





Development of a Pre-Marital Integrative Training Package Based on Bowen and Savickas Models and Comparison of Its Effectiveness with the SYMBIS Approach on Self-Awareness and Marital Choice Orientation

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the paragraph, “Achieving a healthy society is evidently contingent on the health of families...”, the conceptual link between family health and marital success is introduced effectively but lacks citations for foundational theories supporting this claim. Incorporating references from seminal works in family psychology could strengthen the argument.

The methodology states, “The sample was selected using convenience sampling...”. While this is practical, it raises concerns about generalizability. Including a justification for this choice and discussing its limitations in influencing external validity would enhance the section.

The paragraph, “The Marital Orientation Questionnaire...assesses optimism toward marriage,” should include information on the construct validity of the tool and whether it has been used in similar cultural contexts before.

The results mention using repeated measures ANOVA. However, the sentence, “The Mauchly test was significant, indicating that the sphericity assumption was violated,” does not address whether adjustments were made beyond Greenhouse-Geisser correction. Discuss whether any other corrective measures were considered.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The sentence, “In parallel with the expansion of the positive psychology movement in the last decade...”, introduces optimism and its relevance to marriage. However, the relationship between positive psychology constructs and marital outcomes needs deeper exploration with more references to empirical studies, such as those by Peterson and Seligman (2004).

The claim, “To date, no published study has explored an integrated counseling model...”, requires clarification. It would benefit from a comprehensive review of existing models, specifically those combining intergenerational and constructivist approaches, to ensure no relevant studies are overlooked.

The sentence, “The control group was placed on a waiting list...”, requires elaboration on how this group was managed during the intervention period to minimize potential contamination effects.

The description of the SYMBIS intervention, specifically in the session on “exploring myths about marriage”, could benefit from a clearer explanation of how these myths were identified and addressed during the session.

In Table 5, the mean and standard deviation values are provided but lack confidence intervals. Including confidence intervals would provide a clearer understanding of the variability in the data.

The statement, “The interaction of time and group was significant...”, lacks a visual representation such as interaction plots, which would enhance interpretability of these results.

In the Bonferroni test results presented in Table 7, include a discussion of effect sizes for each pairwise comparison to provide insights into the practical significance of the findings.

In the paragraph, “It seems that these two methods include mechanisms that have succeeded in improving positive marital orientation,” the mechanisms underlying the improvements should be explicitly linked to the theories of Bowen and Savickas, rather than inferred.

The statement, “This finding aligns with studies demonstrating the positive effects of various approaches on optimism,” should include a deeper discussion of the mechanisms that make the current intervention unique compared to prior studies.

The discussion, particularly the sentence, “It is recommended that counselors and educators explore this model further...”, should outline specific contexts or populations where the intervention might be most beneficial.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.