




Effectiveness of an Integrated Group Intervention Based on Mentalization and a Training Package for Building a Secure Bond on Insecure Attachment Styles in Spouses

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction could be improved by providing a clearer transition from general marriage dynamics to the study's specific focus. Consider connecting the prevalence of insecure attachment to the importance of mentalization-based interventions more directly.

Clarify why a quasi-experimental design was chosen over a randomized controlled trial. Providing more detail on this decision could address potential concerns about the study's internal validity.

It would be beneficial to specify whether the administration of the attachment test was standardized or if there were any variations in how it was conducted.

Discuss the implications of the significant deviations from normality in the control group and how these deviations might impact the results.

The Shapiro-Wilk values are presented well, but consider adding a brief interpretation of how these findings support or challenge your assumptions.

This statement would be stronger with a concise explanation of why the intervention was effective. Was it due to the length, content, or delivery method?

Consider expanding on the theoretical mechanisms by which mentalization-based education enhances attachment security. This could deepen readers' understanding of the intervention's impact.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Consider elaborating on how secure attachment manifests in behavioral terms within marital dynamics to give readers a more vivid understanding of its significance.

This statement is impactful, but adding a source for the Iranian divorce statistics would strengthen the argument and local relevance.

The rationale for focusing on the first five years of marriage is compelling but would benefit from additional evidence or theoretical support explaining why this period is critical.

The description of the RSQ is thorough but could be enhanced by briefly mentioning any cultural adaptations made to ensure the questionnaire's suitability for the Iranian context.

Consider discussing how the reliability of .73 compares to previous studies using the RSQ to contextualize this value better.

The description of Session 1 is comprehensive but could be improved by briefly mentioning any theoretical frameworks guiding the role-play exercises.

This section would benefit from specifying the types of emotion regulation strategies taught (e.g., cognitive reappraisal, mindfulness).

Elaborate on what is meant by "emotional attunement" and how it specifically relates to marital satisfaction in the context of insecure attachment styles.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.