




Effectiveness of Integrative Systemic-Psychodynamic-Behavioral Couples Therapy on Marital Quality of Life in Dysfunctional Couples Referred to Counseling Centers

Somayeh. Pourmeydani^{1*}, Mahnaz. Mehrabizadeh Honarmand², Seyyed Esmail. Hashemi², Zabihollah. Abbaspour³


¹ PhD in Psychology, Department of Psychology, Faculty of Education and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran

² Professor, Department of Psychology, Faculty of Education and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran


³ Assistant Professor of Counseling, Department of Counseling, Faculty of Education and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran


* Corresponding author email address: spourmeidani@gmail.com

Editor

Eman Tadros
Family Department, Governors
State University, University Park,
Illinois, USA
emantadros@gmail.com

Reviewers

Reviewer 1: Mohammadreza Zarbakhsh Bahri
Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad
University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir

Reviewer 2: Seyed Ali Darbani
Assistant Professor, Department of Psychology and Counseling, South Tehran
Branch, Islamic Azad University, Tehran, Iran.
Email: Ali.darbani@iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

"The results showed that integrative couples therapy could enhance marital quality of life in dysfunctional couples."

Suggest including specific numerical findings from the study (e.g., improvement percentages, statistical significance) in the abstract to provide a clearer summary of the results.

"One recognized factor influencing marital quality of life is alexithymia."

While this is an important point, include a brief review of recent studies that explicitly connect alexithymia to marital outcomes, citing more than one source to strengthen the argument.

"Systemic interventions aim to alter negative interaction cycles."

Provide more detail about how these negative cycles were identified and measured. Were any observational tools or coding systems used?

"This process reduces intimacy-related anxiety in both partners."

Expand on how intimacy-related anxiety was measured and whether it decreased consistently across all participants.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

"Stressful and pathological changes in couples' relationships can be psychodynamically explained by the unconscious collusion between partners."

Clarify the term "unconscious collusion" by briefly describing how it manifests behaviorally in couples' dynamics to ensure readers unfamiliar with psychodynamic theory can understand its relevance.

"As the intrapsychic and interpersonal dynamics of marital life are explored in the psychodynamic approach..."

Consider elaborating on the psychodynamic approach's conceptual framework. How does this approach integrate with systemic and behavioral methodologies in practice?

"The integrative therapy model incorporates psychoanalytic theory, social learning, and systemic frameworks."

Clarify whether the integrative model used in this study has a standard manual or protocol. If so, provide a citation or appendix reference for replication purposes.

"The findings indicate that systemic-psychodynamic-behavioral therapy is effective."

Discuss limitations regarding the small sample size and its impact on generalizability. How might findings vary in larger, more diverse populations?

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.