




Predicting Marital Adjustment by Self-Compassion and Marital Self-Regulation

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "This suggests that self-compassion may serve as a critical buffer against the erosive effects of relationship conflicts" is strong but lacks a reference. Adding a citation from Baker and McNulty (2011) will strengthen the claim and link it back to existing literature.

The R-squared value of 0.37 indicates that 37% of the variance in marital adjustment is explained. While this is statistically significant, discuss the remaining unexplained variance. What other factors might influence marital adjustment that were not captured by the model? This could open up avenues for future research.

The claim that "self-compassion and marital self-regulation are critical predictors" should be nuanced. The effect sizes, although significant, may not be large enough to label them as "critical." Consider rephrasing this to reflect the modest contribution of these variables.

More emphasis should be placed on the practical implications for counseling. While the theoretical contributions are well covered, consider how counselors could apply findings on self-compassion and self-regulation in their therapeutic practice.

The comparison with existing literature in this section is brief. Expand on how your results align or diverge from key studies, especially those conducted in non-Western settings like Iran. This could provide more depth to the cultural relevance of your findings.

You mention that the study's cross-sectional design limits causal inference. Consider elaborating further on potential confounding variables that might have influenced the results, such as the duration of marriage, number of children, or specific issues that brought participants to counseling.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The relationship between self-compassion and marital adjustment is well established, but the literature review can benefit from integrating more recent studies (2022-2024). Consider updating the references to include more contemporary studies on self-compassion and marital dynamics.

In the description of the Dyadic Adjustment Scale (DAS), mention the reliability and validity specifically for the Iranian population. Has this tool been validated in a non-Western context like Tehran? This could significantly affect the interpretation of results.

The presentation of mean scores (104.15 for marital adjustment) lacks interpretation. Is 104.15 a high or low score relative to normative samples? Provide benchmarks or interpretive ranges to help readers understand what the numbers mean in practical terms.

A more robust discussion is needed regarding the potential for sampling bias. Given that the sample only includes women attending counseling, how might this affect the generalizability of your findings to the broader population of married women in Tehran?

Suggest that future research should incorporate dyadic perspectives. The current study only includes self-reports from women, but marital adjustment is inherently a relational process. Examining both partners' perspectives could offer a more comprehensive understanding of marital dynamics.

The conclusion could benefit from more specific recommendations for future research. Instead of simply stating that longitudinal designs would be helpful, suggest concrete variables (e.g., partner empathy or conflict resolution) that future studies should examine in relation to self-compassion and self-regulation.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.