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The Effectiveness of Dialectical Behavior Therapy-Based Skills Training on Distress Tolerance, Cognitive Emotion Regulation, and Marital Quality of Life in Women with Recurrent Miscarriages

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1. Round 1

1.1. Reviewer 1

Reviewer:

"The desire to have a child is one of the most fundamental human drives..." - Consider providing more recent references to support this statement, as the cited studies are relatively old (Sharifi et al., 2015).

"The initial session includes a pre-test establishing rapport and a positive relationship and providing explanations about Dialectical Behavior Therapy (DBT)." - Specify how the rapport was established and whether any standardized tools or protocols were used.

"Between-Group Test for Dependent Variables." - Consider adding post-hoc test results to provide more detailed information on where specific differences between groups and time points lie.

"The findings show significant differences between pre-treatment post-treatment and follow-up results." - Include a brief discussion on the clinical significance of these findings, not just the statistical significance.

"Women with a history of recurrent miscarriage experience pressure due to rapid menstrual cycle changes..." - This section would benefit from citing specific studies that detail the physiological and psychological interactions in recurrent miscarriage.

"Studies have shown that distress tolerance impacts the evaluation and outcomes of experiencing negative emotions..." - Provide more recent references to support these statements and discuss any conflicting evidence.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

"Infertility is defined as the inability to achieve pregnancy within one year of regular unprotected intercourse with a prevalence rate in Iran estimated at around 23% based on various studies (Mohebbi & Mohammadzadeh 2016)." - Please ensure the consistency of the terminology used throughout the paper. Infertility and recurrent miscarriage are related but distinct issues.

"A sample of 30 women was selected using convenience and purposive sampling methods..." - The sampling method might introduce bias. Consider discussing this limitation and how it might affect the generalizability of the findings.

"Responses are on a five-point Likert scale ranging from strongly agree to strongly disagree..." - Ensure that all scales used in the study are clearly described, including the exact response options and scoring methods.

"Means and Standard Deviations of Distress Tolerance Cognitive Emotion Regulation and Marital Quality of Life by Group and Assessment Stage." - It would be helpful to include confidence intervals or effect sizes in this table to better illustrate the statistical significance of the results.

"The significance levels obtained for each of the variables... were greater than 0.05 confirming the null hypothesis that the data were normally distributed..." - Consider rephrasing to clarify that normality tests were conducted separately for each variable and provide specific p-values for transparency.

"Box's M test is very sensitive; if the significance level is less than 0.001 and the number of subjects in each group is equal it can be ignored..." - This statement could be misleading. Explain why it is acceptable to ignore this result in the context of your study design and analysis plan.

"The results confirm the effectiveness of DBT-based skills training on distress tolerance cognitive emotion regulation and marital quality of life in women with recurrent miscarriages." - Suggest specific future research directions based on your findings, such as examining long-term effects or replicating the study in different cultural contexts.

"Mental health professionals should consider incorporating DBT-based skills training into therapeutic programs for this population..." - Recommend specific adaptations or considerations for implementing DBT in clinical practice for women with recurrent miscarriages.

"Firstly the sample size was relatively small which may limit the generalizability of the findings to a larger population." - Discuss any potential impact of the small sample size on the study's power and the reliability of the findings.

"The short duration of the follow-up period may also not be sufficient to assess the long-term effectiveness..." - Suggest an optimal follow-up period for future studies to better understand the sustained impact of the intervention.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.