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The Effectiveness of an Educational Program Based on the Threats and Opportunities of Remote Work for Dual-Career Couples During the COVID-19 Pandemic on Work-Family Conflict and Its Dimensions

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1. Round 1

1.1. Reviewer 1

Reviewer:

The description of the quasi-experimental design is somewhat vague. Specifically, clarify the criteria used for the cutoff scores in the selection of the sample. Providing specific details or thresholds will improve the replicability of the study.

The manuscript could benefit from a more detailed explanation of the statistical methods used. While repeated measures ANOVA is mentioned, it would be beneficial to include information on any assumptions checked, the effect sizes, and any post-hoc analyses performed.

It is mentioned that the control group received no training. To strengthen the study's design, detail any activities or standard counseling they might have received to ensure they were not inadvertently influenced by the study's focus.

While the reliability of the Work-Family Conflict questionnaire by Carlson et al. (2000) is mentioned, it would enhance the manuscript to report the reliability metrics (Cronbach's alpha) specifically obtained in this study's sample.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The manuscript should clarify why a quasi-experimental design was chosen over a randomized controlled trial, which might be seen as more robust. Discuss any limitations this choice imposes on the findings.

The choice of 20 couples seems small for quantitative analysis. Provide a justification for the sample size, possibly including a power analysis to validate the study's statistical power.

It's unclear whether the timing of data collection (pre-test, post-test, and follow-up) was consistent across participants. Clarifying this could help in assessing the intervention's impact more accurately.

The discussion could benefit from a deeper dive into why the intervention was effective. Explore the psychological or social mechanisms that might explain the observed changes in work-family conflict.

The abstract should succinctly summarize the key findings and their implications. It currently lacks a clear statement of the study's impact on work-family conflict dimensions, which could be highlighted more precisely.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.