




Comparison of the Effectiveness of Cognitive-Behavioral Therapy and Metaphor Therapy on Marital Burnout in Women with Marital Conflicts

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1. Round 1

1.1. Reviewer 1

Reviewer:

“Marriage, as the primary emotional and legal commitment to fulfill emotional and security needs...”

The claim about marriage being the "primary emotional and legal commitment" could be broadened with citations or examples from diverse cultural contexts. Does this perspective apply universally? Please elaborate or specify the cultural lens used.

“Given the impact of conflicts on couple communication, various therapeutic approaches...”

It would be helpful to clarify why only CBT and metaphor therapy were selected for comparison in this study. Were other therapies excluded based on prior efficacy studies?

“The theoretical foundations and cited findings highlight the critical role of third-wave therapies...”

This statement introduces third-wave therapies but does not elaborate on their relevance to marital burnout. Adding a brief overview of why these therapies are particularly suited to address marital issues would strengthen the introduction.

“The results indicated significant differences between the two experimental groups...”

Include specific statistical values (e.g., effect sizes or p-values) to provide evidence for the claim of significant differences.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

“Statistics indicate an upward trend in divorce rates among families worldwide.”

Consider providing recent global or regional divorce rate statistics to substantiate this claim. The addition of data will enhance the credibility of the statement.

“Burnout in marital life manifests as physical, emotional, and psychological exhaustion...”

The explanation of burnout is detailed, but it would benefit from specific examples or a brief discussion of measurable criteria to assess these forms of exhaustion in research.

“Dissatisfied couples tend to engage in more maladaptive interactions and behaviors...”

This generalization could be supported by additional citations or examples to clarify how maladaptive interactions were measured or defined.

“Role-playing was employed in this study as a technique for various purposes...”

Expand on how role-playing specifically contributed to the outcomes in CBT. Were there observable differences in outcomes for participants who actively engaged in role-playing versus those who did not?

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.