

Comparison of the Effectiveness of Group Compassion Training and Group Choice Theory Training on Mindfulness and Needs Satisfaction in Couples at Risk of Divorce in Rasht

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E d i t o r	R e v i e w e r s
Ahmad Abedi  Associate Professor, Department of Psychology of Children with Special Needs, University of Isfahan, Iran a.abedi@edu.ui.ac.ir	Reviewer 1: Thseen Nazir  Professor of Psychology and Counseling Department, Ibn Haldun University, Istanbul, Turkey. Email: thseen.nazir@ihu.edu.tr Reviewer 2: Abolghasem Khoshkanesh  Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran. Email: akhoshkonesh@sbu.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

“Divorce is one of the most stressful life events for parents and children, particularly in Iranian culture...”

Consider elaborating on what specific aspects of Iranian culture exacerbate the stress of divorce, as this context would strengthen the argument's cultural relevance.

“Compassion-focused training enhances flexibility by focusing on shared humanity...”

This section could be strengthened by including an example or anecdote from the cited studies to illustrate how compassion-focused training achieves these outcomes.

“The researcher could not find any domestic or international studies comparing these two methods...”

This claim would benefit from a more detailed explanation of the literature review process or key gaps in existing research.

“Is there a significant difference in the effectiveness of group compassion training and group choice theory training...?”

Consider framing the research question more clearly in terms of measurable outcomes (e.g., mindfulness scores or needs satisfaction metrics).

“The present study utilized a pre-test and post-test design...”

Please clarify the specific statistical analyses planned for comparing the groups (e.g., ANOVA, regression), as this detail is essential for replicability.

“Group compassion training is more effective than group choice theory training.”

The conclusion could benefit from providing effect size metrics or specific data points to substantiate this claim.

“In marital relationships, mindfulness plays a crucial role...”

Consider discussing any potential limitations or contexts where mindfulness may have a lesser impact on marital quality.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

“Studies also indicate a high prevalence of this...”

The sentence could benefit from specifying the exact prevalence rates or trends from the cited studies (e.g., van Berkel et al., 2024) to provide stronger empirical support.

“Distress tolerance is recognized as a critical construct...”

Consider providing a concise definition or example of distress tolerance here to ensure clarity for readers unfamiliar with the term.

“Mindfulness counters processes and behaviors thought to perpetuate and increase concerns about self-image.”

This sentence could be expanded by discussing specific mindfulness interventions or techniques that address self-image concerns.

“These needs include autonomy, competence, and relatedness.”

It might be helpful to briefly describe each need within the paragraph for clarity, as some readers may not be familiar with self-determination theory.

“Through bodily sensations associated with fight, flight, or freeze responses...”

Consider briefly explaining how these physiological responses are addressed in compassion-focused therapy for better comprehension.

“Glasser's choice theory emphasizes five fundamental needs...”

Including a brief comparison between these needs and those described in self-determination theory could clarify their distinct contributions to understanding human behavior.

“... where emphasizing internal control may not address the problem effectively.”

Provide a specific example or scenario where choice theory falls short to give depth to this critique.

“Compassion training reduces feelings of guilt, shame, and self-criticism...”

Explore how these mechanisms specifically differ from those used in choice theory for a more nuanced discussion.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.