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The Effectiveness of Schema Therapy on Anger Management and Rumination in Married Women with High Marital Dissatisfaction


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1. Round 1

1.1. Reviewer 1

Reviewer:

"Maintaining and continuing the family is of great importance." This opening statement could be more precise. Consider starting with a concise review of the most relevant theoretical frameworks that underpin family stability and its relationship with psychological well-being.

The description of the experimental design would be strengthened by explicitly stating the number of sessions and explaining why eight sessions were deemed sufficient to effect change. This could be further substantiated by citing similar studies on schema therapy.

The validity and reliability information provided for the rumination scale should be expanded. Were any tests conducted to ensure the psychometric properties of the measure were consistent within the study's specific population?

Consider adding a detailed description of the schema therapy protocol, specifying which exercises and techniques (e.g., cognitive restructuring, chair work) were used. This will help readers who may wish to replicate the study.

While the descriptive statistics are informative, it would be helpful to include confidence intervals for the mean scores, which would give a better sense of the precision of your estimates.

"The results of this study indicated..." It would be helpful to explain the meaning of "no significant difference" in the pretest, and clarify whether this was expected based on the randomization process.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

You mention that "People marry for various reasons," followed by examples. Including sociocultural variations in these reasons would add depth, especially since this study takes place in Tehran, where unique cultural factors may influence marital dynamics.

You state, "Over time some couples' lives may lead to separation." This sentence is somewhat abrupt. Expand this discussion by briefly mentioning the leading theories of marital dissolution, such as Gottman's work on the predictors of divorce.

"Women... play a fundamental role in preserving and developing society." The text would benefit from citing relevant studies that highlight the role of women in family systems across different cultural contexts, especially those conducted in Iran or similar settings.

"From this population 30 women were selected." It would improve transparency if the recruitment process is described in more detail, especially regarding how the "high marital dissatisfaction" criterion was operationalized and how potential biases in recruitment were minimized.

The explanation of the significant posttest differences could be improved by explicitly discussing the clinical significance of these findings. For instance, what are the practical implications of a change in rumination from 14.30 to 8.15?

When you explain that "schemas are considered cognitive structures," this would be an ideal place to reference Young's schema theory in more detail and discuss how maladaptive schemas are specifically linked to rumination and anger.

The statement, "These techniques help patients question their schemas," should be expanded. What evidence supports the use of cognitive techniques in schema therapy for addressing rumination and anger management, specifically in a cultural context like Tehran?

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.