editor

Shahram Vahedi
Professor, Department of
Educational Psychology, Faculty of
Educational Sciences and
Psychology, Tabriz University,
Tabriz, Iran
vahedi117@yahoo.com

Reviewers

Reviewer 1: Shahrokh Makvand Hoseini
Associate Professor, Department of Psychology, Semnan University, Iran.
Email: shmakvand@semnan.ac.ir
Reviewer 2: Elham Azarakhsh
Department of Psychology, Islamic Azad University, Qom Branch, Qom, Iran.
Email: elhamazarakhsh@qom.iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The study uses a convenience sampling method which may introduce bias. Consider discussing the limitations of this sampling method more thoroughly and explore the possibility of using a stratified random sampling for broader applicability of results.

While the Cognitive Flexibility Inventory and Acceptance and Action Questionnaire are used, it would be beneficial to include a brief discussion on the cultural validation of these instruments for the Iranian population, considering cultural differences may affect responses.

The simultaneous multiple regression analysis is appropriately used, but further details on the assumptions checks (e.g., linearity, normality of residuals) prior to running the regression would strengthen the reliability of your findings.

You've reported significant relationships between variables, but deeper analysis into the potential mediators or moderators (e.g., gender, length of marriage) could provide more nuanced insights into how psychological flexibility impacts marital adjustment.

The introduction could benefit from a more detailed theoretical framework linking psychological flexibility, acceptance, and commitment theories specifically within the context of marital adjustment.

Expand the discussion section to include potential reasons and theoretical implications for any non-significant findings or unexpected patterns observed in the data.

More explicit suggestions for future research could be provided, particularly focusing on longitudinal studies to track changes over time and experimental designs to determine causality.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Clarify and justify the choice of electronic questionnaires and social media as tools for data collection, particularly discussing how the demographic of social media users might affect the generalizability of the results.

Consider including more control variables that might influence marital adjustment, such as socio-economic status, presence of children, and employment status, to isolate the effects of the psychological constructs being measured.

Suggest a comparative study with different populations or across different cultures to see if the impact of psychological flexibility and acceptance varies significantly with cultural context.

Dive deeper into the components of psychological flexibility and acceptance and commitment. Are certain aspects more influential than others? This could be explored through sub-scale analysis or interaction effects in the regression.

The literature review could be expanded to include recent meta-analyses or systematic reviews on psychological flexibility and marital satisfaction, providing a more comprehensive background for the study.

More detail on the ethical considerations, particularly how confidentiality and anonymity were preserved in an online survey setting, would strengthen the trust in your research process.

Provide more detailed practical implications for marital therapists or counselors, perhaps including specific strategies or interventions that could be derived from your findings.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.