

## Comparison of the Effectiveness of Positive Psychotherapy and Emotion-Focused Therapy on Attachment Patterns, Communication Patterns, and Lifestyle of Incompatible Couples

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"Disgust as defined is physical emotional and psychological fatigue resulting from a chronic mismatch between expectations and reality."

Suggestion: Provide a more comprehensive definition and cite relevant sources to support this definition.

"The control group received no intervention."

Suggestion: Describe any activities or instructions given to the control group to ensure they were not influenced by other external factors during the study period.

"Using covariance analysis the results indicated..."

Suggestion: Detail the statistical tests used and justify why these were chosen. Include assumptions checked before running these analyses.

"The effect size was 0.48 for emotion-focused therapy."

Suggestion: Provide interpretation of the effect sizes in practical terms. What does an effect size of 0.48 mean in this context?

"The mean and standard deviation of the age in the emotion-focused therapy group was 30.85 (5.56)..."

Suggestion: Consider using tables or graphs to present demographic data for better clarity and comparison.

"Overall the results indicate that emotion-focused therapy has a greater impact on attachment patterns..."

Suggestion: Discuss possible reasons for the greater effectiveness of emotion-focused therapy over positive psychotherapy based on theoretical and empirical evidence.

"Additionally cultural factors and individual differences in therapy adherence..."

Suggestion: Discuss specific cultural factors that may have influenced the study outcomes and how future studies could better control for these variables.

"Longitudinal studies are recommended to evaluate the long-term effectiveness..."

Suggestion: Propose specific longitudinal designs and methodologies that could be used to assess the long-term impacts of the therapies studied.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

"Reluctance in marriage stems from emotional breakdowns and is a response to existential issues and accumulated psychological pressure..."

Suggestion: Expand the literature review to include more recent studies and theories related to marital reluctance and the psychological pressures faced by couples.

"45 individuals were selected using convenience and purposive sampling..."

Suggestion: Explain the rationale behind choosing convenience and purposive sampling methods and discuss potential biases this might introduce.

"The questionnaires used in this study were Hazan and Shaver's Attachment Questionnaire (1987)..."

Suggestion: Provide validity and reliability information for each questionnaire used, especially in the context of this study's population.

"The findings of this study have several important implications for clinical practice..."

Suggestion: Expand on the practical applications of these findings for therapists working with incompatible couples. Include recommendations for training and practice.

"First the sample size was relatively small..."

Suggestion: Provide a more detailed discussion on how the sample size may have impacted the study results and suggest ways to address this in future research.

"The effect size was 0.41 meaning that 41% of individual differences in the post-test scores..."

Suggestion: Summarize the key findings more succinctly and relate them directly back to the research questions posed in the introduction.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.