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## Comparison of the Effectiveness of Resilient Dialectical Behavior Therapy and Dialectical Behavior Therapy on Sense of Coherence and Marital Interactions in Women with Marital Burnout

Maryam. Shirani Nezhvani<sup>1</sup>, Felor. Khayatan<sup>2\*</sup>, Hadi. Farhadi<sup>3</sup>


<sup>1</sup> PhD Student, Department of Psychology, Faculty of Educational Sciences and Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

<sup>2</sup> Assistant Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran


<sup>3</sup> Associate Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran


\* Corresponding author email address: f.khayatan@yahoo.com

### Editor

Maryam Fatehizade  
Professor of Counseling  
Department, Faculty of Educational  
Sciences and Psychology, Isfahan  
University, Iran  
m.fatehizade@edu.ui.ac.ir

### Reviewers

**Reviewer 1:** Fahime Bahonar  
Department of counseling, University of Isfahan, Isfahan, Iran.  
Email: Fahime.bahonar@edu.ui.ac.ir

**Reviewer 2:** Mahdi Khanjani  
Associate Professor, Department of Psychology, Allameh Tabataba'i University,  
Tehran, Iran.  
Email: khanjani\_m@atu.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The statement "The family is a social and cultural system that alongside all its characteristics has rules and roles serving as a refuge for meeting psychological and emotional needs" can be supported by more recent references. Consider citing recent studies to strengthen this argument.

Add more recent studies in the literature review to update the context, especially those from the past five years to ensure the relevance of the research.

In "The sample consisted of 45 women...", provide more details about the recruitment process and any incentives provided to participants.

The quasi-experimental design is appropriate, but explain why this design was chosen over other experimental designs.

Provide a detailed description of the content of the nine 60-minute sessions for both DBT and R-DBT to allow for replication of the study.

Explain why the short form of the Sense of Coherence Scale was chosen over the original version.

Provide more information on the psychometric properties of Gottman's Marital Interactions Questionnaire within the context of this study's sample.

Clarify the use of repeated measures ANOVA and why it was selected as the appropriate statistical test for this study.

Ensure that the table includes all necessary information for the reader to understand the findings without referring back to the text, such as significance levels.

In the conclusion, emphasize the practical implications of the findings for therapists and counselors working with women experiencing marital burnout.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

Provide a clearer definition of "marital burnout" and its distinction from related constructs such as "marital distress" and "marital dissatisfaction".

When mentioning the prevalence of marital burnout, "Family experts' research indicates that the prevalence of marital burnout is more significant today than in the past with 20% of couples experiencing it at any time", include specific references to support this claim.

The text states "The Shapiro-Wilk test results for checking the normality of data distribution showed that the null hypothesis of normal distribution of scores in the research variables remained in all three stages". This could be more clearly stated as "The data met the assumption of normality as indicated by non-significant Shapiro-Wilk test results ( $p > 0.05$ )".

The discussion on the greater effectiveness of R-DBT could benefit from a deeper exploration of potential mechanisms behind the observed differences. Consider discussing how the integration of resilience components may uniquely contribute to treatment outcomes.

The comparison of the study's findings with previous research should be expanded. Currently, it is stated broadly. Specific studies and their findings should be detailed to provide a stronger comparison.

While the study's limitation regarding its sample being from one city is noted, also discuss other potential limitations such as the lack of blinding and its impact on the results.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.