



Comparing the Effectiveness of Schema Therapy and Mindfulness-Based Stress Reduction Program on Sexual Satisfaction in Married Individuals

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1. Round 1

1.1. Reviewer 1

Reviewer:

The linkage between sexual satisfaction and schema therapy or mindfulness-based interventions could be strengthened in the introduction. Consider citing more recent studies that specifically link these therapies with sexual outcomes in married individuals to enhance the relevance and modernity of the literature review.

In the methods section, the description of the purposive sampling technique lacks specific criteria used for selecting participants. Clarify what characteristics were considered, ensuring the selection process is reproducible and justifiable.

The control group does not receive any intervention, which is appropriately used to establish a baseline. However, discuss potential ethical considerations or biases introduced by this setup and how these were mitigated in the study design.

The use of repeated measures ANOVA is mentioned, but the manuscript could benefit from a more detailed explanation of the interaction effects observed. Include a discussion on the effect size and its clinical significance, which will help in understanding the practical implications of the findings.

Expand the discussion section by addressing why no significant difference was found between schema therapy and the mindfulness-based stress reduction program. Explore potential theoretical or practical reasons and suggest areas for future research.

While ethical considerations are briefly mentioned, expanding on how participant confidentiality and data protection were ensured throughout the study will strengthen the ethical rigor of the manuscript.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Provide a statistical power analysis to justify the sample size of 45 participants. This is crucial to validate that the study is adequately powered to detect a significant effect of the interventions.

More details on the validation of the Sexual Satisfaction Scale in the context of this study's population (Iranian married individuals) would enhance the reliability and relevance of the results. Discuss any cultural adaptations that were made to the questionnaire.

Detail the measures taken to ensure fidelity in the implementation of the schema therapy and mindfulness-based stress reduction program. This includes training and monitoring of therapists, adherence to the protocol, and consistency across sessions.

A more comprehensive limitations section is necessary. This should include potential biases, the generalizability of the findings to different populations, and the implications of the sample being limited to a specific region or cultural background.

Expand the suggestions for future research to include different populations, long-term effects, and the integration of these therapies with other forms of psychological support or medical treatments to explore synergistic effects.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.