

## The Effectiveness of Forgiveness Therapy on Psychological Distress and Psychological Flexibility in Women with Marital Conflicts

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence "Conflict is an inevitable aspect of family relationships" could benefit from a citation to support the claim, such as relevant literature on family conflict dynamics.

The discussion on various forms of marital conflicts (e.g., wife-beating, spousal abuse) should reference studies or sources that provide evidence for these statements, ensuring that each form of conflict mentioned is properly substantiated.

Provide more detail on how the psychological flexibility questionnaire was adapted for the Iranian context, if applicable, including any translation and cultural adaptation processes.

The description of the 12-session forgiveness therapy intervention is very detailed. However, it might be beneficial to provide a brief summary table for quick reference.

The paragraph describing the statistical tests used should specify why each test was chosen, particularly how they address the assumptions of the analysis and the research questions.

The table should include a column for "p-values" to indicate the statistical significance of pre-test and post-test differences.

The sentence "According to the Kolmogorov-Smirnov test results" would benefit from mentioning the specific p-values for transparency and verification of the normality assumption.

The statement "forgiveness therapy had a significant impact on psychological distress and psychological flexibility" should refer explicitly to the statistical results (e.g., effect sizes) presented earlier for clarity.

The discussion of limitations should include potential biases due to the non-random voluntary sampling method and lack of follow-up data, as these can impact the generalizability and reliability of the findings.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The term "psychological flexibility" is introduced with a definition but would benefit from additional context or examples to aid reader comprehension.

The sampling method described as "non-random voluntary sampling" requires further elaboration on how participants were recruited and the potential biases this method introduces.

It is stated that participants were "randomly assigned to experimental and control groups"; however, more detail on the randomization process should be provided to ensure reproducibility.

The description of the Distress Tolerance Scale by Simons and Gaher (2005) could be enhanced by including information about how the scale's reliability and validity were confirmed in this study's specific population.

When explaining the first hypothesis's significance, consider integrating specific statistical findings from Table 3 to reinforce the narrative.

The discussion makes several claims about the effectiveness of forgiveness therapy. These should be backed by more in-text citations to relevant studies.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.