




The Effectiveness of Movement-Based Psychotherapy on Couple Intimacy


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1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase "intimacy continued to increase for four individuals (two couples)" could be quantified for clarity. Consider adding exact percentages or figures to demonstrate the extent of increase.

In the introduction, you mention "Josselson (1988) describes intimacy across eight dimensions..." but do not provide sufficient connection to the study's focus on couple intimacy. Ensure that the theoretical foundations are linked more directly to movement-based psychotherapy.

In "Participants were assessed over three baseline sessions, 12 intervention sessions, and three follow-up sessions", the number of sessions appears appropriate, but more explanation on the decision-making process behind the session length (e.g., why 12 and not 10 or 15) would be helpful.

The description of the Couple Intimacy Needs Questionnaire by Bagarozzi (2001) is thorough, but additional information on the cultural validation of this scale in the Iranian context would strengthen the justification of its use.

Dependency Tendency and Physical Support", the term "pleasant" is used to describe the transfer of weight. This is subjective. Can you elaborate on how you measured or defined "pleasant" in a clinical setting to maintain objectivity?

In "Session 5 and 6: Leadership Guidance and Communication", the concept of leadership in couple dynamics might differ culturally. Clarify if and how cultural norms were considered in defining leadership within the couples.

The results section presents a detailed trend analysis, but the graphs (Figure 1) are referenced without adequate interpretation in the text. It would be beneficial to explain what specific trends (e.g., “upward trend in data changes”) signify for each couple’s progress more comprehensively.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The article would benefit from explicitly stating the research gap more clearly. For instance, a sentence could be added after discussing the existing studies to highlight why movement-based psychotherapy is uniquely important or unexplored in this area.

The description of the sample (page 5) includes age, employment, and education, but there is no mention of the cultural or social background of the participants, which might influence the results in an intimacy study. Adding this information would enhance the generalizability of the findings.

The sampling method is described as “purposive criterion-based sampling.” Could you provide more detail about the inclusion/exclusion criteria and the rationale behind choosing only three couples? This is crucial for understanding the study’s methodological rigor.

The use of PND (Percentage of Nonoverlapping Data) and POD (Percentage of Overlapping Data) is valid, but additional statistical measures (e.g., Cohen’s d for effect size) would strengthen the quantitative analysis.

The data in Table 1 shows differences in how men and women responded to the intervention, but these are not discussed in the findings. A detailed comparison between genders would provide additional insights into the effectiveness of the psychotherapy.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.